# **Ways to Prepare** for Family Style Meal Service in Child Care

## Family style meal service allows children to serve themselves with the assistance of adults.

#### **SET A START DATE**

Host a staff training.

05

02

### **BUY EQUIPMENT**

- Purchase unbreakable, scratch-resistant, child-size supplies:
- Brightly Colored Plates 7.25 inches • Serving Bowls 6.75-8.75 inches
  - Serving Spoons/Ladles 7-8 inches
- Bowls 2-4 inch diameter • Spoons 5.125 inches • Pitchers 13 ounces
- Tongs 4–6 inches • Cups 8-10 ounces

#### **PROVIDE TRAINING**

Include good practices that help children build motor skills for serving

Provide opportunities for staff to roll-play serving meals family style.

### **EDUCATE PARENTS AND GUARDIANS**

- Host a meeting to tell parents about family style meals.
- · Send a letter home to let them know about the new meal service.
- Post information via social media, bulletin board, or monthly newsletter.

#### **EDUCATE CHILDREN**

• Explain that there will be some changes at mealtimes.

· Begin by practicing pouring water into cups, passing empty serving dishes, and scooping dried beans from a large bowl into a smaller one.

· Allow children to serve themselves one item, overtime, to add more items until they can serve themselves the entire meal.



This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government. The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room 326–W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer. © 2020, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold. The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images. Please contact helpdesk@theicn.org for more information. June 1, 2020