



Celebrate National Soup Month

# Nutrition Notes



## Open Office Hours have changed.

Beginning January 2011  
Open Office will be the last business day  
of the month and the hours open will be  
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

## CALENDAR OF EVENTS

### Get Growing: Gardening with Children

Presented by: Jennifer Smith, County Horticulture Agent

Date: February 1, 2011

Time: 6:30 - 8:30 PM

Location: Extension Building  
2 hrs. nutrition in-service



Learn techniques and resources for introducing kids to the world of gardening. Plan to participate in sample activities from the Junior Master Gardener Program and other youth gardening programs. Call the office at 842-9679 to RSVP. Due to limited space children are not allowed.

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

February 26, 2011  
Plymouth Congregational Church

More information will be coming to you in January

### 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>



**Bad Weather Policy-** Our policy is if the Lawrence Public Schools are closed, then our office is closed. If this would happen on the last working day of the month then our Open Office will also be cancelled and checks will be mailed to you the next working business day. If you have any questions please call the office at 842-9679.

### January 2011

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

### January 3rd

Claims due

### Office Closed

### January 17th

for Martin Luther King Day

### 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

- ^ January 5th  
National Bird Day
- ^ January 9th  
National Apricot Day
- ^ January 17th  
Martin Luther King, Jr. Day
- ^ January 20th  
Penguin Awareness
- ^ January 25th  
Opposite Day
- ^ January 29th  
Kansas Day
- ^ National Oatmeal Month
- ^ National Soup Month



### Themed Library Kits

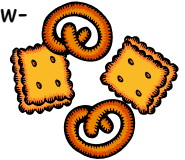
- ^ Soup & Sandwich
  - ^ Birds
- ^ Martin Luther King, Jr.
  - ^ Penguins
  - ^ Opposites
  - ^ Kansas Day

## Lisa's Corner



### Goldfish Cracker Predicting

Fill a large container with an assortment of pretzel, cheese, and plain Goldfish crackers. Ask each child to estimate how many crackers are in the container. Write the child's name and estimation on a sheet of paper. Then have each child fill a small paper cup with the assortment of pretzels, cheese and crackers from the container. Sit in a small group. Have the children sort and count the various kinds of food. This is a great way to introduce new foods. Allowing the children to explore their food will improve the chance of them trying it.



*On the lighter side:*

What do you get when you put three ducks in a box?

A box of quackers.

*adapted from Mailbox Year-round Themes to Grow On*



### Meal Time Change

We recently received information from KSDE regarding meal times for dinner. If a home serves dinner, the earliest time to begin the meal is now 5:30 p.m. Previously, dinner service could begin at 4:30 p.m. This became effective December 1, 2010.

## Sample Menus

<b>Breakfast</b>			
Fluid Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable	Mangoes <i>a/c</i>	Apricots <i>a</i>	Applesauce
Bread/Bread Alternate	Bagel	Cream of Wheat	Baked Oatmeal
Other	Peanut Butter		
<b>Snack</b>			
Two Items	Cinnamon Toast	Yogurt	Cheese Cubes
Two Groups	Cantaloupe <i>a/c</i>	Frozen Blueberries	Kiwi <i>c</i>
Other			
<b>Lunch</b>			
Fluid Milk	Milk	Milk	Milk
2 servings Fruit/Vegetable	Pineapple Rings <i>c</i> Celery & Carrots Sticks <i>a</i>	Mandarin Oranges <i>a/c</i> Hash Browns	Grapes Mixed Green Salad <i>a</i>
Bread/Bread Alternate	Bread Bowl	English Muffin	Flour Tortilla
Meat/Meat Alternate	Hamburger & Bean Chili	Egg Sandwich	Bean & Cheese Enchilada
Other			

*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.*

## JOB OPPORTUNITIES

Douglas County Child Development Association is looking to fill two positions on a grant funded project to establish new long-term relationships between food production and food consumption by uniting 25 family child care homes and three center-based child care programs with community gardening opportunities and Consumer Supported Agriculture.

**FOOD SYSTEMS COORDINATOR.** To facilitate and support relationships with early learning programs, schools and local food systems to encourage healthier choices in the production, distribution, preparation and consumption of food. BS in Social Work, Agriculture or Nutrition. Experience community organizing. Full time with benefits.

**FOOD SYSTEMS EDUCATOR.** To educate and support early learning programs and families to encourage healthier choices in the production, distribution, preparation and consumption of food. BS Early Childhood Education or Nutrition. Experience with young children, child care programs. Part time.

Send resume and three references to: DCCDA  
935 Iowa Street, Suite 7  
Lawrence, KS 66044  
Email [ajenny@dccda.org](mailto:ajenny@dccda.org)  
Fax (785) 842-1412

## News from the Lawrence Douglas County Health Department

A 2 hour approved training for homes, centers, and preschool is being offered January 8, 2011. This is an opportunity for child care providers to learn about Lexie's Law including KDHE's progress in drafting health and safety and supervision regulations to implement the provisions of the law. Please take advantage of this training to discuss the proposed changes. Contact Kim Vonsooston at 1-800-279-2372. Please register now to save your space.



## Soup Trivia

Here are some interesting facts that you might not know about Soup.



- ◆ Soup and sandwich originated somewhere in Europe.
- ◆ The English word "soup" is originally from the Middle Ages word "sop," a bread slice over which meat drippings were poured.
- ◆ Archeological evidence suggest that soup dates as far back as 6000B.C.
- ◆ It is estimated that 2.2 billion soup and sandwich meals are consumed a year in the United States alone.
- ◆ It has been stated that 65% of households serve at least one bowl of soup during a two week period in the United States.
- ◆ Vegetable soup has become a healthy meal staple in the last decade because it has been said that compounds found in vegetables may fight cancer.
- ◆ It has been said that chicken soup has natural healing powers for the common cold.
- ◆ Who eats more soup? Men or women? Well, for a lunch women seem to be more that twice as likely to eat soup as men. Statistics say, 9.6% vs. 4.0%.

## Soup Bread Bowls

*2 loaves frozen bread dough,  
thawed but still cold  
1 egg, beaten*

Cut loaves into thirds. Form each third into a ball. Place on a baking sheet sprayed with non-stick cooking spray. Brush with egg. Cover with sprayed plastic wrap. Let rise until double in size. Remove wrap and bake in 350° F oven for 25 minutes or until golden brown. Cool and slice off top. Hollow out and fill with your favorite chili or soup. ENJOY!

## Convenience or home cooked? Factors to consider

A family day care home provider has a few decisions to make when planning menus. One of those decisions is if and how many convenience foods to use. There are pros and cons to using convenience foods in Child and Adult Care Food Program (CACFP) menus.

### Here are a few of the pros and cons to consider:

Pros for convenience foods

- ♦ Consistent product
- ♦ Consistent yield, unless package size changes
- ♦ Easy to prepare

Cons for convenience foods

- ♦ May not meet CACFP meal pattern or component requirements
- ♦ Requires time to determine if food meets requirements
- ♦ May require additions to meet CACFP requirements that add to the cost or time to prepare
- ♦ Often high in fat, sodium, or added sugars
- ♦ Often low in dietary fiber

The cons for convenience foods may outweigh the pros. This is especially true if meal reimbursement is denied due to a convenience food that does not meet requirements.

The nutrition needs of children may be better met when foods are prepared from scratch. This allows a provider to use recipes with lower fat ingredients, seasonings other than salt, and whole grain flours for more fiber.

### Costly convenience

Sometimes a convenience food that seems like a good value may have hidden costs. An example is pizza crust.

### Consider this scenario.

The local grocery store has a 16-ounce frozen sausage pizza on a sale for \$3.00 each. The ingredient panel shows the crust is made from enriched wheat flour. The provider uses the tools in the Grains/Breads section of the *Food Buying Guide for Child Nutrition Programs* (access this resource online at <http://teamnutrition.usda.gov/Resources/foodbuyingguide.html>).

She determines that 1/12 of a pizza will provide one serving of grain/bread component (Group B). At \$3.00 for one pizza, a grain serving costs \$ .25 each.

The provider determines that the product does not meet program requirements for meat/meat alternate. She chooses to add more cheese to the pizza to assure the requirement is met.

The result is that the children receive an entrée that is higher in fat and sodium. The provider can use other convenience foods as an option for crust.

### Easy options for pizza crust

Frozen bread dough is packaged in 16-ounce loaves or individual rolls. Follow package directions to thaw. Use the loaf-size dough for a large pizza or roll-size for mini pizzas. Look for whole wheat options. A 16-ounce loaf of frozen dough provides 16 servings; at \$1.00 a loaf, each serving of grain/bread costs \$ .06.



**Frozen Pizza**

A 16-ounce pizza at \$3.00 is \$3.00 a pound



**Frozen Bread Dough**

A loaf of frozen bread dough at \$1.00 is \$1.00 per pound

Pizza is more than 3 times the price of bread dough for crust, because in our example the pizza provided 12 servings and the bread dough provided 16.

Whole wheat English muffin halves are a quick and easy option. Split muffins into halves, top with sauce and cheese and bake in the oven.

Flour tortillas make fast work of crust. Look for whole wheat or interesting flavors.

### Here is an easy recipe for rice or pasta crust:

- ♦ 3 cups of cooked brown rice or whole grain spaghetti noodles
- ♦ 1 egg
- ♦ 4 ounces of shredded part skim mozzarella cheese (about 1 cup).

Combine the ingredients and mix thoroughly. Spread on a 12-inch pizza pan or divide between two 9-inch pie plates that have been sprayed with non-stick coating. Press the rice or noodles into the pan or plate to form the crust. Bake the crust in a 450°F oven for about 20 minutes until set. Top with sauce and pizza toppings. Return to oven for about 10 minutes to heat pizza thoroughly.

*Note:* Three cups of cooked rice or pasta is equal to six servings of grain/breads (Group H, 1/2 cup per serving).

All of these crust options provide an easy way to assure the program requirements are met. Best of all, they make quick work in the kitchen and provide a healthy choice for children.

*Shopping Tip:* Use the unit price sticker to compare the price per pound of different crust options. For products listed in price per ounce, multiply by 16 to find the price per pound.