



DID YOU KNOW...

- According to the Consumer Product Safety Commission (CPSC), each year hospital emergency rooms treat an estimated 251,700 toy-related injuries throughout the United States.
- On average more than 100 kid's toys and baby products are recalled every year due to defects.
- Trauma depletes the neurotransmitter, dopamine. This means that trauma survivors will have difficulty feeling pleasure and may overeat sugar and simple carbohydrates because they increase the release of dopamine.
- Children in foster care have obesity rates greater than children in the general population.

CPSC, Communitycare.com,
Michigancasa.org

Quotable Quotes

“You don't have to cook fancy or complicated masterpieces—just good food from fresh ingredients.”

—Julia Child



happyhomefairy.com

INSIDE:

- A Trauma-Informed Approach to Feeding
- Holiday Recipes
- Grinch Kebobs
- Food Funny

A Trauma-Informed Approach to

The Role of Care Givers

ALL HUMANS, regardless of age, experience stress and trauma during their lives. When these experiences are extreme or recurrent, they inevitably have a negative effect on physical and mental well-being. Children in low income families are more likely to experience trauma as a result of family stressors such as job or food insecurity, divorce, violence, poverty, immigration or other overwhelming experiences. It's important to understand children may have trauma around eating that stems directly from food experiences such as pressure, forcing, shame, bribing or depriving food. They can also experience food trauma indirectly from other stressors at home. Both of these types of trauma can affect a child's relationship to eating and food.

WHAT ARE TRAUMA AND ADVERSE CHILDHOOD EXPERIENCES?

Trauma is the response to deeply distressing, disturbing events or ongoing stressors that overwhelm an individual's ability to cope, cause feelings of helplessness or diminish their sense of self and their ability to feel the full range of emotions and experiences. There is a direct correlation between trauma and physical health conditions such as diabetes, heart disease, cancer and high blood pressure.

Adverse Childhood Experiences (ACEs) is the term used to describe all types of abuse, neglect and other potentially traumatic experiences that occur when under the age of 18. These experiences have been linked to risky health behaviors, chronic health conditions and early death. As the number of ACE's increase, so does the risk for these outcomes.

As parents, relatives and child care providers, we all play a role in making a difference in the lives of the children we care for and love. It is crucial that we understand and identify trauma and adverse childhood experiences as well as their triggers to better serve children's needs. Knowing these concepts may shine a light on recognizing negative or undesirable behaviors children display around foods, mealtime routines or eating.

Organizations in the U.S. have developed Trauma-Informed Nutrition Programs (TIN), such as Leah's



Pantry in San Francisco, CA, that aim to change the view and approach of traditional, public nutrition programs. These programs strive to fulfill the real needs of participants who are experiencing trauma “by understanding and incorporating their lives into nutrition programs”; in other words, these programs look to support the dignity of their recipients and stop the perpetuation of shame for their life circumstances around eating, lifestyles or health conditions.

A trauma-informed approach to food & nutrition:

- Recognizes that stress and adversity affect our health, habits and diet
- Avoids shaming, stigma and blame
- Supports healing and resilience

Trauma-informed food & nutrition programs prioritize:

- Trust
- Connection and relationships
- Emotionally positive experiences
- A healthy mind, body and community

Feeding



HOW DOES THE CACFP RELATE TO TRAUMA-INFORMED PROGRAMS?

Thousands of children participating in the Child and Adult Care Food Program may be experiencing neglect, poverty, abuse, violence and food insecurity on a daily basis. The potential impact of the Food Program is enormous as it offers all children the opportunity to receive healthy and regular meals in a loving, predictable environment. Young ones depend on their child care providers to make healthy choices for them, model positive behaviors around food and physical activity, offer opportunities to share meals with others and develop a positive, long-lasting connection with food.

In a nutshell, healthy and positive relationships are based on trust. Children trust adults to make the best choices for them, and adults trust children to follow their own body's cues around hunger, satiety and developmental readiness to feed themselves. By following Ellyn Satter's Division of Responsibility, caregivers will provide a successful and stable foundation to support a child's relationship to food and nutrition each day. A healthy relationship with food may, in turn, offer a lifelong opportunity for preventing and healing trauma around eating.

HEALING AND PREVENTION THROUGH APPROPRIATE FEEDING PRACTICES

The Division of Responsibility is a stress-free way of feeding and eating.

Caregiver's job:

- Choose and prepare the food.
- Provide regular meals and snacks.
- Ensure eating times are pleasant.
- Show the children, by example, how to behave at mealtimes.
- Be considerate of a child's lack of food experience without catering to likes and dislikes.

Additionally, the caregiver should trust that children will:

- Eat the amount they need.
- Learn to eat a variety of foods.
- Grow predictably in the way that is right for them.
- Learn to behave well at mealtime.

When feeding infants caregivers should:

- Feed breastmilk or formula on demand.
- Help the baby be calm.
- Pay attention to her sleeping, waking and feeding cues.
- Feed smoothly, paying attention to cues about timing, tempo, frequency and amounts.

Remember children are naturally capable eaters. It is important that adults don't interfere with this natural ability to self-regulate by trying to control eating. Trust them to eat as much as they need, grow in a way that is right for them and learn to eat foods adults eat. Caregivers are responsible for *what*, *when* and *where* and the child is responsible for *how much* and even *whether* to eat.

As a participant in the Child and Adult Care Food Program, you have already made a commitment to positively and equitably impact every child and family in your care. We want to acknowledge how vital your role is in making a child's world a better place... We thank you!

For more information on Trauma-informed Nutrition and Leah's Pantry, visit <https://www.leahspantry.org/what-we-offer/resilience-building-nutrition-education/>

— *Alejandra Marin Santos*
Child Health and Nutrition Specialist

Crispy Brussels Sprouts with Balsamic & Honey

Brussels sprouts	2 pounds	Balsamic vinegar	3 Tbsp
Olive oil	¼ cup	Honey	2 tsp
Salt	1 tsp	Pomegranate seeds	¼ cup
Pepper	to taste		

1. Arrange a rack in the middle of the oven and preheat oven to 425°F. Trim the bottoms from the sprouts if they appear dry or yellowed, and peel away the loose outer leaves. Cut Brussels sprouts in half through the stem.
2. Place the Brussels sprouts on a rimmed baking sheet. Add the oil and toss to coat. Season with the salt and pepper and toss to coat again. Arrange them cut-side down. Roast, stirring halfway through, until the leaves are dark brown and crisp and the undersides of the sprouts are browned, 25 to 30 minutes total.
3. Drizzle with the balsamic vinegar and honey and toss to coat. Sprinkle with pomegranate seeds. Serve immediately.

Yield: 8 servings

Meets requirement for vegetable

—*TheKitchen.com*

Pumpkin, Cranberry Nut Bread

Flour, enriched (use half whole wheat, if desired) ...	1 2/3 cup	Eggs	2
Baking powder	1/2 tsp	Pumpkin puree, canned	1 cup
Baking soda	1 tsp	Vanilla	1 tsp
Salt	1/2 tsp	Orange juice	1/4 cup
Pumpkin pie spice or cinnamon	1 tsp	Orange zest	1 Tbsp
Butter, room temp	1/2 cup	Cranberries fresh or frozen	1 cup
Sugar	1 cup	Pecans or walnuts, chopped	1 cup

1. Preheat oven to 350°F. Spray a 9x5 inch loaf pan with non-stick vegetable spray. In a large bowl, whisk together the flour, baking powder, baking soda, salt and pumpkin pie spice.
2. In another large bowl, using an electric mixer, beat the butter and sugar until light and fluffy. Add eggs one at a time beating well after each addition.
3. Add in the pumpkin, vanilla, orange juice and zest, mixing well. With the mixer on low add the dry ingredients and mix just until incorporated. Coarsely chop the cranberries and fold in along with the nuts.
4. Pour into the prepared pan and bake for 60-65 minutes or until a toothpick inserted in center comes out clean.

Yield: 12 servings

Meets requirement for grains/breads

—*JoyofBaking.com*

ACTIVITY CORNER

Grinch Kebobs



Help the children make Grinch kebobs. Skewer green grapes, banana slices, strawberries and mini marshmallows on small sticks for a fun holiday treat that looks like a bunch of Grinches wearing red hats.

Consider expanding the activity:

- Read the Grinch story.
- Play *Pin the heart on the Grinch*. Let the children write messages on paper hearts with ideas to help the Grinch's heart grow larger.



— *Adapted from Allrecipes.com*

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Food Q. Why did the eggnog go to school?
Funny A. To get "egg-u-cated."