

**SELF-HELP SKILL
WEEKLY FOCUS**



TEAMS MONTHLY SNACK PLAN
AUGUST 2018

ALLERGIES
**ALTERNATIVE
SNACK WILL BE
AVAILABLE**

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><u>POURING WATER</u> GIVE CHILD A CUP AND SHOW THEM THE LINE. MODEL POURING YOUR CUP. SHOW ONE HAND ON PITCHER, ONE HAND HOLDING CUP AND SLOWLY TIP PITCHER AND WATCH WATER POUR UP TO LINE AND STOP. HAND OVER HAND HELP LITTLES.</p>	<p>30 APPLES & BANANAS CHEESE SLICES SALTINE CRACKERS WATER</p>	<p>31 PINEAPPLE COTTAGE CHEESE CUPS WHOLE GRAIN BISCUITS WATER</p>	<p>1 STRAWBERRIES BANANAS & MANGO GREEK YOGURT CRACKERS WATER</p>	<p>2 HONEY DEW MELON HUMMUS PRETZELS WATER</p>	<p>3 CUCUMBERS & TOMATOES CHEESE STICKS BREAD SLICES WATER</p>
<p><u>CHOOSE ONE</u> OFFER EACH CHILD A PLATE OF FOOD TO CHOOSE THE ONE THEY WANT OR CHOOSE A COLOR OF SPOON. REMIND TO ONLY TOUCH THE ONE THAT IS THEIRS AND ONLY TAKE ONE. HAVE PORTIONS READY TO SERVE, PRE-SPREAD, ETC...</p>	<p>6 BANANAS CREAM CHEESE GRAHAM CRACKERS WATER</p>	<p>7 CANTALOUPE SLICES COTTAGE CHEESE CUPS WHEAT CRACKERS WATER</p>	<p>8 TOMATO SOUP CUP CHEESE SLICES 12 GRAIN BREAD SLICES WATER</p>	<p>9 APPLE CHUNKS HARD-BOILED EGGS SALTINE CRACKERS WATER</p>	<p>10 FRUIT SALAD CUPS CREAM CHEESE BAGEL SLICES WATER</p>
<p><u>COUNTING SNACKS</u> USING A NUMBER OF THE DAY TO COUNT HOW MANY PIECES TO PUT ON YOUR PLATE. COUNT AND PLACE ONE AT A TIME. COUNT ALL TOGETHER AS NEEDED FOR LITTLES OR AT INDIVIDUAL TABLES.</p>	<p>13 KIDNEY BEANS CHEESE CHUNKS TORTILLAS CHIPS WATER</p>	<p>14 ORANGE SECTIONS SLICED CHEESE OYSTER CRACKERS WATER</p>	<p>15 SWEET PEPPERS & CHERRY TOMATOES HUMMUS CRACKERS WATER</p>	<p>16 BLUEBERRIES CREAM CHEESE RICE CAKES WATER</p>	<p>17 PINEAPPLE CHUNKS GREEK YOGURT CHEERIOS WATER</p>
<p><u>PEELING FRUIT</u> DEMONSTRATE HOW TO PEEL A PIECE OF FRUIT AND WHAT TO EAT AND WHERE TO PUT THE WASTE. REINTRODUCE THE COMPOST BIN AND TEACH PROCESS OF FEEDING THE WORMS & COMPOSTING</p>	<p>20 CUCUMBER & CELERY STICKS STRING CHEESE PRETZELS WATER</p>	<p>21 ORANGES HUMMUS DIP VEGGIE STRAWS WATER</p>	<p>22 BANANAS COTTAGE CHEESE GRAHAM CRACKERS WATER</p>	<p>23 MELON PIECES CHEESE SLICES WHOLE GRAIN CRACKERS WATER</p>	<p>24 ORANGES APPLE SAUCE SWEET POTATO CHIPS WATER</p>
<p><u>SECTIONING, PITTING & PLUCKING</u> GIVE CHILD A CHOICE OF FOOD TO PICK AND PULL APART TO BE ABLE TO EAT. MODEL & ASSIST AS NEEDED. CONTINUE PASSING OUT SNACK INGREDIENTS WHEN READY & COMPOST PEELS & PITS.</p>	<p>27 STRAWBERRIES STRING CHEESE SALTINE CRACKERS WATER</p>	<p>28 AVOCADO & TOMATO SALSA CHEESE CHUNKS TORTILLA CHIPS WATER</p>	<p>29 SWEET PEPPERS GREEN BEAN KRISPIES HUMMUS DIP WATER</p>	<p>30 PLUMS & GRAPES YOGURT CUP GRAHAM CRACKERS WATER</p>	<p>31 PEACHES & NECTARINES CREAM CHEESE RICE CAKES WATER</p>

HEALTHY HEARTY CHILD-FRIENDLY AND CHILD-MADE SNACKS



TEAMS MONTHLY SNACK PLAN SEPTEMBER 2018

ALLERGIES
ALTERNATIVE
SNACK WILL BE
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**SELF-HELP SKILL
WEEKLY FOCUS**

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><u>USING A FORK</u> OFFER EACH CHILD A CHOICE OF FORK, BOWL OR PLATE. SERVE FOODS AND PRACTICE USING UTENSILS. WHEN DONE EATING DIRECT THEM TO THE COMPOST, TRASH & WASH BIN TO BE CLEANED FOR THE NEXT SESSION.</p>	<p>3 LABOR DAY TEAMS CLOSED</p>	<p>4 PINEAPPLE CHUNKS SLICED BAGEL CREAM CHEESE WATER</p>	<p>5 BANANA SLICES CEREAL MIX GREEK VANILLA YOGURT WATER</p>	<p>6 NOODLES SHREDDED CHEESE APPLE SLICES WATER</p>	<p>7 FRUIT SALAD SLICED CHEESE WHOLE GRAIN BREAD SLICES WATER</p>
<p><u>USING A SPOON</u> OFFER EACH CHILD A CHOICE OF SPOON, BOWL OR PLATE. SERVE FOODS AND PRACTICE USING UTENSILS. WHEN DONE EATING DIRECT THEM TO THE COMPOST, TRASH & WASH BIN TO BE CLEANED FOR THE NEXT SESSION.</p>	<p>10 HUMMUS DIP APPLE SLICES VEGGIE STRAWS WATER</p>	<p>11 CREAM CHEESE RICE CAKES BANANA CHUNKS WATER</p>	<p>12 TOMATO SOUP SHREDDED CHEESE SALTINE CRACKERS WATER</p>	<p>13 GRANOLA MIX GREEK VANILLA YOGURT ORANGE SLICES WATER</p>	<p>14 COTTAGE CHEESE PINEAPPLE HONEY CORN CRACKERS WATER</p>
<p><u>USING TONGS</u> SHOW CHILDREN THE TOOL OF THE WEEK AND DEMONSTRATE HOW TO USE IT PROPERLY AND SAFELY. MODEL AS YOU PICK FOOD UP AND PUT IT ON YOUR PLATE. ALLOW CHILDREN TO PRACTICE.</p>	<p>17 CUCUMBER & CELERY STICKS STRING CHEESE PRETZELS WATER</p>	<p>18 ORANGE SLICES HUMMUS DIP VEGGIE STRAWS WATER</p>	<p>19 BANANAS COTTAGE CHEESE ROUND CRACKERS WATER</p>	<p>20 HARD BOILED EGGS CHEESE SLICES WHOLE GRAIN BREAD SLICES WATER</p>	<p>21 TORTILLA CHIPS AVOCADO SLICES CHEESE WATER</p>
<p><u>SCOOPING DRY FOODS</u> DEMONSTRATE HOW TO SCOOP SLOWLY & PUT INTO YOUR BOWL. PASS AND COACH OR HAND ON HAND WITH THE LITTLES. CHOOSE HOW MUCH YOU WANT, ONLY A LITTLE IF YOU DON'T LIKE IT.</p>	<p>24 CRACKER MIX APPLE SLICES CHEESE CHUNKS WATER</p>	<p>25 PRETZEL TWISTS VEGGIE STICKS & CUCUMBER HUMMUS WATER</p>	<p>26 CEREAL O's DRIED FRUIT PIECES GRANOLA MILK</p>	<p>27 PIRATES BOOTY & POPCORN ORANGE SLICES STRING CHEESE WATER</p>	<p>28 RICE KRISPIES CHEX CEREAL STRAWBERRIES & RAISINS MILK</p>
<p><u>SCOOPING WET FOODS</u> DEMONSTRATE HOW TO SCOOP SLOWLY & PUT INTO YOUR BOWL. PASS AND COACH OR HAND ON HAND WITH THE LITTLES. CHOOSE HOW MUCH YOU WANT, ONLY A LITTLE IF YOU DON'T LIKE IT.</p>	<p>1 APPLESAUCE GRAHAM CRACKERS CREAM CHEESE WATER</p>	<p>2 CHILI BEANS SHREDDED CHEESE TORTILLA CHIPS WATER</p>	<p>3 GREEK YOGURT BLUEBERRIES FRUIT MIX RICE CAKES WATER</p>	<p>4 TOMATO & SQUASH SOUP CHEESE SLICES FISH-SHAPED CRACKERS WATER</p>	<p>5 COTTAGE CHEESE BANANAS WHEAT CRACKERS WATER</p>

HEALTHY HEARTY CHILD-FRIENDLY AND CHILD-MADE SNACKS

**SELF-HELP SKILL
WEEKLY FOCUS**



TEAMS MONTHLY SNACK PLAN
OCTOBER 2018

ALLERGIES
**ALTERNATIVE
SNACK WILL BE
AVAILABLE**

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><u>SCOOPING WET FOODS</u> DEMONSTRATE HOW TO SCOOP SLOWLY & PUT INTO YOUR BOWL. PASS AND COACH OR HAND ON HAND WITH THE LITTLES. CHOOSE HOW MUCH YOU WANT, ONLY A LITTLE IF YOU DON'T LIKE IT.</p>	<p>1 APPLESAUCE GRAHAM CRACKERS CREAM CHEESE WATER</p>	<p>2 CHILI BEANS SHREDDED CHEESE TORTILLA CHIPS WATER</p>	<p>3 GREEK YOGURT BLUEBERRIES FRUIT MIX RICE CAKES WATER</p>	<p>4 TOMATO & SQUASH SOUP CHEESE SLICES FISH-SHAPED CRACKERS WATER</p>	<p>5 COTTAGE CHEESE BANANAS WHEAT CRACKERS WATER</p>
<p><u>COMPOSTING SCRAPS</u> TAKE SMALL GROUPS OF CHILDREN TO THROW FOOD SCRAPS INTO THE GARDEN COMPOSTING BIN. DISCUSS WHAT IS GOOD FOOD TO USE, WHAT DO YOU MIX IT WITH & WHAT HAPPENS WHEN IT IS DONE COMPOSTING.</p>	<p>8 BANANA (PEELS) CEREAL MIX COTTAGE CHEESE CUPS WATER</p>	<p>9 APPLE (CORES) OATMEAL SUNFLOWER SEEDS WATER</p>	<p>10 EGG (SHELLS) DILL PICKLES MAYO/MUSTARD PICKLES CELERY SALTINES WATER</p>	<p>11 CELERY (TOPS) CUCUMBER CREAM CHEESE RICE CAKES WATER</p>	<p>12 MELON (PEELS) STRING CHEESE PRETZEL STICKS WATER</p>
<p><u>SERVING WITH SPATULA</u> DEMONSTRATE HOW TO SERVE SLOWLY, KEEPING THE SPATULA LEVEL ALL THE WAY TO PLATE. PASS TO NEIGHBOR AND TEACHER CAN COACH OR HAND ON HAND WITH THE LITTLES.</p>	<p>15 ORANGE CIRCLES STRING CHEESE RITZ CRACKERS WATER</p>	<p>16 BREAD SLICES CHEESE SLICES TOMATO SLICES PICKED BASIL WATER</p>	<p>17 QUESADILLAS SOUR CREAM AND SALSA DIP TANGERINES WATER</p>	<p>18 PINEAPPLE RINGS COTTAGE CHEESE CRACKERS WATER</p>	<p>19 BAGELS WITH CREAM CHEESE HONEYDEW MELON SLICES WATER</p>
<p><u>SPREADING</u> DEMONSTRATE HOW TO HOLD THE FOOD, KNIFE OR SPREADER AND GET THE FOOD MOVED OVER THE SURFACE. OFFER EACH CHILD A CHANCE TO PRACTICE. ENCOURAGE TRYING SMALL AMOUNTS.</p>	<p>22 BLUEBERRIES & HONEYDEW CRACKERS CREAM CHEESE WATER</p>	<p>23 BREAD SLICES GRAPE JAM APPLE SLICES YOGURT WATER</p>	<p>24 BAGEL SLICES CREAM CHEESE OR SOFT BUTTER BANANAS WATER</p>	<p>25 GUACAMOLE SHREDDED CHEESE TORTILLAS WATER</p>	<p>26 HUMMUS CRACKERS CUCUMBER CARROTS & SWEET PEAS WATER</p>
<p><u>PARFAITS & STACKERS</u> GIVE CHILDREN CHOICES OF FOOD AND DEMONSTRATE HOW TO USE STICK OR HOW TO LAYER. CREATE A SANDWICH OR STACKER OR KABOB & HOW TO EAT THEM OR PULL THEM OFF.</p>	<p>29 SLICED STRAWBERRIES GRAHAM CRACKERS WITH CREAM CHEESE WATER</p>	<p>30 MANDARIN ORANGES ROUND CRACKERS CHEESE SLICES WATER</p>	<p>31 ORANGE, APPLE, BANANA & CHEESE KABOBS CRACKERS WATER</p>	<p>1 BREAD SQUARES CHEESE SLICES CUCUMBER MAYONNAISE MUSTARD WATER</p>	<p>2 GREEK YOGURT GRANOLA BLUEBERRIES & PARFAIT WATER</p>

HEALTHY HEARTY CHILD-FRIENDLY AND CHILD-MADE SNACKS

CHILD-FRIENDLY SNACK OPTIONS

Bananas
Oranges
Tangerines
Apples
Plums
Peaches
Nectarines
Apricots
Cherries
Watermelon
Honeydew Melon
Cantaloupe
Pineapple
Cooked Carrots
Celery sticks
Cucumber
Sweet Peppers
Cherry Tomatoes
Strawberries
Blueberries
Mangos
Avocado
Cooked Potato
Applesauce
Mandarin oranges
Fruit Salad
Veggie Straws
Fish, duck or bear Crackers
Oatmeal
Noodles
Pirates Booty
Oyster Crackers
Bread slices
Wheat Crackers
Saltine Crackers
Round Crackers
Cheddar Crackers
Graham Crackers
Rice cakes
Cereal
Granola
Rice Crackers
Lentil Crackers
Whole Grain Crackers
Extra Crackers
Tortilla chips
Banana Bread
Zucchini Bread
Greek Yogurt
Hard Boiled Eggs
Cream cheese

Cottage cheese
Cheddar cheese
String cheese
Sliced cheese
Shredded Cheese
Hummus
Chili Beans
Soup
Kidney Beans
Refried Beans
Sliced Bagels
Brown rice



TEAMS
Learning Center

Training Educating And Mentoring Services

SNACK EXPERIENCE SKILLS

WEEK 1	Snack process & Composting
WEEK 2	Pouring water
WEEK 3	Choosing one
WEEK 4	Counting out snack
WEEK 5	Peeling fruit with fingers
WEEK 6	Sectioning, pitting & plucking
WEEK 7	Using a Fork
WEEK 8	Using a spoon
WEEK 9	Scooping dry food
WEEK 10	Scooping wet food
WEEK 11	Using Tongs
WEEK 12	Using a Spatula
WEEK 13	Spreading
WEEK 14	Serving utensil practice
WEEK 15	Layering & kabobbing
WEEK 16	Stirring in a community bowl
WEEK 17	Measuring spoons
WEEK 18	Measuring cups
WEEK 19	Mashing with a masher
WEEK 20	Peeling with a peeler
WEEK 21	Cutting with a butter knife
WEEK 22	Using a Shredder
WEEK 23	Juicing & Squeezing
WEEK 24	Whisking & Hand mixers
WEEK 25	Combining skills



TEAMS
Learning Center

Training Educating And Mentoring Services