



# Nutrition Notes

Celebrate Grapefruit Month

## Exciting Announcement!

DCCDA is offering a new program to help you support healthier children and families. Please see page 2 and the enclosed flyer to learn more about what we can do for you!

## Claim Reminders



- ♦ Each page of your attendance/menus must have your signature. Those who are claiming on line must have an updated agreement on file.
- ♦ Make sure you record meals and attendance daily.
- ♦ Call the office if mealtimes have changed or if you will be away from home during mealtimes.
- ♦ Claims are due in the office by the 3rd of the month.

## Block Visits

USDA has recently sent updates and changes for the CACFP. Required visits for Block Claims are no longer required.

## Open Office Hours have changed.

Beginning January 2011

Open Office will be the last business day of the month  
6:00 - 7:00 PM

Don't forget to call ahead if you would like to pick up your check during Open Office. All remaining checks will be mailed at 3:00 PM

## Mark Your Calendars for the Annual DCCDA Mini-conference

**DATE CHANGED March 5, 2011**

Plymouth Congregational Church  
9:00 - 12:30 PM

Registration begins at 8:30

- ♦ Storybook Café
- ♦ Fitness in the Classroom

*These are the only classes credited for CACFP hours  
All others approved for licensing hours*

## KDHE Approved Online Classes

- ♦ Child Abuse & Neglect training offered by KCSL  
<https://www.kcsl.org/>
- ♦ SIDS training offered by Healthy Childcare and Kansas Train  
<http://www.healthychildcare.org/sids>

## February 2011

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

## February 3rd

Claims due

## February 28th

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 3rd  
Chinese New Year
- ^ February 13th  
Read to Your Child Day
- ^ February 23rd  
Banana Bread Day
- ^ February 27th  
Polar Bear Day
- ^ Sweet Potato Month
- ^ National Grapefruit Month
- ^ International Friendship Month
- ^ Children's Dental Health Month
- ^ National Wild Bird Feeding Month

## Themed Library Kits



- ^ Groundhog Day
- ^ Chinese New Year
- ^ Valentine's Day
- ^ Dental Health
- ^ Book Appreciation
  - ^ Friendship
    - ^ Birds
    - ^ Bears
    - ^ Manners



## **DCCDA Supports Healthy Children and Families with the *Families, Farmers and Educators United For Healthy Child Development Program***

One in three children in the US will cope with diabetes in their lifetime and up to 80% of a young child's nutrition comes from a child care setting. DCCDA supports healthy lifestyles that begin at an early age and is offering:

- **Access to locally grown food, connections to local farmers and other local food sources for participating child care providers and families**
- **Hands-on learning for children and families through gardening and food-related activities**
- **Supplemental food-focused curriculum for participating child care providers**

See the enclosed flyer for more detailed information about how you can get involved or contact Emily Hampton at 785-842-9679 or [emily@dccda.org](mailto:emily@dccda.org)

### **Sample Menus**

<b>Breakfast</b>			
Fluid Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable	Grapefruit <i>c</i>	V-8 Juice <i>a/c</i>	Mixed Berry Smoothie <i>c</i>
Bread/Bread Alternate	Corn Flakes	English Muffin	Wheat Toast
Other			Yogurt
<b>Snack</b>			
Two Items	Banana Bread	Colby Jack Cubes	Fruity Sugar Cookies
Two Groups	Milk	Tropical Salad <i>c</i>	Milk
Other		Wheat Thins	Strawberries <i>c</i>
<b>Lunch</b>			
Fluid Milk	Milk	Milk	Milk
2 servings Fruit/Vegetable	Plums <i>a</i> Sweet Potatoes <i>a/c</i>	Peaches <i>a</i> Peas & Carrots <i>a/c</i>	Broccoli & Cheese <i>a/c</i> Baked Potato <i>c</i>
Bread/Bread Alternate	Wheat Bread	Egg Noodle	Biscuit
Meat/Meat Alternate	Pork Roast	Chicken Noodle Casserole	Salmon Patties
Other			

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# Kid's in the Kitchen

In many parts of the country, February is a great time to stay inside and cook! Cooking provides great satisfaction for young children and is a wonderful way to give kids the attention, independence, and accomplishments they crave. It's real work, just like adults do! Cooking is a natural way to incorporate many age-appropriated skills into your program, such as:



- ♥ Math skills, as children measure, count, weigh, divide, estimate, and keep track of time
- ♥ Science concepts, as they learn about the chemistry of food and how it changes during the cooking process
- ♥ Language and reading readiness, as they describe foods, flavors, textures, and processes
- ♥ Logical thinking, as they learn to follow recipe sequences
- ♥ Social studies concepts, as they learn about the world around them through food from other cultures
- ♥ Motor skills and hand-eye coordination, as children cut, mash, mix, pour, pinch, punch, scoop, spill, sponge, sweep, and stir
- ♥ Social skills, as they cooperate and help one another to achieve a goal

## Recipe for Success

Here are some pointers to maximize success in the kitchen.

- ♥ Always have children wash hands before beginning and remind them to keep hands away from their faces as they work.
- ♥ Remind children to ask before they taste (raw eggs in batters and doughs are a particular concern).
- ♥ Teach your kids a code word to warn them when you'll be opening the oven, taking hot water off the stove, and so on.
- ♥ Remember to start simply with recipes of just a few ingredients and several basic processes. Whatever recipe you're using should be one that you have made successfully before. Make sure you have all the ingredients before you start.
- ♥ Allow plenty of time. Rule of thumb is to double the time it might take an adult to prepare a recipe. Also, pick a time of day when your kids are alert.
- ♥ Encourage participation and fun, rather than perfection.
- ♥ Have alternative activities for those who don't want to participate or who have short attention spans. Be creative and flexible with kids in the kitchen.

*Month by Month Preschool Almanac*

## Cookies to Share

Teach this fingerplay to children as you bake your Valentine cookies

Cookies to share,  
One, two, three.  
*(hold up three fingers, one at a time)*

One for you,  
*(point to a friend)*

And two for me.  
*(point to self)*

Oh, no, no, no,  
*(shake head and finger)*

That won't do!  
Let's break the extra one in two!  
*(pantomime breaking and sharing cookie)*



*-Annie Stiefel*

## Fruity Sugar Cookies

1 c. sugar	1 (3 oz.) package gelatin <i>(any flavor)</i>
3/4 c. shortening	2 eggs
3 cups enriched flour	1 tsp. baking powder
1/2 tsp. salt	craft sticks

- ♥ Mix sugar and dry gelatin together.
- ♥ Add shortening and eggs; blend well.
- ♥ Sift flour, baking powder and salt; add to sugar mixture.
- ♥ Roll dough 1/3 inch thick on floured board.
- ♥ Cut with heart shaped cookie cutters and place on ungreased cookie sheet insert a craft stick 1 1/2 inches into the base of each cookie.
- ♥ Bake at 375° for 5 to 8 minutes. (If you'd like a hard, glossy finish, have children paint their baked cookies with sweetened condensed milk tinted with red food coloring.) *CACFP Credits: 1 cookie= 1 bread/alternate component for snacks*  
*adapted from What's Cookin'*

# Grapefruit Fun Facts

- ♥Grapefruits come in many colors. They can be yellow, pink, white or ruby in color. All varieties have a tangy-sweet flavor and are very juicy.
- ♥Grapefruits are part of the citrus family. That means that they are related to oranges, tangerines, lemons, and limes.
- ♥Most grapefruit in the United States is grown in Florida.
- ♥Grapefruit grows on a large tree with glossy dark green leaves. The fruit hangs in clusters on the tree.
- ♥The most common way to eat a grapefruit is to slice it in half and scoop the sections out with a spoon. You can also peel it and separate the sections like an orange or slice it into wedges.
- ♥Grapefruits are a great source of vitamin C. One-half of a grapefruit provides all the vitamin C your body needs for the day.
- ♥Grapefruit are in peak season January through April.
- ♥Small blemishes , called wind scars, may appear on grapefruit skin as a result of the fruit rubbing against the tree branches, but they are only skin deep. They do not affect the juicy flavorful sections inside.
- ♥Florida grapefruit are fully ripe when picked. They're fresh and ready to eat when you purchase them, just like other citrus fruits. Grapefruit is best stored loose at cool room temperature for four to five days. For best flavor and nutrition lasting up to three weeks, store grapefruit in your refrigerator crisper.
- ♥Did you know. . .that the grapefruit got its name from the way it grows in clusters (like grapes) on the tree?

**Flame Grapefruit** - Flavorful, sweet and juicy. Flesh is red in color and usually seedless. Half a grapefruit has more fiber than one cup of popcorn.

**Marsh White Grapefruit** - Medium to large size, usually flattened at both ends. Peel is yellow, smooth and thin. White to amber colored flesh and almost seedless. Easy to section. Excellent flavor and plenty of juice.

**Ruby Red Grapefruit** - Medium to large size, usually flattened at each end. Smooth yellow peel with areas of pink to red blush. Segments have characteristic pink to reddish tinge. Few seeds.



## Nutrition Facts

Serving Size = 1/2 medium grapefruit

Calories	60
Fat	0%
Fiber	2 grams
Vitamin C	100%
Vitamin A	35%