



# Hollidaysburg Area YMCA Children's Center

## Contact Information

<b>CACFP Sponsor</b>	Hollidaysburg Area YMCA
<b>Child Care Facility Name</b>	Hollidaysburg Area YMCA Children's Cent
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## Description

Located in the former Frankstown Elementary School, the Hollidaysburg Area YMCA Children's Center is state licensed child care facility providing early learning for children 6 weeks thru 6th grade. Being located in old school building, each classroom provides an early learning environment which is conducive for each specific age group (i.e. infants, young toddlers, older toddlers, etc.). We average 116 children daily.

Being a YMCA facility, our three areas of focus are: Youth Development – nurturing the potential of every child and teen; Healthy Living – improving the nation's health and well-being; and Social Responsibility – giving back and providing support for our neighbors.

## Keystone STARS Level 4

### Category

Food and beverages provided during snacks, meals, or celebrations - N4 Menus and Variety

### Goal

Our goal is to encourage children to try unfamiliar foods that are also healthy and nutritious.



### Promising Practice

Our Center implemented "Tasty Tuesdays." Twice a month, the AM snack would be a food item that would be considered unfamiliar to a majority of the children. The staff and children discuss what they are eating and encourage them to try it, even if only a small bite. Almost all the children try the food items.

Also, each "Tasty Tuesday" is announced to the parents so they would know what food item their child is trying that day. The infant room posted pictures of the children eating the food on "Tasty Tuesday" so parents could see their child's reactions to the unfamiliar foods. The preschool rooms posted a chart stating how many children liked or did not like the food item that day.

We budgeted \$50 twice a month to purchase the food items for approximately 116 children. The food items were selected based on recommendations from staff, children, and, in some cases, grocery store personnel. The director purchased the food items at a local grocery store and Sam's Club. Time involved was basically the time spent selecting and picking up food items. Our "Tasty Tuesdays" foods to date have been kiwi, snap

peas, humus and whole wheat crackers, star fruit, orange, red and green sweet peppers, flavored apples, and mini cucumbers.

### Action Steps

- Prepare a list of potential new foods.
- Work with local grocers to select unique, seasonal foods in a cost efficient way.
- Purchase new food.
- Implement "Tasty Tuesdays," talking about the new food (color, shape, texture, taste, etc.) and encouraging each child to try the food.

### Materials

<b>Item Purchased</b>	<b>Cost of Item</b>
Food and Nutrition Theme Books	\$35.50
Great Plate Posters	\$15.74
Poster set of Fruits and Vegetables	\$34.99
Portion Wise Poster for ages 2-6	\$14.99
Food items for "Tasty Tuesdays"	\$300.00

### Advice

"Tasty Tuesdays" is a lot of fun for the children and staff. The children (and staff) experience new foods that are both healthy and nutritious. Teachers talk with the children about what they are eating and encourage them to try it. The most challenging part is the cost so it is important to set up a budget and stay within it. If you shop seasonal and smart, you can stick to a budget.

### Evidence of Success

We knew "Tasty Tuesdays" was a success when the staff, children, and parents started asking what foods were coming up and offering suggestions. Furthermore, after the first couple of "Tasty Tuesdays," the children did not need as much encouragement trying unfamiliar foods. As a result of "Tasty Tuesdays", the children enjoy trying new foods and learning unfamiliar foods are not always "yucky."

