

Nutrition Notes



Best wishes for a happy
and healthy 2012!
From all of us at DCCDA: Anna,
Jan, Lisa, Marsha, Hannah,
Emily & Ashley

"Come and Play with Us at DCCDA"

On Wednesday, January 25th we are having a story time, game and craft activity for your daycare children here at the office. All you need to do is call and sign up. You must stay with the children during the activities. The activities will take about 30 minutes and the start times are 9:30am and 10:30am. We will also offer a healthy food experience. We look forward to seeing you and your kiddos! Let's have some fun!



Calendar of Events



We're offering a training on Minute Menu! Join us on Saturday, January 21st from 9am-10am at the DCCDA office. If you're still recording your claim on paper but are interested in learning more about **on-line claiming**, this training is for you. Call 785-842-9679 to RSVP by Thursday, January 19th. This training is approved for 1 hour of Nutrition in-service.

Snack Attack - Healthy Snacks on a Budget

Presented by Ann Beedles, Infant/Toddler Specialist, ERC

Date & Time: February 6, 2012 - from 7:00pm to 9:00pm

Location: DCCDA Office

1525 W 6th Street Suite A & B

2 hrs. approved nutrition in-service

Sponsored by the Douglas County Family Day Care Association

Call to today to RSVP.

Are you interested in networking with other providers, sharing activities or business ideas, or receiving continuing education hours? If so, check out the provider groups in Douglas County.

Douglas County Family
Day Care Association
For more information contact
Vickie Lord @ 841-4115, Lawrence

Kaw Valley Family Child
Care Providers
For more information contact
Barbara Kruger @ 542-5256, Eudora

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

Tuesday, January 3rd
Claims due



Monday, January 2nd:
DCCDA Office will be
closed for the
New Year holiday.



Monday, January 16th:
DCCDA Office will be
closed for Martin Luther
King Jr. Day

Tuesday, January 31st
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

National Staying Healthy Month

January 6th:

Apple Tree Day

January 8th:

World Literacy Day

January 21st:

Hugging Day

January 28th:

National Kazoo Day

Lisa's Corner



Dancing Garland

from *Mailbox* Dec/Jan 2012 Edition

Are you stuck inside with children bouncing off the walls? Try some adult-led physical activities. One activity, called **Dancing Garland**, will help children develop gross-motor and listening skills. It's recommended that children get at least 60 min of physical activities a day.

For each child, use heavy duty tape to attach a paper doily (snowflake) to a length of white or silver tinsel garland. Play a recording of soothing music and encourage youngsters to move and sway, gently manipulating the snowflakes as if they are drifting in the air. Stop the music, signaling youngsters to stand still. Then call out, "Snowstorm" prompting little ones to vigorously shimmy and shake their snowflakes. Restart the music and play several more rounds of this fun game. This is a non elimination game so everyone gets to move. You can add as many moves as you would like.

On the lighter side: How do snowmen travel around?

By icicle!

Sample Menus

| | | | |
|----------------------------|---|---|---|
| Breakfast | | | |
| Fluid Milk | Milk | Milk | Milk |
| Juice, Fruit or Vegetable | Tangerine (a & c) | Blueberries | V-8 Vegetable Juice (a & c) |
| Bread/Bread Alternate | Whole Wheat Baked Doughnuts* | Oatmeal | Whole Grain Toast |
| Other | Water | Water | Scrambled Eggs and Water |
| Snack | | | |
| Two Items | Celery Sticks | Carrots (a) | Peach Slices (a) (in water if canned) |
| Two Groups | Peanut Butter | Cottage Cheese | Yogurt (without added sugar) |
| Other | Water | Water | Water |
| Lunch | | | |
| Fluid Milk | Milk | Milk | Milk |
| 2 servings Fruit/Vegetable | Cucumber and Red Pepper Slices (a & c) Apple Slices | Spinach, hide under cheese (a & c) and Green Salad w/ low-fat ranch | Romaine Lettuce (a) and Orange Slices (c) |
| Bread/Bread Alternate | Whole Grain Toast | Whole Grain Pizza Crust | Whole Grain Tortilla |
| Meat/Meat Alternate | Hard Boiled Egg Salad | Turkey Sausage and Mozzarella Cheese | Black Beans (low sodium if canned) and Cheddar Cheese |
| Other | Water | Water | Water |

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Don't Forget What You Need to Know: **Go**, **Slow** and **Whoa**!

Now that the whirlwind of the holidays has passed, I'm awfully tempted to clean up that plate of brownies as I'm cleaning up scraps of wrapping paper. But every year I find myself vowing to remember my lesson from last year: moderation. This is exactly the lesson we can take from the National Institutes of Health's "Go, Slow, & Whoa" campaign. As we navigate early 2012 in the hopes of a healthier year, here is what we need to know:

GO Foods are:

- *Great to eat almost anytime*
- Lowest in fat and sugar
- Relatively low in calories
- "Nutrient dense" (rich in vitamins, minerals, and other important nutrients as compared to the number of calories)

Examples include:

- Fruits and vegetables
- Whole grains
- Low-fat milk and milk products
- Lean meat, poultry, fish
- Beans, eggs, and nuts

SLOW Foods are:

- *To be eaten less often—they aren't off-limits, but they shouldn't be eaten every day*
- Higher in fat, added sugar, and calories

Examples include:

- Pancakes and waffles
- Peanut butter
- Pretzels and popcorn
- Fruits canned in syrup

WHOA Foods are:

- *To be eaten only once in a while / on special occasions, in small portions*
- Highest in fat and added sugar
- "Calorie-dense" (high in calories)
- Often low in nutrients

Examples include:

- French fries
- Whole milk, soda
- Doughnuts, sweetened cereals
- Mayonnaise, butter

For more information on Go, Slow & Whoa foods, call DCCDA or surf the web! Here are some websites that provide more information on the Go, Slow & Whoa campaign:

- * <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/choosing-foods.htm>
- * www.facebook.com/GoSlowWhoa
- * www.kidshealth.org, then choose, Kids, Staying Healthy, Fabulous Food

For a PDF chart for kids, showing which foods belong in the Go, Slow and Whoa categories, visit this page: <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/urwhateat.pdf>

Baked Whole Wheat Doughnuts

A great recipe to make in bulk and freeze for later!

INGREDIENTS

- * 3 large fresh eggs
- * 3/4 cup packed brown sugar
- * 1/4 cup honey
- * 1/2 cup low-fat plain yogurt
- * 1/4 cup vegetable oil
- * 2 and 3/4 cups enriched all purpose flour
- * 1 cup whole wheat flour
- * 2 teaspoons baking powder
- * 1 teaspoon baking soda
- * 1/4 teaspoon ground cinnamon
- * 1/4 teaspoon ground ginger
- * 1/4 teaspoon ground cloves
- * 1/2 cup sugar
- * 1 and 1/2 teaspoon ground cinnamon

DIRECTIONS

1. In a bowl, whisk eggs until foamy. Add brown sugar, honey, yogurt, and oil to eggs and whisk to combine.
2. In a separate bowl, combine flours, baking powder, baking soda, cinnamon, ginger, and cloves.
3. Sift dry ingredients into egg mixture, 1 cup at a time. Stir lightly after each addition until a soft dough is formed.
4. Cover with plastic and refrigerate for at least 1 hour.
5. Roll out dough to a 1/2 inch thickness on well-floured surface. Cut dough with a floured doughnut cutter.
6. Coat 2 baking pans with cooking spray and line with paper. Place doughnuts 3 across and 4 down on each pan and spray tops of doughnuts lightly.
7. Topping: Combine sugar and cinnamon and sprinkle over tops of doughnuts evenly.
8. Bake at 350°F for 6-8 minutes or until lightly browned.
Number of servings: 24, Serving size: 1 doughnut provides the equivalent of 1 and 1/4 slices of bread.

Resolve to Make Healthy Choices in 2012!

Recognize the new year by making festive party hats and declaring resolutions! Have children use art supplies—such as glitter paint, gift wrap scraps, tinsel, and tissue paper—to decorate poster-board hat shapes. Talk about the great things each child has accomplished this year, then record each child's resolution on a paper strip below their hat. Mount the hats and celebrate! Happy New Year, everybody!

