



Nutrition Edition

Your Guide to Child Health and Nutrition



Nutrition Edition
Issue 91

CCFPRoundtable.org



CACFP Week Challenges...

Happy CACFP Week! It is officially the best time of the year—a time for celebrating over 4,000,000 children being served healthy meals and snacks as part of the Child and Adult Care Food Program. The objective of CACFP Week is to share the word and make *everyone* aware of how important the food program is for the children of this country, their parents and the childcare providers that care for them every day. Let this week also be a reminder to put something healthy on *your* plate at every meal.

Consider some of these challenges for your program:

PROFESSIONAL DEVELOPMENT

Find a way to fit professional development into your busy schedule. Look for on-line courses and check with your CACFP sponsor for trainings available locally. USDA offers monthly webinar trainings for CACFP providers. Visit CACFP Halftime Thirty on Thursdays. They also have recorded past webinars to listen to at your convenience.

COOK WITH KIDS

Children love to lend a hand in the kitchen. Find unique, child-friendly recipes to get the children involved with meal preparation. Children can't resist trying a food they have had a hand in preparing.

INVOLVE FAMILIES

Involve your families in CACFP Week. Share what special project you are completing to celebrate the week. Try a new recipe in child care, if it is a hit with the kids, send it home with the parents. Take the children on a nature walk. Collect and make a keepsake to send home or take pictures of the kids enjoying nature and moving their bodies.

LESS SUGAR

Make this week a "No Added Sugar Week." Avoid all obvious sweet treats, jelly, honey and syrup. Read ingredient lists for added sugar in processed foods. You will learn about all the common items that may have hidden sugar, such as, cereal, peanut butter, pasta sauce, yogurt and ketchup.

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DID YOU KNOW...

- **National CACFP Week is March 17–23rd**
- This week is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger.
- **March is National Nutrition Month**
- National Nutrition Month is a campaign to increase the public's awareness of the importance of good nutrition. Help the Academy achieve its vision of a world where all people thrive through the transformative power of food and nutrition.
- **Poison Prevention Week is March 17–24th**
- Memorize the Poison Control help line phone number. It's easy to remember: 1-800-222-1222.
- **Brain Injury Awareness Week is March 11–17th**
- Head injuries account for 62 percent of all bicycle related deaths. Always wear a helmet.

Am Journal of Diseases of Children

Quotable Quotes

“You're off to Great Places! Today is your day! Your mountain is waiting, so... get on your way!”

– Dr. Seuss

INSIDE:

- Musical Minds
- Eat Green for Good Health
- Recipes
- Food Funny

CACFP Week Challenges...

— Continued from front page

NEW VEGETABLES

Try one new veggie every day. When shopping for produce this week, take a few minutes to pick out several vegetables that you don't usually eat. You may be pleasantly surprised when one of them becomes your new favorite.

FAMILY-STYLE DINING

Family-style dining is a great opportunity to teach by doing. Let children serve themselves using child-size equipment. Dine with the children at the table. Show kids you enjoy eating healthy foods and they will follow your example. Encourage parents to make time for family meals at home.

SCREEN FREE

Make this week a screen free week. Children can get on board by helping to cover a poster with pictures and words describing all the fun activities you can do instead of staring at a screen. Hang this in front of your TV or computer screen all week.

ADD A VEGETABLE

Add a vegetable to your menu each day. Try serving two vegetables at lunch or dinner instead of a fruit and a vegetable or try adding a vegetable at breakfast or snack.

MORE WHOLE GRAINS

Double up on whole grain-rich foods. Now that you are used to serving a whole grain-rich item each day, try serving two or switch from whole grain-rich foods to 100% whole grains, such as, oatmeal, brown rice and whole wheat breads.

GET ACTIVE

Plan a daily physical activity for the children that can be done regardless of location or weather. Obstacle courses that are kid designed are always a hit. Turn on some music and have a dance party, play freeze dance or have kids jump rope and skip—two skills children should know by the time they enter Kindergarten.



MINDFUL EATING

Mindfulness while eating is about slowing down and enjoying the full experience of food and eating. Turn off screens, encourage children to see, smell and taste their food, give gratitude to the cook, the plants or the animals that helped make their food and remind them to stop when full. These practices help us to appreciate our food and maintain a healthy weight.

HEALTHY HYDRATION

Encourage water whenever thirsty children need to refresh. Instead of sugar-sweetened beverages high in calories with little to no nutritional value, make fun, fruit filled “spa water” by adding your favorite fruits to water. Try mixed berry, apple cinnamon and lemon cucumber. Include children in an experiment to find their favorite mix!

GO MEATLESS

Try “Meatless Monday” on any day of the week, just serve a vegetarian dish in place of meat. Beans and rice together make up a complete protein, add them to a whole grain tortilla with avocado for a delicious meal. Lentils, hummus, cheese, yogurt, tofu and nuts also make a healthy meat alternate.

— *CocoKids Staff*

KIDS' HEALTH & SAFETY

Musical Minds

WE ALL LOVE MUSIC. It can motivate, inspire, energize, calm and bring solace in hard times. Did you know the power of music also has a profound effect on our brain? Children can greatly benefit from music in their life to help encourage the development of their brains, preparing them for lifelong benefits in math, reading and emotional literacy.

THE SOUND OF MUSIC

Exposing children to music and movement in the early years can have a huge impact on their developing brains and set them up for success in school and life. Many studies have shown, time and again, that music education promotes and accelerates brain development in the areas responsible for language, sound, reading and speech perception. Music also has many physical benefits including teaching children rhythm, improving immune function and regulating mood. Music can cheer, calm, soothe or reduce stress and anxiety. Listening or playing music teaches important math and communication skills. Musical patterns, sequencing and the memorization of music helps children build math skills. Songs teach story, meaning and emotion, all important skills children will need when learning to read and become emotionally competent, effective communicators.

SHAKE, WIGGLE AND ROLL

Moving our bodies to music releases feel-good chemicals in our brain which increase joy and reduce stress by stimulating our limbic system, the part of our brain that impacts every other part of our brain. Daily exposure to feel-good music and movement puts our limbic system in a relaxed emotional state which is ideal for learning and memory.

BUILDING BRIDGES

Our brain builds pathways from repetitive experiences. In music, the components of rhythm, pitch intervals and repeating patterns have a profound effect on the brain and



learning. Singing, dancing and making music are among the healthiest brain food for little ones! Neural pathways are grown and strengthened or pruned away from no use in direct correlation to the quality of brain development experienced in the early years. Music incorporates repetition and novelty, both important when developing new skills.

READY, SET, WRITE!

The organizational aspect of music, from nursery rhymes to symphonies, develops the sequential parts of brain processing as well as the parts of the brain responsible for refined, repetitive movements such as writing.

Help children in your care build a strong and healthy brain by utilizing music and movement in their daily routine. Sing songs, have a dance party, play calming and soothing music at naptime. Use music and movement at transition times for an excellent way to make cleaning up, washing hands or putting on jackets a fun, brain-building activity!

— *Rachel O'Neal*
Child Health and Nutrition Specialist

Best Cream of Broccoli Soup

Olive oil	2 Tbsp	Broccoli florets	8 cups
Onion, chopped	1	Butter	3 Tbsp
Celery, chopped	2 stalks	Flour	3 Tbsp
Broth, chicken or vegetable	3 cups	Milk	2 cups
		Pepper	to taste

1. Sauté onion and celery with olive oil in a medium stock pot until tender. Add broccoli and broth, cover and simmer for 10 minutes.
2. Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender and use a few quick pulses to get the soup moving and then puree. Puree in batches until smooth and pour back into the pot. Alternately, you can use an immersion blender and puree the soup right in the cooking pot.
3. In a small saucepan, over medium-heat, melt butter, stir in flour and add milk. Cook, stirring until thick and bubbly, then add to the soup. Season with pepper and serve.

Yield: 10 servings

Meets requirement for vegetable

— Allrecipes.com

Turkey Meatballs

Egg, beaten	1	Oregano, dried	1/2 tsp
Onion, finely chopped	1/3 cup	Basil, dried	1/2 tsp
Bread crumbs, seasoned	1/2 cup	Salt	1/2 tsp
Parsley, fresh, chopped	1/3 cup	Pepper	1/4 tsp
Garlic cloves, minced	2	Turkey, ground	20 ounces

1. Cover a baking sheet with foil and spray with cooking oil spray. Set aside. Preheat oven to 400°F.
2. Mix together egg, onion, breadcrumbs, parsley and all seasonings in a large bowl.
3. Crumble turkey over the egg mixture and mix well. Roll into 1 inch balls and place on prepared baking sheet.
4. Bake for 20 minutes, until well browned.

Yield: 8 servings

Meets requirement for meat/meat alternate

ACTIVITY CORNER

**Eat Green
for Good Health...
It's Better than Gold!**



Celebrate National Nutrition Month and St. Patrick's Day. Green isn't just representative of leprechauns and four-leaf clovers; it's also the color of many healthy foods! Inspire your kids to think of some healthy, green foods and using magazine and newspaper advertisements, showcase these foods on a large piece of paper. Then incorporate some into your menu.

Serve up a minty green Shamrock beverage with milk, a few drops of mint extract and green food coloring.

Let the children build their own little leprechauns using green apples, mandarin oranges and a strawberry.

This Nutrition Edition is brought to you by:

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Food Q. How do you make an apple turnover?
Funny A. Roll it down a hill!