

## 10 Turkey Day Tips

Thanksgiving is a day to give thanks, show gratitude and eat a big, delicious home cooked meal with all the trimmings, PLUS dessert! Holidays do not come along every day, so when they do it's okay to splurge but take steps to ensure a happy, healthy day without anyone going to bed uncomfortably stuffed!



### 1 Eat a healthy breakfast

Don't skip meals before a Thanksgiving feast. Serve up a simple, healthy breakfast and a simple, light lunch for yourself and your children. Hunger affects mood and metabolism and on big holidays we all want to feel good and avoid hunger induced crankiness.

### 2 Take time for exercise

Fresh air and exercise will work up an appetite for the big Thanksgiving meal while burning a few extra calories and giving you a shot of endorphins. Make a family tradition of playing a game of football or tag, going on a family jog, bike ride or raking the lawn together.

### 3 Help in the kitchen

Preparing meals from scratch is a lot of work. Lighten the load and help children feel grateful and proud by involving the whole family in meal preparation. If you have your meal away from home do you bring a dish? Children can help in the kitchen at any age. Find tasks that match their ability, such as measuring, peeling, stirring and chopping.

### 4 Focus on fruits and vegetables

Serve an array of colorful fruits and vegetables. If appetizers are a part of your Thanksgiving tradition try replacing chips and dip with a large tray of cut up veggies with hummus or a low-fat dip, or a fruit tray

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## did you know...

- ▶ Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity and build strong relationships.
- ▶ Each year in the United States, there are about 3,500 Sudden Unexpected Infant Deaths (SUID). These deaths occur among infants less than 1 year old and have no immediately obvious cause.
- ▶ In a survey, 65% of moms said they've slept in bed with their baby and 38% do so regularly. Research has shown that half of infant suffocation deaths happen in an adult bed.
- ▶ SUID strikes families of all races, ethnic and socioeconomic origins without warning; neither parent nor physician can predict that something is going wrong.
- ▶ SUID rates for the United States have dropped steadily since the initiation of the Back to Sleep campaign in 1994.

Sources: Harvard Health, cdc.gov, sids-network.org, nichd.nih.gov

### Quotable Quotes

“An optimist is a person who starts a new diet on Thanksgiving Day.”

– Irv Kupcinet

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## 10 Turkey Day Tips

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that includes red berries, mandarin oranges, blueberries, purple grapes and kiwi. The trays can be a beautiful, healthy and delicious new tradition.

### 5 Keep portions balanced

When a Thanksgiving feast features many delicious dishes it can be a challenge to decide what to put on your plate and how much. Don't limit yourself or the children, just serve up a little bit of everything! Smaller portions let you taste it all and help cut down on plate waste. Remember it's ok to go back for second helpings of your very favorites.

### 6 Be a role model

Children watch what adults do, so set a good example. Try new foods and eat your vegetables. Putting pressure on children to eat something because it's healthy or to finish their plate will likely make them more stubborn. If you enjoy a variety of healthy foods, chances are your children will learn to do the same.

### 7 Slow down and enjoy

Relax at the table, take small bites, chew well and enjoy the conversation with family and friends. Taking time to be mindful and enjoying your Thanksgiving meal will help you recognize when you feel satisfied. Eating quickly usually means eating more than we actually want.

### 8 Make smart swaps

Serving up lighter fare can help make the Thanksgiving meal more nutritious and cut out some of the hidden fats and sugar in traditional dishes. Try non-fat, plain Greek yogurt in place of sour cream. Add mashed cauliflower to mashed potatoes. Use lower fat options for cheese, creamed soups, milk and cream cheese. Reduce the sugar in baked goods by  $\frac{1}{3}$  without sacrificing quality or taste. White flour can often be replaced with whole wheat by half or more. Applesauce, mashed pumpkin or mashed banana can replace up to half of the fat or oil in a recipe.



### 9 Keep food safe

Always follow food safety guidelines or you could end up with another kind of stomach ache! Keep the germs away by washing hands, counters, tables, dishes, knives and cutting boards often and thoroughly. Keep raw and cooked food separate. Never put cooked food or food that you will eat raw on the same plate or cutting board as raw meat, poultry or fish. Refrigerate leftover food within two hours of cooking. Cook food to a safe temperature, especially the turkey, which should reach an internal temperature of at least 165°F.

### 10 Give thanks!!!

Teaching children about thankfulness has lifelong benefits and is linked to life-skills such as cooperation, purpose, creativity and persistence. Thanksgiving is the perfect time to talk about what we are grateful for and appreciate family, friends, a place to sleep and of course, the festive Thanksgiving meal!

— Catherine Stafford  
Child Health and Nutrition Supervisor  
Contra Costa Child Care Council

## KIDS' HEALTH & SAFETY

# Safe Sleep for Infants

Guidelines for reducing the risk of Sudden Infant Death Syndrome (SIDS) and other Sudden Unexplained Infant Deaths (SUID).

First and foremost, educate yourself and everyone who cares for your baby on how to reduce risks by following these guidelines:

### 1 Always lay your baby to sleep face up.

Side and tummy positions are not safe; check with your doctor if your baby has breathing problems.

### 2 Don't smoke while pregnant and never smoke near your infant.

While pregnant or considering pregnancy do not smoke. Never let others smoke near your baby. Smoking is a major risk factor for SIDS.

### 3 Don't let your baby get too hot.

Overheating is a leading risk factor for SIDS. Dress your baby in as much or as little as you would wear. If your baby is sweating, has damp hair, or a heat rash, he or she may be too hot. Room fans have been shown to reduce the risk of SIDS. Use a wearable blanket or other type of sleeper instead of a blanket.

### 4 Lay your baby to sleep in a safety-approved\* crib, on a firm mattress covered by a fitted sheet.

Do not let your baby sleep on soft things, like a couch, pillow, sheepskin, foam pad, or waterbed. Remove all loose bedding, stuffed animals and pillows from the crib. Crib bumpers are not recommended and can be hazardous.

### 5 Create a healthy lifestyle for you and your baby.

When pregnant, see your doctor often and do not use drugs or alcohol. Talk with your doctor about changes in your baby and how your baby acts.

### 6 If possible, breastfeed your baby.

Breastfeeding has been shown to reduce the risk of SIDS.

### 7 Offer your baby a dry pacifier that is not attached to a string at all sleep times.

Offer a pacifier after breastfeeding is established. Pacifiers have been shown to reduce the risk of SIDS.



### 8 Put your baby on his or her tummy to play when your baby is awake and supervised.

Make sure someone is always watching. "Tummy Time" is good for your baby because it helps head, neck and shoulder muscles get stronger.

### 9 Don't share sleep surfaces.

Adult beds, couches and chairs are not safe for infant sleep and increase the risk of SIDS, suffocation and accidental infant death. Your baby should not sleep with you or with anyone else. After breastfeeding put your baby back in his or her crib. Room share by keeping your baby's sleep area in the same room where you sleep.

### 10 Do not use home cardiorespiratory monitors, wedges, positioners, or special sleep surfaces that claim to reduce the risk of SIDS.

### 11 Share these tips with everyone who cares for your baby.

Educating yourself and others who care for your baby can help you keep your baby safe.

\*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or [www.cpsc.gov](http://www.cpsc.gov)

— Adapted from [cjsids.org](http://cjsids.org)

## Thanksgiving Veggie Tray with Cannellini Bean Dip

- Cannellini beans, drained and rinsed ..... 1 (15 ounce) can
- Garlic clove, chopped ..... 1
- Worcestershire sauce ..... 2 tsp
- Red wine vinegar or lemon juice ..... 2 tsp
- Dill, dried ..... 1 tsp
- Olive oil ..... 1/3 cup
- Salt and pepper ..... to taste
- Vegetables, fresh, cut up ..... 4 cups or more



1. In a food processor or blender, combine all ingredients and mix until smooth. Add salt and pepper to taste.
2. Serve with a rainbow of veggies such as, carrots, celery, radishes, broccoli, cherry tomatoes, cucumber, jicama, olives and bell pepper. On a large platter, arrange veggies in the shape of a turkey.

Yield: 12 servings

Meets requirement for fruit/vegetable

— Family Fun

## Grape Tomato and Cauliflower Cake

- |  |   |
|--|---|
| Cauliflower, cut into small florets ..... 1 small head | Baking powder ..... 1 1/2 tsp           |
| Olive oil ..... 4 Tbsp                                 | Cumin, ground ..... 1/2 tsp             |
| Garlic, minced ..... 2 cloves                          | Turmeric, ground ..... 1/4 tsp          |
| Eggs ..... 8   | Salt ..... 1 1/2 tsp                    |
| Basil, fresh, chopped ..... 1/2 cup                    | Pepper ..... to taste                   |
| All-purpose, enriched flour ..... 1 cup                | Parmesan cheese, grated ..... 5 ounces  |
|  | Grape tomatoes, halved ..... 1 1/2 cups |

1. Steam or roast cauliflower until tender, set aside. Preheat oven to 400°F. Heat oil in a small skillet, add garlic and sauté 2 minutes. Scrape oil and garlic into a large bowl. Add eggs, dry ingredients, seasonings and Parmesan cheese. Whisk until smooth. Gently stir in basil, cauliflower and tomatoes.
2. Spray a 9 1/2 inch springform pan with cooking spray. Pour mixture into pan. Bake on middle rack 40–45 minutes. Remove from oven and let rest 15–20 minutes.

Yield: 10 servings

Meets requirement for fruit/vegetable and protein/meat alternate

— Windset Farms

## Activity Corner

### BEAN BAG ACTIVITIES

**Clap N' Catch** – Have children throw a beanbag into the air, clap their hands and then catch the bag. Challenge children to clap two, three, four times or more while the beanbag is in the air. Each time they are successful they can increase the number of claps.

**Bean Bag Balance** – See how many different body parts can be used to balance the beanbag: forehead, top of the head, back of the neck, shoulder, bent elbow, wrist, thigh, knee, ankle or top of the foot. Which one is easiest? Which is more of a challenge?

**Partner Toss** – Children stand about three feet apart and toss a bag underhand back and forth to one another. If they both catch the bag they each take one step back, slightly increasing the distance. Repeat this process until the bag is dropped. At that point, they can start over or move one step closer to try again.

— Adapted from: education.com

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**Food Funny** Q: What's the key to a great Thanksgiving dinner?  
A: The turkey!