

Mealtime Equipment for Kids

CACFP Short Course

Wednesday, April 23, 2014

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Creating a Pleasant Environment



Mealtime Equipment for Kids



Toddlers

- Eating is a learning activity.
- We can expect some mess.

Mealtime Equipment for Kids

- Are serving sizes user friendly?



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Mealtime Equipment for Kids

Use appropriate serving sizes and equipment.



Mealtime Equipment for Kids

Family Style Dining Child-Size Is Right Size



Family Style Dining Items

Plastic wide lip bowls and platters
Short handled hard plastic serving spoons
Cups
Pitchers
Plates
Spoons
Measuring cups
Plastic tongs
Cleanup supplies



Tips for Success

- Expect spills
- Place all food items, including milk, on the table as children are sitting
- Teach children how to place food on their plate
- Teach children how to pass the food to their friends
- Avoid full cleanup until the end of meal

Ideal Happy Mealtime

Children are happy, talking, and eating in a warm and welcoming environment.