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.

Product Recalls

DSS Regulation 114-507(C)(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.

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.

For more information, visit scchildcare.org.

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

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