



Celebrate Nutrition 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 County 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.

Claim Reminders

- ♦ When you receive your new license that has an expiration date send a copy to the office.
- ♦ Make sure you record meals and attendance daily. You can plan your menus ahead but you can't mark attendance before the meal is served.
- ♦ Call the office if mealtimes have changed or if you will be away from home during mealtimes. Remember to call when you are closed for holidays or vacation.
- ♦ Each page of your attendance/menus must have your signature. Those who are claiming on line must have an updated agreement on file.
- ♦ Dinner can not be served before 5:30 PM.
- ♦ Claims are due in the office by the 3rd of the month.

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>

March 2011

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

March 3rd

Claims due

March 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

- ^ March 1st
Share a Smile Day
- ^ March 2nd
Read Across America
- ^ March 13
Daylight Savings Time Begins
- ^ March 17th
St. Patrick's Day
- ^ March 20th
National Quilting Day
- ^ National Nutrition Month
- ^ National Frozen Food Month
- ^ Children's Dental Health Month
- ^ National Youth Art Month



Themed Library Kits

- ^ Cooking with Kids
- ^ Nutritional Games
- ^ Dr. Seuss
- ^ St. Patrick's notebook
- ^ Telling Time
- ^ Quilts
- ^ Art

Lisa's Corner

Tomato Facts

Did you know?

- ◆ While the fruit of a tomato is perfectly safe and healthy to eat, the plant's stems and leaves are toxic
- ◆ The largest tomato plant ever grown reached 65 feet in length
- ◆ The heaviest tomato every cultivated weighed in at 7 pounds 12 ounces
- ◆ The United States produces 11 million tons of tomatoes a year.
- ◆ There are around 7500 different varieties of tomatoes



Tomatoes are an excellent source of vitamin C, lycopene, and vitamin K. They are also a good source of vitamin B6, pantothenic acid, niacin, and folic acid. The lycopene in tomatoes acts as an antioxidant. It has been shown to be extremely protective against cancers. Lycopene also lowers the risk of heart disease, cataracts, and macular degeneration, and lowers cholesterol.

Storing tomatoes in the cold speeds their ripening process, so be sure to store them at room temperature and out of direct sunlight. Tomatoes will keep fresh for up to one week, depending on their ripeness when purchased. Whole and chopped tomato sauce freeze well up to eight months.



On the lighter side:

"How do you fix a broken tomato?"

Tomato paste.

Adapted from Potpourri May 2010

Sample Menus

Breakfast			
Fluid Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable	Orange Slices <i>c</i>	Applesauce	Blackberries <i>c</i>
Bread/Bread Alternate	English Muffin	Oatmeal	French Toast
Other	Peanut Butter	Raisins	
Snack			
Two Items	Cheese Cubes	Cottage Cheese	Edamame <i>a</i> (soybeans)
Two Groups	Green Snap Peas <i>a/c</i>	Peaches <i>a</i>	Pumpkin Bread
Other			
Lunch			
Fluid Milk	Milk	Milk	Milk
2 servings Fruit/Vegetable	Strawberries & Bananas <i>c</i> Sweet Potatoes <i>a/c</i>	Celery & Red Bell Pepper Sticks <i>a</i> Kiwi Fruit <i>c</i>	Brussel Sprouts <i>a</i> Blueberries
Bread/Bread Alternate	Bread Stuffing/dressing	Wheat Pizza Crust	Tortilla
Meat/Meat Alternate	Turkey	Ham & Pineapple Pizza	Black Beans
Other			Salsa

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Celebrate National Nutrition Month

Nutrition related education activities in the child care setting can help shape the eating habits of young children. The concept of eating a variety of foods from each of the five food groups of the *MyPyramidforKids* can be taught to preschoolers through nutritional activities.

Nutrition related activities are fascinating, hands-on-tools for learning about healthy eating, and it is fun! Cooking provides children with a sense of personal achievement as they meet their own food needs. Children can only pretend to drive a car or be a fireman, but they really can cook and produce real food that other people will eat.



Tips for Presenting Nutritional Related Activities for Children

- ◆ Prepare each lesson at least one week in advance.
- ◆ Make a lesson a special occasion.
- ◆ Children should be supervised at all times when around potentially dangerous equipment such as knives and appliances.
- ◆ Make certain that all children are involved.
- ◆ Provide enough praise and reinforcement to make the experience rewarding for children.

- ◆ Let children experience things for themselves as much as possible.
- ◆ Help children observe and talk about color, texture, size and shape.
- ◆ Cleanup should be an ongoing activity.
- ◆ Follow through on projects so everyone has a chance to taste what has been made.

Getting Families Involved in Nutrition Related Activities

Partner with the children's families to achieve that nutrition objectives of the activity. The effort made to involve the families helps ensure that children practice at home what they learn while in your care. Good eating habits learned in childcare must carry over to the home if they are to last! Here are some suggestions involving parents.

- ◆ Send an Activity Plan home with the children.
- ◆ Encourage families to observe the activities whenever possible and to share ideas, and accompany children on field trips to where food is grown, purchased or prepared.
- ◆ Encourage parents to teach their children how to pick a variety of colors in the produce department.

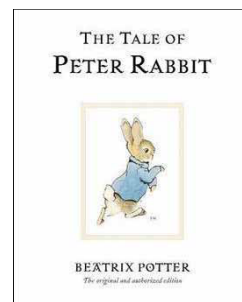
Nutrition Related Activity Ideas

Peter Rabbit Tasting Party

You'll Need: assortment of raw fresh vegetables and fruits, large head of cabbage, dips, trays, plastic serrated edge knives, *The Tale of Peter Rabbit* by Beatrix Potter

Directions:

- ◆ Sanitize work surface.
- ◆ Wash hands thoroughly.
- ◆ Help children prepare the vegetables and fruits for tasting.
- ◆ Cut a flat surface on the bottom of the cabbage and scoop out the inside to create a bowl for the dip (teacher task).
- ◆ Decorate the front of the cabbage to look like a rabbit with small pieces of vegetables or fruits. Be sure to give Peter some whiskers and floppy ears.
- ◆ Read the *Tale of Peter Rabbit* and talk about the importance of vegetables and fruits. If someone has a rabbit costume, this is a fun way to have Peter tell his own story to the children.



Adapted from National Food Service Management Institute February 2011



Why Eat Healthy?

Everyone knows we should all eat a healthy, balanced diet. Eating healthfully is one of the top New Year's Resolutions and probably the most consistently offered advice by doctors everywhere. Yet how many of us regularly meet our nutrient needs by ingesting the appropriate amounts of fruits, vegetables, grains, dairy and protein? It's easy enough to know what to do, but much harder to actually do it.

Today's foodscape has many of us more confused than ever. When did the simple act of feeding ourselves become so difficult? Is this *whole* grain? Does my beef contain traces of antibiotic? What are the effects of all this corn syrup? Are these eggs from a free-range chicken? You want *how much* for this tomato? As mystifying and political as some of these topics are, the fact remains that eating the right foods in the right proportion can keep our bodies strong and our minds sharp.

With so many distracting choices, staying motivated to strive for a healthy diet can be tough, but keeping the payoffs in mind just might help. Here are some reasons we all might want to steer clear of the doughnuts a little more often and look locally for our food nutrition needs:

- ◆ **Feel better:** The overall functioning of our bodies improves as we receive the nutrients we require. Moods will improve; we'll think more clearly and be more energized.
- ◆ **Be sick less often:** A diet rich in vitamins and minerals gives our cells the material they need to keep our immune systems strong and help us avoid sickness. For example, vitamin C loaded fruits and vegetables will help ward off colds and other viruses and eating healthy foods will accelerate recovery if illness occurs.
- ◆ **Lower the risk for disease:** While genetics surely plays a role, we absolutely have the power to mitigate the risks of health issues such as high blood pressure, high cholesterol, heart disease, stroke and cancer. Adopting a healthy eating regimen is a lifestyle change that will pay off long term.
- ◆ **Be physically and mentally fit:** Exercise in combination with a nourishing diet can help us maintain a healthy weight, giving us healthy hearts and self confidence that motivates us to carry on our good eating habits. Healthy diets also promote brain health and mental clarity, reduce anxiety and help ward off depression.
- ◆ **Set a positive example:** By acting as positive role models and cooking and eating nutritious foods, we'll encourage our children to behave as we do, teaching them lifelong habits that will protect their health.

Why Is "Local" Food Healthy?



- ◆ **Locally grown produce is fresher and tastes better:** Shorter distances from farm to fork means local food can ripen longer and will spend less time in transit or cold storage, optimizing its nutritional value and taste.
- ◆ **Buying local food generates money for the local economy:** Support our community and keep our money circulating within our regional economy by buying from local farms and businesses.
- ◆ **Choosing local food keeps us in touch with the seasons:** Waiting until foods are in season lets us enjoy abundant quantities of foods while they are the least expensive and most delicious.
- ◆ **Eating local strengthens community:** Knowing the name, the face and the story behind our food builds relationships and heightens our appreciation of the work required to produce nutritious food.
- ◆ **"Local" is even more eco-friendly than "organic":** The journal, *Food Policy*, found in a March 2005 study that the number of miles organic food often travels creates environmental damage that actually outweighs the benefit of buying organic.