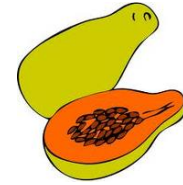


Nutrition Notes



**Celebrate
Papaya
Month**

Happy Mealtimes for Healthy Kids

Date & Time: June 10th, 6:30 - 8:30 PM

Location: DCCDA Office, 935 Iowa, Suite 7

Presented by: Lisa Zwiener

2 hrs. nutrition in-service credit

Happy mealtimes are built around a good feeding relationship. This presentation will explore our experiences and attitudes about feeding children. We'll focus on the challenges you face and discuss what works well and what doesn't work. We'll review a philosophy of feeding children that clearly outlines adult responsibilities and children's responsibilities. The positive aspects of family style meal service will also be presented. Class limited to 15, so sign up early. Due to limited space children are not allowed.

It's a Celebration

Date & Time: August 9:00 - 11:00 AM

Location: First Church of the Nazarene

More details will be announced in the July newsletter



June 2010

935 Iowa, Suite 7
Lawrence, KS 66044

785-842-9679

dccda.org

8:30 am - 4:30 pm

June 3rd

Claims due

June 30th

DCCDA Open Office

6:00 p.m. - 7:30 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!**

July 5th

DCCDA Office
will be closed
for the holiday



Celebrate

- ^ June 4th
Cheese Day
- ^ June 17th
Eat Your Vegetables Day
- ^ June 20th
Father's Day
- ^ June 25th
Eric Carle's birthday
- ^ National Fresh Fruits and
Vegetables Month
- ^ National Dairy Month
- ^ Papaya Month

Themed Kits

- ^ Fun with Fruits
and Veggies
- ^ Beach/Ocean
- ^ Rainbow Fish
- ^ Turtles
- ^ Camping
- ^ Summer Fun-notebook



Fall Health & Safety Smorgasbord

Saturday, August 28, 2010

Registration 8:30 AM ; In-service 9 AM - 12:30 PM

Lawrence Community Health Building
200 Maine Street, Lawrence

Registration material available in July

- ♦ First Aid
- ♦ Abuse & Neglect
- ♦ Common Childhood Illnesses
- ♦ Communicating with Parents
- ♦ Say Yes! To PBS
- ♦ Food Allergies in a Group Setting
(credits as 1 hr. nutrition in-service for CACFP)

Reminder:

Have your summer meal times changed? Are you planning a field trip or summer picnic and will be away from your home? Are you going on vacation or will be closed for a day? Our staff needs to be able to find you when they drop by for your visit, so remember to call us and let us know of your schedule changes.



Lisa's Corner



I could have had a V8!
You decide!



"2 Full servings of Vegetables," announces the V8 label. What is the big deal? V8 is mostly reconstituted tomato juice. How do you we know that the other juices are scarce? The most abundant non-tomato vegetable juice in V8 is carrot. (Then come celery, beets, parsley, lettuce, watercress, and spinach.) One cup of carrot juice contains 900 percent of a day's vitamin A. One cup of V8 contains 40%. And unless you buy Low Sodium V8, you get 600 milligrams of sodium in every 11oz can. That's a lot of salt! 600 mg is 40% of a the daily recommended serving..

Also overrated is V8 Fusion, which promises a serving of vegetables plus a serving of fruit. The "Fruit" in a flavor like Pomegranate Blueberry is mostly apple and grape juice. The "vegetables" include sweet potato and carrot (and tomato) concentrate, but not much, since a cup of Pomegranate Blueberry V8 V Fusion has just 15 % of a day's vitamin A. Bottom line: Once you strip away the advertising, V8 isn't much better than watered-down tomato sauce.

V-8 and Fusion are creditable for CACFP, however V-8 Splash & V-8 Fusion Light are not. It's tricky so make sure you check your labels.

So you decide, do you want a V-8?



On the lighter side:

What did the father tomato say to the baby tomato while on a family walk?

Ketchup

Sample Menus

Breakfast			
Fluid Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable	Star Fruit <i>c</i>	Papaya Slices <i>a/c</i>	Cantaloupe <i>a/c</i>
Bread/Bread Alternate	Pancakes	Grilled Cheese Sandwich	Cinnamon Scone
Other			
Snack			
Two Items	Apple/Grape Juice <i>c</i>	Mandarin Oranges <i>a/c</i>	Pineapple Rings <i>c</i>
Two Groups	String Cheese	Yogurt	Whole Wheat Roll
Other	Water		Cottage Cheese
Lunch			
Fluid Milk	Milk	Milk	Milk
2 servings Fruit/Vegetable	Peas and Carrots <i>a/c</i> Honeydew Melon <i>c</i>	Romaine Salad <i>a/c</i> Applesauce	Coleslaw Apricots <i>a</i>
Bread/Bread Alternate	Wheat Bread	Breadstick	Pita Pocket
Meat/Meat Alternate	Salmon Patties	Beef Spaghetti Pie	Turkey & Cheese
Other			

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Local Produce

Many vegetables taste better fresh from the garden. Picked at the peak of flavor and nutrition, local produce is a terrific choice for Child and Adult Care Food Program (CACFP) meals.

Using locally grown fruits and vegetables can help your program:

- Increase variety of foods offered.
- Increase acceptance of vegetables among young children.
- Help keep food costs in line.
- Support local economy.

There are several different ways to buy locally grown produce:

- Farmer's Market
- U-Pick Farms
- Seasonal Produce Stands
- Neighborhood Grocery Stores
- Home Gardens



Farmer's markets are very popular. Some markets have brought local farmers and consumers together for decades. Other markets are new. Farmers' markets run between late spring until the last fall harvest. The produce offered changes weekly as new crops are ready to pick.

Farmers' markets may not always be the least expensive source for produce. Some markets include specialty items such as jams, salsas, and other local food products.

They are a great outing for children to see farm-grown foods. Farmers' markets often offer unique foods, such as yellow watermelon or purple potatoes. Buy a small amount of these foods for a tasting activity. The more children are invited to try new foods, the more likely they will grow into adventurous eaters.

U-pick farms are just that, places you can go to pick your own produce. You save on labor costs by doing it yourself. U-pick farms often offer fruits: look for strawberries, cherries, apricots, melons, peaches, apples, and pears as the growing season progresses.

U-pick farms are another great way to help children learn where foods come from. Pumpkin patches are a popular field trip children enjoy.

Seasonal produce stands are another source of local produce. Often they offer a mix of local produce and foods from further away. These stands may cater to home preservers with large amounts of seasonal produce. The stands also sell smaller amounts of most fruits and vegetables.

Neighborhood grocery stores may have locally produced foods. Look for signs that list where the seasonal produce was raised. Foods grown in a hot house will be available year round.

Home gardens are the ultimate in local produce. Learn what grows well in your climate by visiting the produce sources above or contact the Douglas County Extensions Service office. Turn a sunny part of the back yard into a garden. Make plans to plant a container garden if space is limited. Consider devoting some of the flowerbeds to vegetable plants such as tomatoes, summer squash, or cucumbers.

Children love to watch foods grow. Learning to help in the garden is fun. Eating the foods grown is even more fun!

Adapted from Mealtime Memo for Child Care No. 5, 2010

Growing seasons vary by region of the country.

The chart below gives general times these fresh fruits and vegetables are in season.

Spring Produce

Asparagus
Broccoli
Peas and Snap Peas
Spinach
Strawberries



Summer Produce

Apricots
Green Beans
Cherries
Lettuce
Raspberries
Summer Squash



Late Summer Produce

Beets
Berries
Carrots
Corn
Melons
Peaches
Plums
Summer Squash
Tomatoes



Fall Produce

Apples
Grapes
Pears
Potatoes
Pumpkins
Sweet Potatoes
Winter Squash

