

Nutrition Notes



Celebrate
National
Strawberry
Month

The previously advertised class *Simply Cooking*
has been cancelled.
Sign up now for the new class being presented June 10th.

Happy Mealtimes for Healthy Kids

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

Location: DCCDA Office, 935 Iowa, Suite 7

Presented by: Lisa

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. RSVP by June 7th, minimum of 8 maximum 15, so sign up early. Due to limited space children are not allowed.

Berries! A Rainbow of Colors

Berries are one of nature's fast foods and they come in lots of colors!

Red - raspberries, strawberries, cranberries, red grapes

Black or dark purple - blackberries, mulberries, dark grapes

Blue - blueberries **Green** - green grapes

What's in it for me?

Berries are some of the most nutritious fruits available. In addition to having a lot of vitamin C, folic acid and dietary fiber, they have other "plant chemicals" that are very important for our health.

The pigment that gives the dark blue, red and purple colors to some berries slows down, or prevents, damage to the body's cells. This pigment may help to:

- Slow the aging process
- Reduce the risk of certain types of cancer
- Maintain a healthy heart
- Maintain brain function as we age
- Lower the risk of common kinds of blindness
- Reduce risk of infection
- Promote urinary health



How to . . .Buy, Store, Rinse, Freeze Berries

- Choose berries that are firm, plump and without mold. Handle with care because berries are fragile. Before storing in the refrigerator, throw away any overripe or damaged berries.
- Rinse berries under cool, running water just before using.
- Berries can be frozen. Rinse and pat dry and spread in a single layer on a large cookie sheet. Freeze, then put berries in a plastic bag. Keep frozen until ready to use. This method makes it possible to measure just the amount needed. Use frozen berries within one year.
- When fresh berry prices are high, buy frozen, dried or canned. They are just as nutritious and easy to use. Watch grocery store ads for sales on bags of frozen berries.

K-State Research and Extension

May 2010

935 Iowa, Suite 7
Lawrence, KS 66044
785-842-9679
dccda.org
8:30 am - 4:30 pm

May 3rd

Claims due

May 28th

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!**

May 31st

Office Closed
for Memorial Day



Celebrate

^ May 5th

Cinco de Mayo

^ May 7th

National Family Child Care
Provider's Day

^ May 12th

Kite Day

^ May 30th

Memorial Day

^ National Backyard
Games Week

last full week before
Memorial Day

^ National Asparagus,
Salad & Strawberry Month

^ American Bike Month



Themed Library Kits

^ Berries

^ Picnic

^ Mother's Day & Father's Day

^ Parachute Play

^ Get Moving

Lisa's Corner

Rainbow Bulletin Board

"I know my Fruits & Vegetables"

Materials needed: •fruit and vegetable words •bulletin board or poster board •pictures of fruits & vegetables

Explain to the children that fruits and vegetables are plants that we can eat. Have the kids place pictures of fruits and vegetables under the words on your board. Talk about the importance of having a rainbow of color on their plate. Introduce new words like sour, sweet, tart, crunchy, smooth etc.



This is a great way to involve the kids in learning and you never know they might try something new. Encourage them to bring a fruit or vegetable to share with their friends. We have some simple color sheets that can help you in teaching the children this information. Just call the office and we would be happy to send you some.



On the lighter side:

Why did the grape stop in the middle of the road?
Because he ran out of juice.



Have you considered using Minute Menu for your monthly claims but haven't found the time to get started? Let us help you. Learn how to access the Minute Menu Internet Program to process your monthly claim efficiently and accurately. We will be glad to help you get started at an Open Office or during regular office hours. Call to schedule a time that works best for you. This training will be credited as 1 hour of nutrition in-service.

Sample Menus

Breakfast			
Fluid Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable	Apricot Halves <i>a</i>	Strawberries <i>c</i>	Pineapple Juice <i>c</i>
Bread/Bread Alternate	Banana Bread	French Toast	Corn Flakes
Other			
Snack			
Two Items	Strawberry Muffin	Peaches <i>a</i>	Star Fruit <i>a/c</i>
Two Groups	Milk	Cottage Cheese	Granola bar
Other			Water
Lunch			
Fluid Milk	Milk	Milk	Milk
2 servings Fruit/Vegetable	Baked Sweet Potato <i>a/c</i> Green Beans	Asparagus <i>a/c</i> Grapes	Spinach & Strawberry Salad <i>a/c</i> Scalloped Potatoes
Bread/Bread Alternate	Biscuit	Rice	Whole Wheat Roll
Meat/Meat Alternate	Oven Baked Fish Sticks <i>HM</i>	Grilled Chicken	Turkey Meat Loaf
Other			

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Springtime Multicultural Celebrations

We live in a country of people who come from many different countries and cultures. It is our job as caregivers to help children feel comfortable and proud of the traditions they share with their families. It is also our job to begin to teach children to respect and appreciate the customs of others. Children can learn either tolerance or prejudice. It is our job to help them develop tolerance and in fact rejoice in the richness that different cultures offer. The first step is to help children notice the ways in which we are all alike. Then you can introduce that we all have differences. Differences can be frightening, but they can also be interesting and fun.

All children love celebrations. These are times when families gather together, serve special foods, and observe certain customs. May is a month of celebrations in many cultures. Invite families to share their traditions with your group but don't limit only to holidays.

Here are just a few ideas to help you bring multicultural activities into your program.

- Use a world globe everyday, while discussing projects, foods, or places you are talking about for a spring celebration. It is also a handy tool to locate the places where children in your group or their families came from-whether by state or by country.
- Invite families to visit your group and show pictures, wear an ethnic costume, teach songs in their native language or prepare a special snack.
- Introduce multicultural art projects to children.
- Teach children simple songs and offer musical instruments from other cultures. Don't forget about folk dance as well.
- Find books at your local library about children in other cultures. Talk about how they are like and different from your children.

Even if your program is not multicultural, you may want to celebrate the coming of spring with special activities. For example in the state of Hawaii, many people celebrate Lei Day on May 1st. Everyone wears garlands of flowers around their necks to express "aloha spirit" which means friendship and love.

Lei Day (May 1st)

Construction Paper Leis



You'll Need: •construction paper •hole punch •yarn •tape •safety scissors •plastic straws (cut into pieces)

What to Do:

1. Cut flower shapes from all colors of construction paper or let children tear or cut them out.
2. Help children punch a hole in the center of each flower.
3. Give each child a piece of yarn (long enough to fit over their heads); knot one end and wrap a piece of tape around the other end.
4. String the flowers onto the yarn using pieces of straws as spacers between the flower group. Tie the ends together.

Cinco de Mayo (May 5th)

Mexican Yarn Painting Magnets (*Ofrenda*)

You'll Need: •thin cardboard •white glue in a shallow container or tacky glue •cotton swabs •bright colored yarn •pencils •scissors •adhesive magnet •leaves

What to Do:

1. Trace some leaves onto thin cardboard and cut them out.
2. Coat one side of the cardboard with tacky glue, then lay pieces of yarn on top. It's best to start from the outside edge and work in.
3. Let the glue dry, then attach a strip of adhesive magnet to the back.



Outdoor Games from Many Cultures

It is important to celebrate the differences and similarities in children around the world. Children all over the world love to play games. Even though there may be some differences, many games have been played for a long time such as jump rope, tag, and hopscotch in America. Have a world map or globe handy to show children where certain games are played.

Hopefully by playing these multicultural games, children will learn to respect other lifestyles, and become curious about the places where the games are played. We want children to become open-minded about people, dress, and activities that are unfamiliar.



GAMES OF TAG

One Legged Rabbit (Thailand)

Divide children into two even groups. Mark out an area (not too large) and have one group stand inside this area. The other group are the rabbits and wait outside the area. One rabbit (child) hops on one leg into the area and tries to touch as many children in the other group as possible. Players are out if they are touched or go outside of the marked area.

When this rabbit is tired, he goes back to his group and chooses another rabbit to enter the area. Rabbits are out if they put two legs down. The game is over when there are no players left in the marked area or all the rabbits are out.

CIRCLE GAMES

El Tamborilero: The Drummer

This game is like "Simon Says" and played in many Spanish-speaking countries. All the players sit in a circle and the one who is IT tells them what to do (make tortillas, sweep the floor, plant a garden, wash clothes, and so on). The leader (*El Tamborilero*) does it too. When the leader changes and does something different, the others must do likewise. If they don't *El Tamborilero* makes them pay a penalty; they must do something silly that he suggests. Before playing this game, invite children to look at pictures from books that show what activities are commonly done in Mexican and South American households.

DANCES

The Limbo (Caribbean)

Have two adults (or older children) hold a long rope. Line up children and invite them to move under the rope. The music begins and the dancers go under the rope, one by one. After the last child has finished, lower the rope a bit and have children go under again. Continue to lower the rope with each round.



Everyday t/c May '07