



# Nutrition Notes

American Heart Month

## Calendar of Events Touching Tomorrow Today

Douglas County Child Development Association  
21st Annual Mini-conference  
February 18, 2012  
9:00 AM - 12:45PM

### ➤ Recipe for Happy Healthy Children Presented by: Lynn Marotz

Learn to fight childhood obesity on two fronts — healthy food choices for children and daily physical activity. Participants will learn about basic nutrients and strategies for promoting children's healthy development by making sound decisions about foods served in classrooms and incorporating more physical activity into daily routines.

*KDHE approved CACFP approval pending*

### ➤ Active Play

Presented by: Lisa Zwiener

Obtain an understanding of the need for physical activity in children. Learn fundamental movement skills for different age groups. Gain an understanding of safety measures with equipment and materials used in play. Come explore fun, structured activities to get your kids moving!

*KDHE approved CACFP approval pending*

### ➤ Healthy Food Story Time

Presented by: Connie Detweiler

Engage your children in making healthy food choices with age appropriate storybooks. Participants will receive hands-on food activities aimed at making healthy food choices. Learn how to pair food related storybooks with exercise and movement activities.

*KDHE and CACFP approved*



### Introduction to Gardening & Local Foods

Presented by: Emily Hampton & Ashley Graff

Date & Time: March 5th 6:30 - 8:30 PM

Location: DCCDA Office 1525 W. 6th, Suite A

Learn from two Master Gardeners how to plan, prepare and implement a successful vegetable garden in your own yard. Expert gardeners will take you step by step through the process of growing your own food and including children in the process. A presentation on the local foods program of DCCDA, Families, Farmers and Educators United, will follow. Learn how you can participate in this exciting new program and teach the children in your care all about healthy food and how it grows! RSVP by March 1st.

*KDHE and CACFP approval pending*

**February 2012**  
1525 W. 6th Street, Suite A  
Lawrence, KS 66044  
785-842-9679  
www.dccda.org  
8:30am - 4:30pm

### Friday, February 3rd

Claims due

### Wednesday, February 29th

DCCDA Open Office  
6:00 p.m. - 7:00 p.m.

Checks are available  
for pick-up from  
8:30 AM - 4:30 PM

Call the office if you want yours  
held for the evening Open Office.  
All others are **mailed at 3:00 PM!**

### Celebrate

- ♦February 2nd  
Groundhog Day
- ♦February 11th  
Make a Friend Day
- ♦February 20th  
President's Day
- ♦February 24th  
National Tortilla Chip Day
- ♦February 29th  
Leap Day
- ♦National Grapefruit Month
- ♦National Children's Dental  
Health Month
- ♦American Heart Month
- ♦Black History Month

# Let's Move! Child Care

Join family child care and center based providers who have already committed to **Let's Move! Child Care** by signing up at [www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org) for updates, webinars, and to share your success stories!

NACCRRA, the Centers for Disease Control and the Office of Child Care are excited to announce the launch of **Let's Move! Child Care State Challenge**, a new effort to promote children's health by encouraging and supporting healthier physical activity and nutrition practices for children in child care. With more than 20% of children between 2 and 5 years old overweight or obese, the child care community is an essential ally in the effort to prevent childhood obesity, support children's healthy development, and prevent the occurrence of later chronic disease.



*"This is a passion. This is my mission. I am determined to work with folks across this country to change the way a generation of kids think about food and nutrition."  
-First Lady Michelle Obama*

**The 5 goals of Let's Move! Child Care are in the following areas:**

- 1) Physical activity
- 2) Reducing screen time
- 3) Improving food choices
- 4) Providing healthy beverages
- 5) Supporting infant feeding

## Sample Menus

<b>Breakfast</b>			
Fluid Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable	Pomegranate Juice	Blueberries	Apple Slices
Bread/Bread Alternate	Oatmeal	Buckwheat Pancakes*	Quinoa Spinach Cupcakes*
Other	Almond & Raisin Topping	Water	Water
<b>Snack</b>			
Two Items	Kiwi c	Acai Berries	Edamame c
Two Groups	Hard Boiled Egg	Greek Yogurt	Cheese Sticks or Cubes
Other	Water	Water	Water
<b>Lunch</b>			
Fluid Milk	Milk	Milk	Milk
2 servings Fruit/Vegetable	Roasted Butternut Squash c Green Beans	Baked Sweet Potato a /c Red Pepper Slices a/c	Roasted Broccoli a/c Peach Slices a
Bread/Bread Alternate	Whole Grain Dinner Roll	Whole Grain Barley (add to the chili recipe below)	Whole Grain Tortilla
Meat/Meat Alternate	Salmon	White Bean & Chicken Chili*	White Bean & Chili (use leftovers-add salsa & cheese)
Other	Water	Water	Water

\*Recipe for Buckwheat Pancakes: <http://allrecipes.com/recipe/tasty-buckwheatpancakes/>

\*Recipe for Quinoa Spinach Cupcakes: <http://www.muffintinmania.com/2010/05/spinach-quinoa-ckes.html> (Sounds funny, but simple and delicious!) For ease, substitute goat cheese for any cheese you have on hand, and substitute the leek for any kind of onion.

\*Recipe for White Bean & Chicken Chili: <http://www.myrecipes.com/recipe/white-bean-chicken-chili-10000001875803/> (For ease, start this one the night before!)

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## Take the Super Food Challenge!

The most recent edition of Hy-Vee's Seasons magazine included an article entitled *Amazing Super Foods*. We've heard a lot about super foods lately, which is a term that accommodates our collective desire for a "quick fix" for health issues. But the word "super" really does describe the health benefits of these nourishing foods. The important thing to note is that all of the super foods are whole foods. They have no preservatives, no food coloring and little, if any, processing. Take a look at the list below and consider taking the super food challenge. **DCCDA challenges you to prepare and eat a different super food every day for a month!**



Chia seeds



Kale

<b>Day 1:</b>	Spinach	<b>Day 16:</b>	Cinnamon
<b>Day 2:</b>	Chia seeds	<b>Day 17:</b>	Butternut Squash
<b>Day 3:</b>	Broccoli	<b>Day 18:</b>	Avocados
<b>Day 4:</b>	Kiwi	<b>Day 19:</b>	Pomegranate juice
<b>Day 5:</b>	Blueberries	<b>Day 20:</b>	Acai berries
<b>Day 6:</b>	Dark chocolate	<b>Day 21:</b>	Salmon
<b>Day 7:</b>	Skim milk	<b>Day 22:</b>	Cranberries
<b>Day 8:</b>	Sweet potatoes	<b>Day 23:</b>	Apples
<b>Day 9:</b>	Green tea	<b>Day 24:</b>	Oatmeal
<b>Day 10:</b>	Tomatoes	<b>Day 25:</b>	Barley
<b>Day 11:</b>	Kale	<b>Day 26:</b>	Ginger
<b>Day 12:</b>	Fat-free Greek yogurt	<b>Day 27:</b>	Edamame
<b>Day 13:</b>	Quinoa	<b>Day 28:</b>	Nuts
<b>Day 14:</b>	Peppers	<b>Day 29:</b>	Buckwheat
<b>Day 15:</b>	Beans	<b>Day 30:</b>	Eggs

Fill out the attached form, noting which super food you prepared, ate and served to your kids each day. At the end of the month, mail in your form with your claim or drop it by our office. **Each person who serves and eats a different super food for 30 days will receive:**

- A fabulous certificate of completion to frame and hang on your wall
- Adoration and envy from all those who read your name in Nutrition Notes
- High fives and congratulations from all the CACFP staff next time you visit the office

**If you get stuck and can't seem to find a recipe for these ingredients, don't hesitate to call for suggestions.**

**Contact Ashley at 785-842-9679 or email [ashley@dccda.org](mailto:ashley@dccda.org).**



Quinoa



Butternut squash



Acai berries



Ginger



Edamame

*Note: Find acai berries in the Merc's freezer section, and find Chia seeds, Buckwheat and Barley at the Merc or Natural Grocers. Most all grocery stores now carry Quinoa (usually found in bulk grains), as well as edamame (usually found in the frozen section).*

## The Super Food Challenge

Are you planning to prepare, eat and serve a different super food for thirty days? Track your progress on this chart, then just mail it in with your claim or drop it by our office. And don't forget, each person who completes the challenge will receive a certificate of completion, their name printed in Nutrition Notes, and high fives and congratulations from all the CACFP staff!

Name: \_\_\_\_\_

Date	Super Food and/or Recipe Name	Date	Super Food and/or Recipe Name
1		16	
2		17	
3		18	
4		19	
5		20	
6		21	
7		22	
8		23	
9		24	
10		25	
11		26	
12		27	
13		28	
14		29	
15		30	

What was your favorite food? \_\_\_\_\_

What did the kids enjoy most? \_\_\_\_\_

Are you glad you took the challenge? \_\_\_\_\_

Additional comments? \_\_\_\_\_

\_\_\_\_\_

**If you get stuck and can't seem to find a recipe for these ingredients, don't hesitate to call for some suggestions. Contact Ashley at 785-842-9679 or email [ashley@dccda.org](mailto:ashley@dccda.org).**

# Fitness for Kids

## Move to the Music

Children are naturally drawn to music. Whether it's jazz, pop, country or another of the many different types, making and listening to music is not only enjoyable but can promote development. Research has shown that music develops the parts of the brain used for math, reading, and language. It also helps boost creativity and social skills, and provides opportunities for physical exercise. Since music is an important part of every culture, it also a great tool for helping children appreciate diversity.

**Make instruments from everyday materials.** String fishing line on a piece of cardboard cut into the shape of a guitar. Turn cooking pan lids into cymbals. Provide the children with spoons and an empty coffee can. Fill paper cups with dried beans, cover and shake. Then have a musical parade inside your home or outside in the neighborhood.



**Tape the children singing or playing instruments, then play back the recording.** The children will enjoy listening to their musical creations.

**Turn on some music and pull out the art supplies.** The children will have fun drawing or painting to the beat of the music, and you will enjoy watching their creativity unfold.

**Sing traditional songs of the season, and then make up your own.** This is a great way to build on children's language skills and increase their vocabulary. Make up a whole new song or add a verse to a traditional favorite.



**Introduce children to different types of music.** You can download music from the Internet, listen to music on the radio or a CD player, or find music channels on television.

**Turn on music and get moving.** Wave ribbons to the beat, or play freeze dance-the children dance while the music is playing and then freeze when you turn it off.

**Put a new twist on an old favorite, musical chairs.** Instead of chairs, cut out hearts from construction paper and arrange them in a circle on the floor.