



Celebrate National Garden Month

Nutrition Notes

CALENDAR OF EVENTS

Building Healthy Futures

Presented by: Susan Krumm

Date & Time: April 11, 2011 7:00 - 9:00 PM

Location: K-State Research and Extension-Douglas Co. Office
Douglas County Fairgrounds

Sponsored by: Douglas County Family Day Care Association
KDHE approved 2 hr. nutrition in-service

Childhood obesity is a serious and growing problem in the United States. Child care providers and parents need to work together to help young children learn healthy eating habits and get a healthy amount of physical activity each day. Because many children spend so much time in daycare, child care providers are in a good position to help children begin to develop healthy habits that may continue throughout their lives.



This program is designed to nurture a love of physical activity and encourage healthy eating in children through an assortment of fun games and activities. Call 842-9679 to RSVP by April 7th, space is limited so call today.

Food Fun

Presented by: Connie Detweiler

Date & Time: May 18, 2011 6:30 - 8:30 PM

Location: K-State Research and Extension-Douglas County Office
Douglas County Fairgrounds

KDHE approved 2 hr. nutrition in-service



Stories and facts about food, nutrition and health will be highlighted. Connie will feature the "book in a bag" program which pairs children's books with exercises/movement, simple snacks and food related nutrition concepts. This will be a hands-on, interactive lesson. Call 842-9679 to RSVP by May 13th.

Day Care Closing Sale

Friday, May 20th 12:00 PM - 7:00 PM

Saturday, May 21st 8:00 AM - 4:00 PM

2435 Overlook Circle, Lawrence



Quality educational products for sale. The Mailbox, Lakeshore, Little Tree, Learning Journey, Carson-Dellosa, Melissa & Doug, books, crafts, toys, furniture. For more information and directions contact Anita at 785-842-4641.

April 2011

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

April 3rd

Claims due

April 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

- ^ April 1st
April Fool's Day
- ^ April 22nd
Earth Day
- ^ Grilled Cheese Month
- ^ National Garden Month
- ^ Child Abuse Prevention Month
- ^ National Week of the Ocean
April 3rd - 9th
- ^ Week of the Young Child
April 10th - 16th



Themed Library Kits

- ^ Gardening
- ^ Master Gardening
- ^ Growing Colors
- ^ Earth Day/Recycling
- ^ Beach & Ocean #1 and #2
- ^ Bugs & Butterflies
- ^ Spring & Flowers
- ^ Rabbits

Lisa's Corner

Your behavior at meal times makes a difference.

More and more, I hear complaints about finicky children. Finicky children often behave poorly at the table. Poor mealtime behavior often comes from pressure to eat. Whether your child takes charge of his own eating depends exclusively on the way you treat him/her with regard to feeding.



Here are some tips to get the finicky children to eat.

- Give the children the opportunity to learn about new food. Some parents and providers expect children to eat and like something the first time it is presented to them. If the child refuses, that food disappears from the menu. Don't be discouraged; keep trying.
- Don't fall into the trap of becoming a short order cook. You know how that goes: "Aargh, I don't like that!" "Well what do you like?" "Peanut butter, macaroni & cheese, hotdogs." So the parent or provider gets up and makes hot dogs. Letting children dictate the menu is not a good idea.
- Give positive reinforcements for trying new foods. Try to avoid negative comments that disregard how the child feels. It's ok for the children to voice their dislike of a certain food. Do not take it personally if a child doesn't like a certain food. Congratulate them for trying it. Children need a positive emotional climate to do the best job with eating. Staying calm and pleasant will encourage better eating habits.

For more information please check out [Secrets of Feeding a Healthy Family](#), by Ellyn Satter.



On the lighter side:

"Mom, this food tastes funny!"

"Then why aren't you laughing!"

Sample Menus

Breakfast			
Fluid Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable	Tangerine <i>a/c</i>	Strawberries <i>c</i>	Peach <i>c</i>
Bread/Bread Alternate	Blueberry Muffin	Bagel	Pumpkin Bread
Other		Peanut butter	
Snack			
Two Items	V-8 Juice <i>a/c</i>	Pita Bread	Cantaloupe <i>a/c</i>
Two Groups	Cheese Cubes	Hummus	Hard Boiled Egg
Other		Water	Water
Lunch			
Fluid Milk	Milk	Milk	Milk
2 servings Fruit/Vegetable	Applesauce Sautéed Spinach <i>a/c</i>	Blackberries <i>c</i> Roasted Butternut Squash <i>a</i>	Fresh Green Beans* Sweet Potatoes <i>a/c</i>
Bread/Bread Alternate	Whole Wheat Bread	Tortilla	Brown Rice
Meat/Meat Alternate	Chicken Salad	Lentil Burrito*	Baked White Fish
Other		Salsa and /or Cheese	

* Recipe listed in this newsletter

In accordance with Federal law and the U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Ave., SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Promoting a Healthy Lifestyle



Be a Role Model

Helping children develop a healthy lifestyle—including healthy eating and physical activity—begins at home.

However, it is also important that these behaviors are reinforced in the childcare setting. Parents and caregivers can

help children to be active and make smart food choices by modeling these behaviors themselves. Here is some guidance to help you promote a healthy lifestyle when working with children.

Encourage Healthy Eating

Serve appropriate portions of food at meal and snack times. Over-portioning encourages overeating and may lead to undesirable weight gain. Making healthy foods available encourages children to try them. A designated area for meals and snacks along with a fairly consistent meal schedule help children form healthy habits and discourages snacking in front of the TV or computer.

Children should not be overly restricted in the foods they consume. Remember the goal is to promote the development of healthy habits, not obsession with food or body weight. Severe diet restrictions should only be followed when advised by an appropriate health care professional. In addition, food should not be used for reward or punishment. Use family or childcare group activities, stickers, or small trinkets as rewards.

Encourage Physical Activity

Just as children tend to model eating behaviors they observe from the adults around them, they also are more likely to be physically active if the adults in their life are active as well. Regular group physical activities should be planned in the child care setting as well as at home. Offer a variety of physical activities and allow children opportunities to choose the ones they like best. Children are more likely to want to participate and to look forward to physical activity if it is fun. Activities may include traditional games and sports as well as outings such as field trips that involve walking. In addition to providing health benefits, regular physical activity can be educational, teach social skills, and boost the child's

self-esteem. Here are some physical activities you may want to try:

- *Biking
- *Bowling
- *Hiking
- *Dancing
- *Swimming
- *Catch
- *Freeze tag
- *Hopscotch
- *Skating
- *Flying a kite

Parents and caregivers should provide a safe area for the children to play, safety gear recommended for specific sports, and appropriate supervision.

In Summary

Your role in promoting a healthy lifestyle can impact children—not just while they are growing up, but for the remainder of their lives. Being a role model for healthy eating and physical activity benefits you as well as the children in your care. Remember that forming healthy habits occurs over time—not overnight. Be patient. Praise children for moving in the right direction. Even small changes can have a big impact over time.

Adapted from Mealtime Memos 2004

Lentil Burritos

Ingredients

- 1 c. lentils, rinsed
- 1 Tbsp. Olive oil
- 1 garlic clove, minced
- 1 c. chopped zucchini (or another vegetable)
- 1 c. chopped green/red bell peppers (or another vegetable)
- 1/4 tsp. hot sauce (optional)
- 1 c. fresh salsa or mild taco sauce
- 4 oz. Monterey jack cheese, shredded
- whole wheat tortillas

**Optional Garnish Ideas-* diced avocado, sour cream, chopped cilantro

Directions

- Wash and drain lentils
- Bring lentils to a boil with stock; cover, simmer until just tender, about 20 minutes. Drain if necessary.
- Heat oil on medium heat.
- Cook onion, garlic zucchini, pepper to tender crisp.
- Stir in lentils, hot sauce and taco sauce.
- Add seasonings to taste.
- Stir in cheese.
- Spoon 1/2 c. of mixture down center of each tortilla.
- Roll up

You can assemble the lentil burritos ahead of time and reheat them rolled in dampened paper towels in microwave, or just eat them cold.

Recipe adapted from Food.com and AllRecipes.com

Build a Garden Teepee

Building a garden teepee is a terrific activity to encourage kids to get outdoors and engage them in growing their own food. And of course, kids who grow their own food are much more likely to try and enjoy eating that food. What could be better for the health of our kids than fresh air and vegetables? Besides being a fun activity for kids, garden teepees are also fairly inexpensive and they free up valuable space in your garden. Vegetables like peas and green beans are a great choice for climbing teepee poles, as are flowers such as morning glories, moonflowers and sweet pea vines.

All you'll need to get started is some garden twine and 6 or 8 wooden stakes, straight tree branches or bamboo shoots, about 5 feet in length.

Instructions:

1. Have your child help you choose a sunny spot in the garden and prepare the soil as needed (till, add compost). It's easiest to build your teepee in the spot you intend for it to "live" rather than move it later.
2. Set 3 or 4 sticks in the ground, forming a circle at the base, and bring them together at the top into a basic cone shape. Tie with twine.



3. Add a few more sticks to complete the cone shape and secure at the top with more twine. Weave the twine in and out of the bundled sticks (as shown above) and make sure it is sturdy enough to support growing plants and the play of children underneath.

4. Plant your vegetable or flower seeds at the base of each stick and watch the plants grow up and cover the garden teepee. If you're planting peas, you may want to get the seeds in the ground right away. Peas can be direct seeded starting in late March. If you are planting beans, this would be a good project for any time in May.



Delicious Fresh Green Beans

Ingredients

- 1/4 cup blanched slivered almonds
- 3 tablespoons butter
- 5 small shallots, thinly sliced (or 1 large onion)
- 1 red bell pepper, chopped
- 2 tablespoons white sugar
- salt and pepper to taste
- 1 1/2 pounds fresh green beans, trimmed and snapped

Directions

1. Place the slivered almonds in a dry skillet over low heat, and cook and stir constantly until the almonds are lightly toasted, 3 to 5 minutes. Watch carefully, because they burn easily. Remove the almonds and set aside.
2. Heat butter in a skillet over medium-low heat, and cook and stir the shallots and red bell pepper until softened, about 8 minutes. Sprinkle the shallot mixture with sugar, salt, and pepper, and reduce heat to low. Cover, and cook slowly, stirring occasionally, until the sugar dissolves and the shallots caramelize, 5 to 8 minutes.
3. Place a steamer insert into a saucepan, fill with water to just below the bottom of the steamer, and bring the water to a boil. Add the green beans, cover, and steam until just tender enough to pierce with a fork, 7 to 8 minutes. Drain the green beans, place them into the skillet with the shallot mixture, mix well, and gently stir in the toasted almonds.

Recipe courtesy of AllRecipes.com

