



Go Further with Food

MARCH IS NATIONAL NUTRITION MONTH, a great time to focus on your family's nutritional health. The theme this year, "Go Further with Food" reminds us of the many ways that we can expand on healthy eating and reduce food waste by smarter shopping and meal prep. Healthy food helps us have the extra strength and stamina needed for learning, physical activity and productivity. Reasonable goals and small changes can make a big difference in your health and nutrition this month and all year long! Build new habits by trying some of these simple ideas.



WANT TO GET YOUR ENGINE GOING?

- Commit to trying a *new* fruit or vegetable every week during National Nutrition Month and add in one extra serving of a vegetable or fruit each day.
- Drink plenty of water. Fill up a reusable water bottle and take it with you throughout your day. It will keep you hydrated, eliminate waste and save you money.
- Plan ahead to optimize your time and increase consumption of nutrient dense foods.

ACTIVITIES

- **Take a cooking class or try a new recipe.** Sometimes all we need to be inspired or get out of a cooking rut is to prepare something delicious!
- **Join a CSA.** Community Supported Agriculture is a great way to support local farmers, eat seasonally and have access to fresh and healthy produce all year long.
- **Eat something fresh.** Think you don't like a certain fruit or vegetable? Try it fresh and in season, you may change your mind!
- **Visit a farmer's market or farm.** See where your food comes from and connect with farmers, it is incredibly inspiring and kids love it.
- **Read labels.** Be an informed consumer by knowing what is actually in your food.

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DID YOU KNOW...

- **March is National Nutrition Month**, the theme this year is "Go Further with Food."
- **National CACFP week is March 11–17, 2018**, the theme is "Raising Awareness Across the Nation." CACFP provides nutrition and nutrition education to improve health and wellness of more than 3.56 million children in childcare each day.
- **March is National Poison Prevention Month**, while the third week in March each year (March 18–24 2018) is designated as National Poison Prevention Week. This week is dedicated to raising awareness about poisoning and specific ways to prevent it.
- Poisoning is the #1 cause of injury-related death in the U.S.
- According to the U.S. Poison Control Centers a child is accidentally poisoned every 30 seconds! And more than 50% of all poisoning involve children under 5 years of age.

Academy of Nutrition and Dietetics, CACFP, Journal of Consumer Affairs, U.S. Poison Control Centers

Quotable Quotes

“From there to here and here to there, yummy things are everywhere.”

– Dr. Seuss

INSIDE:

- Poison Prevention and Treatment Tips
- Recipes
- Food Group Friend Activity
- Food Funny

Go Further with Food

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SHOPPING

- **Avoid shopping when hungry.** Junky foods can end up in the cart! Make better choices and save money by shopping when you are full.
- **Look for whole foods.** Choose whole foods and those with a short ingredient list; they are usually minimally processed and a healthier option.
- **Stick to the outer aisles.** Most grocery stores are arranged to have all the fresh produce, meat and dairy along the perimeter of the store. Shop primarily from there!
- **Shop for what's in season.** Produce is cheaper, fresher and tastier in season.
- **Choose colorful foods.** Get all your phytonutrients by eating a variety of colors. See if you can eat a rainbow.
- **Look for added sugars.** Sugars are often hidden in foods, with up to 74 percent of packaged foods containing added sugar. They come in many forms with over 50 names.
- **Plan meals ahead.** Make a shopping list to buy only what you need. This takes the stress out of determining what to prepare last minute and reduces food waste by using up what you already have on hand.
- **Try a new grocery store.** Get a new perspective and be more inspired by visiting a different place to shop.
- **Read the Nutrition Facts label.** Choose foods low in saturated fat, sodium and sugar and foods high in vitamins, minerals and fiber.



- **Cook with the kids.** Get kids interested in healthy foods and nutrition by involving them in cooking a meal.
- **Go meatless once a week or more.** Cut down on fat, calories, reduce your risk of heart disease and make an environmental impact by cutting back on meat.
- **Pre-wash your produce.** Washing your fruits and veggies as you unpack them makes it more likely you will grab them as a healthy snack.
- **Be aware of serving sizes.** Read the Nutrition Facts label to find out what a serving is.

- **Start a garden.** A great way to add something fresh to your meals is to grow it yourself! Even a simple potted herb garden can add loads of flavor and freshness.
- **Be physically active every day.** Start with a walk around the block on your lunch break or with your family after work.
- **Increase the number of meals you eat at home.** This saves money and allows us to know exactly what we are eating.
- **Share recipes.** Get new ideas and create community by sharing your favorites.

Eating right doesn't have to be complicated. The Academy of Nutrition and Dietetics reminds us that improving overall well-being requires a lifelong commitment to healthful lifestyle behaviors, emphasizing lasting and enjoyable eating practices and regular physical activity.

— Rachel O'Neal
CocoKids Child Health and Nutrition Specialist

AT HOME

- **Power up with breakfast.** Starting each day with a healthy breakfast is important for everyone.
- **Enjoy family mealtimes.** Model healthy eating and conversation skills by sitting down together as a family for a meal. Turn off the TV and talk about your day.

KIDS' HEALTH & SAFETY

Poison Prevention and Treatment Tips

EACH YEAR, more than 2 million people—about half of them under age 6—swallow or have contact with a poisonous substance. The American Academy of Pediatrics offers these tips to prevent and to treat exposures to poison.



that use child resistant packaging. A small amount of liquid nicotine spilled on the skin or swallowed can be fatal to a child. Never place poisonous products in food or drink containers.

- Keep coal, wood or kerosene stoves in safe working order.

PREVENT POISONING IN YOUR HOME

Most poisonings occur when parents or caregivers are home but not paying attention. The most dangerous potential poisons are medicines, cleaning products, liquid nicotine, antifreeze, windshield wiper fluid, pesticides, furniture polish, gasoline, kerosene and lamp oil. Be especially vigilant when there is a change in routine. Holidays, visits to and from grandparents' homes and other special events may bring greater risk of poisoning if the usual safeguards are defeated or not in place.

- Store medicine, cleaning and laundry products (including detergent packets), paints/varnishes and pesticides in their original packaging in locked cabinets or containers, out of sight and reach of children. It is best to use traditional liquid or powder laundry detergents instead of detergent packets until all children who live in or visit your home are at least 6 years old.
- Safety latches that automatically lock when you close a cabinet door can help keep children away from dangerous products, but there is always a chance the device will malfunction. The safest place to store poisonous products is somewhere a child can't see or reach.
- Purchase and keep all medicines in containers with safety caps and keep out of reach of children. Discard unused medication. Note that safety caps are designed to be child resistant but are not fully child proof.
- Never refer to medicine as "candy" or another appealing name.
- Check the label each time you give a child medicine to ensure proper dosage. For liquid medicines, use the dosing device that came with the medicine. Never use a kitchen spoon.
- If you use an e-cigarette, keep the liquid nicotine refills locked up out of children's reach and only buy refills

- Maintain working smoke and carbon monoxide detectors.
- Secure remote controls, key fobs, greeting cards and musical children's books. These and other devices may contain small button-cell batteries that can cause injury if ingested.

TREATMENT

If your child is unconscious, not breathing or having convulsions or seizures due to poison contact or ingestion, call 911 or your local emergency number immediately. If your child has come in contact with poison and has mild or no symptoms, call Poison Help at **1-800-222-1222**.

Different types and methods of poisoning require different, immediate treatment:

- Swallowed poison – Take the item away from the child, and have the child spit out any remaining substance. Do not make your child vomit. Do not use syrup of ipecac.
- Swallowed battery – If your child has swallowed a button-cell battery, seek treatment in a hospital emergency department immediately. Serious tissue damage can occur in as little as 2 hours.
- Skin poison -- Remove the child's clothes and rinse the skin with lukewarm water for at least 15 minutes.
- Eye poison -- Flush the child's eye by holding the eyelid open and pouring a steady stream of room temperature water into the inner corner for 15 minutes.
- Poisonous fumes – Take the child outside or into fresh air immediately. If the child has stopped breathing, start cardiopulmonary resuscitation (CPR) and do not stop until the child breathes on his or her own, or until someone can take over.

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Shamrock Green Eggs and Ham

Eggs	10	Onion, diced	1/2 cup
Baby spinach, stems removed ..	2 cups	Ham, diced	3/4 cup
Half and Half	1/4 cup	Green bell pepper	1
Baking powder	1/2 tsp	Salt & pepper	1/2 tsp each
Olive oil	1 Tbsp	Shredded cheese	1/2 cup
Mushrooms, diced	1 cup		

1. Preheat oven to 375°F. Thoroughly grease or line jumbo size muffin pans.
2. Place eggs and spinach in a blender or food processor, process until spinach is pureed. Add baking powder, salt, pepper and half and half, process until combined.
3. Sauté the onions and mushroom in oil until slightly soft, about 5 minutes. Evenly divide the onion, mushroom and ham into 12 muffin cups.
4. Pour the egg mixture into the cups. Slice green bell pepper into thin slices crosswise and place a pepper slice on top for a shamrock pattern.
5. Sprinkle with cheese. Bake about 15 minutes or until the eggs are set.

Yield: 12 servings

Meets requirement for meat/meat alternate

— Jamie Sanders

Asparagus, Green Peas and Gnocchi

Gnocchi	16 oz.	Peas, thawed if frozen	1 cup
Olive oil	1 Tbsp	Parmesan cheese, grated	1/2 cup
Shallots, thinly sliced	2	Heavy cream	1/4 cup
Salt and freshly ground pepper	to taste	Lemon juice	1 Tbsp
Asparagus, chopped into 1 inch pieces	1 pound	Red pepper flakes, for garnish (optional)	

1. Bring a large pot of salted water to a boil. Add the gnocchi and cook, according to package directions. Drain and set aside.
2. Heat a large skillet over medium heat. Add the olive oil, shallots and pinch of salt and pepper. Cook for 2–3 minutes until shallots are slightly soft. Add the asparagus and cook for 8–10 minutes until asparagus is fork-tender. Add in the peas and cooked gnocchi, cooking for another 2–3 minutes until peas are heated through.
3. Remove from heat and sprinkle in parmesan cheese, cream and lemon juice. Stir to combine and add crushed red pepper flakes, if desired.

Yield: 8 servings

Meets requirement for vegetables

ACTIVITY CORNER

Food Group Friend

1 Start by having a few choices from each food group (Grain, Protein, Vegetable, Fruit and Dairy) available for the children to each create their own Food Group Friend.



2 Start with a Head. Have children choose a GRAIN such as an English muffin, brown rice cake, whole grain naan, tortilla or slice of whole wheat bread for the head.

3 Let them choose VEGGIES such as carrots, celery, broccoli, cherry tomatoes, peas or bell pepper or FRUITS such as blueberries, bananas, raisins, apples or grapes to create facial features like eyes, nose, mouth and ears.

4 Then ask children to choose a PROTEIN food like sliced hard cooked egg or cooked beans to enhance eyes or nose.

5 Choose a DAIRY food like shredded or string cheese to make hair or squares for a hat.

Have fun and be colorful. Check to see: Did you use a food from each food group? If so, enjoy!

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Food Funny Q. What do you get when a chicken lays an egg on top of a barn?
A. An eggroll!