

Nutrition Notes



Celebrate Physical Fitness & Sports Month

Attention, Providers!

Recently, emails have been circulating around the child care provider community about the proposed new and amended regulations encouraging providers to call KSDE and threaten to quit the CACFP if the regulations are passed.

There is some misleading information in these emails that you should be aware of:

There are proposed new and amended regulations available on line for your comment. These were written by KDHE and are available on their website for comment. Please visit the following website for copies of the proposed regulations and information on how to submit your comments before the May 17 hearing: www.kdheks.gov/bcclr/lexies_law.htm

From KDHE's website...In order to receive written and verbal comments on the proposed new and amended regulations, the KDHE Division of Health, Bureau of Child Care and Health Facilities will conduct a public hearing on May 17, 2011 at 1 p.m. in the Memorial Hall Auditorium, 120 S.W. 10th, Topeka. To be considered for the public hearing, written comments may be submitted to the contact person listed below or presented in writing or verbally at the public hearing.

Contact: Dorothy Tenney, LMSW
Phone: 785-296-1270
Fax: 785-296-0803
Email: dtenney@kdheks.gov

I encourage you to contact the person identified above so that your comments will be heard and recorded.

KSDE and the CACFP have no authority to implement the proposed new and amended regulations. Threatening CACFP will have no impact upon whether the proposed regulations are implemented. Quitting CACFP if the new regulations are implemented will only hurt your pocketbook and put the children who participate in CACFP in jeopardy. The only way you can affect the process is to comment as detailed above.

As detailed in a letter from KSDE to providers in December 2010, a home visitor from KSDE may arrive unannounced without a home visitor from DCCDA. This will only happen in conjunction with their bi-annual audit of DCCDA and is likely to include a small sample of our providers. So every two years, five providers of 120 on our CACFP program could be visited. They would review the same things that your home visitor from DCCDA reviews. We would be aware that we were under audit, so placing a quick call to us, after inspecting their photo identification would resolve any doubts you had.

If you have any more questions about how to comment on the proposed regulations or CACFP visitor policies, please do not hesitate to contact me: ajenny@dccda.org or 842 9679.

May 2011

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

May 3rd

Claims due

May 30th

**DCCDA Office Closed
for Holiday**

May 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

- ^ May 1st
Mother Goose Day
- ^ May 5th
National Family Child Care
Provider Day
- ^ May 18th
International Museum Day
- ^ Asparagus Month
- ^ Transportation Month
- ^ Physical Fitness & Sports Month
- ^ National Backyard Games Week
last full week before Memorial Day



Themed Library Kits

- ^ Let's Get Moving
- ^ Sensory Balance Boards
- ^ Sports
- ^ Transportation 1 & 2
- ^ Nursery Rhymes & Fairy Tales

Lisa's Corner

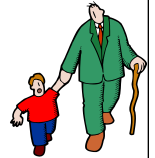
No Two Families Are Alike



The structure of the American family has changed dramatically over the past several decades. No longer are two-parent households the norm. Diverse family compositions are prevalent, from single parent households to blended families. No matter the structure, a family is a group of people who love and support one another. As a child care provider, it is important to be aware of and respectful of the values, beliefs, traditions, customs, and parenting styles of diverse families.

Use the following:

1. Communicate with all parents and other caregivers. Share information in newsletters, notes, phone calls, and face to face conversations.
2. Invite families to take part in special events. Consider hosting a summer picnic to bring families together, or invite families to a special production presented by the children.
3. Encourage children to share about their own families. Plan activities when children can talk, draw, or write stories about their families.
4. Provide a variety of play materials. Use dolls, books, dress-up clothes, puzzles from many different cultures to explore diversity in family structure.
5. Display photos in your child care of different kinds of families. Use pictures from magazines or photographs taken of families you know to show what a variety of families look like.
6. Create collages of what families can look like. Use old calendars, catalogs, magazines for a craft activity. You can talk about how many ways there are to be a family while cutting out and pasting together pictures with the children.



😄 On the lighter side: "Where did you get those big eyes?"
"They came with the face."

Potpourri April 2011

Sample Menus

Breakfast			
Fluid Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable	Strawberries <i>c</i>	Cantaloupe <i>a/c</i>	Nectarines <i>a</i>
Bread/Bread Alternate	Oatmeal	Whole Grain Corn Muffin	Applesauce Bread*
Other			
Snack			
Two Items	Black Beans	Plain Yogurt	Whole Grain Pita Bread
Two Groups	Small Wheat Tortilla	Peaches <i>a</i>	Peanut or Sunflower Butter
Other	Fresh Salsa	Water	Water
Lunch			
Fluid Milk	Milk	Milk	Milk
2 servings Fruit/Vegetable	Brussel Sprouts <i>a/c</i> Whole Berry Cranberries	Asparagus <i>c</i> Mango Slices <i>a/c</i>	Pineapple Rings <i>c</i> Romaine Salad <i>a</i>
Bread/Bread Alternate	Brown Rice	Quinoa & Black Bean Salad*	Wheat Dinner Roll
Meat/Meat Alternate	Baked Turkey Breast	Tilapia	Cheese & Broccoli Quiche
Other			

* Recipe listed in this newsletter

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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.

Quinoa & Black Bean Salad

Ingredients:

- 1 1/2 c. quinoa
- 2 1/4 c. water
- 1 1/2 c. canned black beans, rinsed & drained
- 1 1/2 Tbsp. red wine vinegar
- 1 1/2 c. cooked corn (fresh, canned or frozen)
- 1 red bell pepper, seeded & chopped
- 4 scallions, chopped (opt. use onions)
- 1 tsp. garlic, minced fine
- 1/4 tsp. cayenne pepper
- 1/4 c. fresh cilantro, chopped fine
- 1/3 c. fresh lime juice
- 1/2 tsp. salt
- 1 1/4 tsp. ground cumin
- 1/3 c. olive oil

Directions:

- 1) Rinse quinoa in a fine sieve under cold running water until water runs clear. Put quinoa in a pot with the water. Bring to a boil, then cover and simmer 20 minutes or until water is absorbed and quinoa is tender. Fluff quinoa with a fork, transfer to a large and allow it to cool
- 2) While quinoa is cooking toss the black beans with vinegar and salt and pepper to taste in a small bowl.
- 3) Add the corn, bell pepper, scallions, garlic, cayenne and coriander to the quinoa. Toss well.
- 4) In a small bowl whisk together lime juice, salt, cumin and add oil in a stream while whisking. Drizzle over salad and toss well with salt and pepper.

Salad may be made a day ahead and refrigerated, covered. Bring to room temperature before serving.

Notes: Although commonly considered a grain, quinoa is actually a seed that is rich in protein. It has an interesting texture, often described as fluffy, slightly crunchy, and even creamy. Quinoa is a complete protein source, containing all nine essential amino acids.

Applesauce Bread

Ingredients:

- 1 c. unsweetened applesauce
- 1/2 c. sugar
- 1/3 c. vegetable oil
- 2 large eggs
- 3 Tbsp. low-fat milk
- 2 1/4 c. enriched all-purpose flour
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/4 tsp. salt

Topping:

- 1/8 c. brown sugar
- 1/4 tsp. cinnamon

Directions:

- 1) In a large bowl, mix applesauce, sugar, oil, eggs and milk. Set aside.
- 2) In a separate bowl, sift together flour, soda, baking powder, cinnamon, nutmeg and salt.
- 3) Add flour mixture to applesauce mixture and combine well.
- 4) Turn into greased and floured 9" x 5" x 3" loaf pan.
- 5) Combine brown sugar and cinnamon to make a topping for the bread and sprinkle evenly over the batter.
- 6) Bake at 350 for 1 hour. Cover pan loosely with foil for the first 30 minutes of baking; then remove foil.
- 7) Remove from pan and cool on rack.

Variation: 1 3/4 cups finely diced, peeled fresh apples may be substituted for applesauce.

Study Confirms: If Produce is Homegrown, Children Eat More Produce!



A study by researchers at Saint Louis University confirms that preschoolers eat more fruits and vegetables when the produce is homegrown. "When children are involved with growing and cooking food, it improves their diet" says Debra Haire-Joshu, Director of Saint Louis University's Obesity Prevention Center.

These findings bolster the efforts of Douglas County agencies and community members who are working to increase access to fresh, local and nutritious produce and knowledge about gardening, cooking and local food systems.

The study results allowed the researchers to draw the following conclusions:

- Rural children ages 2 to 5 *consume more produce* when those fruits and vegetables are homegrown
- Preschool children were *more than twice as likely to eat five servings* of fruits and vegetables per day when they were almost always served homegrown produce as compared to those children who were rarely or never served homegrown produce
- Children who grow up eating garden-fresh produce *prefer the taste of fruits and vegetables* to other foods
- Families who nearly always had homegrown produce available for their children also provided a *greater variety* of fruits and vegetables

Regrettably, the study showed no improvement in fruit and vegetable intake by already overweight children, so providing a healthy food environment for children at a young age is essential. "Overweight children have already been exposed to salty, sweet foods and learned to like them" says Haire-Joshu. Past studies have established that before the age of 5, children have already learned whether or not to like and eat vegetables.

The research points to a clear course of action to improve the health of your family. Start early, well before age 5, to familiarize your child with a variety of healthy fruits and vegetables. Include your child in the growing process by planting a garden in your own yard or organizing your neighbors to create a community garden. Then make sure to incorporate family cooking as part of your routine.

DCCDA's *Families, Farmers and Educators United for Healthy Child Development* staff has created a curriculum called *Root For Food* designed to integrate food lessons with gardening and cooking activities. Contact Emily Hampton at 785-842-9679 or Emily@dccda.org for curriculum information.

Source: Journal of the American Dietetic Association, April 2007

Families, Farmers and Educators United For Healthy Child Development

The curriculum is complete! Program participants and providers interested in participating in the garden project next year are encouraged to attend the "Root For Food" curriculum training. "Root For Food" is a DCCDA-created curriculum encompassing a wide range of nutrition, food science and local food related topics to help grow a healthy and informed generation of eaters.

At the training you will receive your own copy of the curriculum along with an introduction to the lessons, implementation techniques and basic resources. The training will be held at the DCCDA office: 935 Iowa Street, Suite 7, Lawrence, KS

Join us at one of the two "Root For Food" trainings offered:

Thursday, May 19th from 6:30pm to 7:30pm

or

Wednesday, May 25th from 7:00pm to 8:00pm

***Please RSVP no later than Wednesday, May 11th
to be sure to receive a copy of the curriculum!***

This training is for 1 hour of credit
pending CACFP and KDHE approval