

Try It, You'll Like It!



Eating a rainbow of colorful foods is a great way to get different nutrients that are important for young children's growing minds and bodies. When children regularly try healthier food options, they are more likely to continue to make these healthier choices as adults, reducing the risk of chronic diseases such as obesity, diabetes, and heart disease. Taste preferences begin to develop at a young age when children are exposed to varying shapes, colors, textures and tastes of different foods and beverages. Taste testing is an activity that introduces children to new foods and drinks they may not have been exposed to before. It's a fun and interactive way of encouraging children to eat healthy food options offered at home and while at child care. Taste tests help children explore their senses and teach them that eating smart isn't only good for their bodies but also tasty!

ABC Quality providers are welcome to participate and should contact Lynn Boyd to schedule a taste test in their classroom: (803) 898-2744; Lynn.Boyd@dss.sc.gov.



**Providing Training to Your Staff?
The Center for Child Care Career Development
Invites You to Join Informative Sessions**

The Center for Child Care Career Development (CCCCD) is committed to improving the quality of early childhood programs through the professional development of early childhood teachers. If you are providing training to your staff, come join fellow trainers in the state for informative sessions to gain additional adult learning strategies. These sessions are designed to give trainers a tool box of new ideas to enhance their training sessions.

Learn more and [register online](#).

Product Recalls

DSS Regulation 114-507C(2) states that furniture, toys and recreational equipment shall meet the standards of the US Consumer Products Safety Commission (CPSC), if applicable, and that recalled products shall not be accessible to children. For more information, call CPSC's hotline at **800-638-2772** or visit their website: **www.cpsc.gov**. To report a dangerous product or related injury, go to <http://saferproducts.gov>.

- 🔍 **Aria Child Strollers** due to laceration and fall hazards caused by side hinge and stroller folding unexpectedly.
- 🔍 **Pulse Performance Children's Electric Scooters** due to fall hazard.

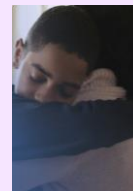
- 🔍 **Walt Disney Parks and Resorts Mickey Mouse Nightlights** due to fire hazard.
- 🔍 **Feld Entertainment Toy Wands** due to injury hazard caused by detachable metal rod.
- 🔍 **Restoration Hardware Metal Top Dining Tables** due to risk of lead exposure.
- 🔍 **Britax Strollers** due to fall hazard.
- 🔍 **Moose Toys Toy Frogs** due to chemical and injury hazards caused by button batteries.
- 🔍 **Little Tikes Toddler Swings** due to fall hazard.

Norovirus

The norovirus, a highly contagious viral infection, plagues nearly 20 million people annually. This virus inflames the stomach and intestines, resulting in viral gastroenteritis. The norovirus can be transmitted from an infected person, contaminated food or water, or through contact with contaminated surfaces. Usually, a person develops symptoms 12 to 48 hours after being exposed to the virus. It can take up to three days before the person begins to feel better. Symptoms of the norovirus can be serious and lead to dehydration. Young children are especially vulnerable to this problem. There is no quick cure for the norovirus. You can only treat the symptoms and wait for the body to recover.

Symptoms

- ▶ Vomiting
- ▶ Diarrhea
- ▶ Nausea
- ▶ Fever
- ▶ Stomach pain
- ▶ Body Aches
- ▶ Headaches

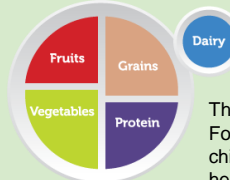


[CDC Norovirus Statistics](#)
[CDC Norovirus](#)
[NIH Norovirus](#)
[DHEC Norovirus](#)

Prevention

- ▶ Frequently wash hands with soap and water
- ▶ Clean and disinfect contaminated surfaces
- ▶ Wash fruits and vegetables
- ▶ Cook seafood thoroughly
- ▶ If sick, do not prepare food
- ▶ Wear rubber or disposable gloves while handling soiled items
- ▶ Wash laundry thoroughly

Meal Pattern Revisions: Milk



The USDA recently revised the Child & Adult Care Food Program (CACFP) meal patterns to ensure children and adults in care programs have access to healthy, balanced meals throughout the day. The following changes will impact programs serving meals in accordance with CACFP standards effective October 1, 2017:

- Children 1 – 2 years old: Providers must serve unflavored whole milk
- Children 2-5 years old: Providers must serve unflavored low-fat or fat-free milk.
 - Children 24 months to 25 months old may be served whole milk or reduced-fat milk (2%) for a one-month transition period to allow the children to switch from whole milk to low-fat or fat-free milk.
- Flavored milk may be served to children 6 years old and older if the milk is fat-free and contains less than 22 grams of sugar per 8 fluid ounces.
- Children who can't consume fluid milk due to a non-disability medical or other special dietary need may be served non-dairy beverages in place of fluid milk.
 - Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk. Appropriate substitutions will include lactose reduced milk and soy milk.

March is National Nutrition Month®. "Put Your Best Fork Forward" is the theme for National Nutrition Month® 2017 which serves as a reminder that each one of us holds the tools to make healthier food choices. Plan now for activities to include in your facility to recognize National Nutrition Month® and also CACFP Week, which is March 13-17, 2017. For more information, visit scchildcare.org.