



## MI Farm to ECE Webinar Series:

### Seasonal Menu Planning

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**MICHIGAN STATE**  
**UNIVERSITY**

Center for  
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# CACFP NEW MEAL PATTERNS

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## Updated Child and Adult Meal Patterns



### Greater Variety of Vegetables and Fruits

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- Juice is limited to once per day.



### More Whole Grains

- At least one serving of grains per day must be whole grain-rich;
- Grain-based desserts no longer count towards the grain component; and
- Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).



### More Protein Options

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- Tofu counts as a meat alternate.



### Age Appropriate Meals

- A new age group to address the needs of older children 13 through 18 years old.



### Less Added Sugar

- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

# BAXTER CHILD DEVELOPMENT CENTER

## HEALTHY & LOCAL FARM TO FORK FOOD PROGRAM

You care about what goes into your kid's body, **and so do we**. Our food is made from scratch with more than 70% of our ingredients bought locally (farms, bakeries, etc). With other services like home-made baby food and our celebration menu, our food program stands out!



**Baxter**  
COMMUNITY CENTER

# BENEFITS OF SEASONAL PURCHASING

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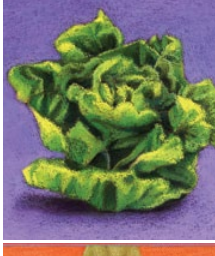
- Freshness and taste
- Decreases food waste (for kids and staff)
- Decreased cost
- Opportunities to influence family health
- Teaches kids about seasonality
- Brings excitement to the center



# STEP 1: LEARN SEASONALITY

**MICHIGAN PRODUCE AVAILABILITY**

CROP	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
	FIELD FRESH		EXTENDED SEASON					STORAGE				
Arugula												
Asian Greens (Mizuna, Pac Choi, Tatsoi, etc.)												
Asparagus												
Beans, Fresh (Green or Wax)												
Edamame (Green Soybeans)												
Beets												
Broccoli												
Brussel Sprouts												
Cabbage												
Carrots												
Cauliflower (inc. Romanesco)												
Celery												
Chard and Beet Greens												
Corn												
Cucumbers												
Eggplant												
Garlic												
Greens (Beet, Collard, Mustard, Turnip)												
Kale												
Kohlrabi												
Lettuce (Leaf, Iceberg, Romaine, Bibb, Etc.)												
Leeks												
Mushrooms, Fresh												
Onions, Spring												
Onions, Mature												
Parsnips												
Peas, Peapods & Shelling												
Peppers, Hot & Sweet												
Potatoes												
Pumpkins												
Radishes												
Rutabaga												
Salad Greens (Mesclun, Baby Greens, Etc.)												



# WHERE TO PUT SEASONAL FOODS ON YOUR MENU (PHASE 1)

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## ➤ Sides

- Swap out veggies with similar preparations
- Multiple exposures and different preparation techniques

## ➤ Breakfast

- Fresh fruit

## ➤ Snacks

- Fresh fruits and vegetables as snacks with dips
- Homemade fruit popsicles

## ➤ Food Experiences

- Taste tests
- Classroom education



# WHERE TO PUT SEASONAL FOODS ON YOUR MENU (PHASE 2)



- **Incorporate into main dishes**
- **Use seasonal preparation techniques**
  - Soups and roasts in the winter
  - Fresh salads in the summer



- **Build your menu around seasonal availability**





# WHERE TO START?

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- **Products that are available year round (or almost!)**
- **Products that you can serve in whole form**
  - Blueberries, apples, strawberries, etc.
- **Easy preparation tips**
  - Developing recipes – talk to chefs and farmers!  
Farmers know how their products are best prepared, chefs may have unique ideas too



# SAMPLE MENU

	DATE:09/26/16	DATE:09/27/16	DATE:09/28/16	DATE:09/29/16	DATE:09/30/16
Breakfast 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combo of Foods	Milk  Rice Chex  Apples*	Milk  Whole Wheat Cinnamon Pancakes**  Peaches*	Milk  Zucchini* Muffin**  Strawberries*	Milk  Egg* Cheese* Frittata**  Applesauce**	Milk  French Toast**  Blueberry* Smoothie**
Lunch 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combo of Foods	Milk  Cheese* Quesadilla - Tortilla*  Vegetable Stir-fry - Carrots* - Red Pepper* - Corn	Milk  Sloppy Joes** - Bun* - Tomato* - Hamburger*  Roasted Potatoes*  Asparagus**	Milk  Chicken* Noodle Soup** - Onion* - Carrot*  Green Beans*	Milk  Chicken* Curry** - Basmati Rice - Carrots* - Onion*  Peas*	Milk  Pasta w/ Sausage* - Tomatoes*  Cucumbers*
PM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	Water  Raisins  Goldfish Crackers	Water  Crackers  String Cheese	Water  Granola Bars  Apples*	Water  Oyster Crackers  Cheese Cubes	Water  Graham Crackers  Plums*

\*Locally Sourced \*\*Scratch Made

# HOW TO GET STARTED

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- Talk to chefs who are purchasing local food
- Talk to farmers, food distributors, farmers market, vendors, food hubs, etc.
- Start simple! Choose one or two items that are easy to incorporate
- Start in the summer when fresh, local is abundant



# MICHIGAN RESOURCES

20% Michigan foods by 2020



Supply, source, and serve local food

- Learn about seasonality
- Find recipes for seasonally featured foods
- Find new sources for Michigan food products



# UPCOMING MI FARM TO ECE WEBINARS

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**April 19 1:00 pm – Taste Tests with Local Food**

**May 10 1:00 pm – Creating Culturally Relevant Farm to  
ECE Programs**

**May 31 1:00 pm – Farm to ECE Lesson Plans**

**June 7 1:00 pm – Engaging Parents in Farm to ECE  
Programs**

**<http://foodsystems.msu.edu/events/farm-to-early-child-care-mini-webinar-series>**



## QUESTIONS?

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