

Nutrition Notes



Stretching Your Food Dollars

With today's economic crisis reaching every community across the country, who wouldn't like to trim the fat from their grocery bill? There's more you can do to cut corners than simply clipping coupons from the Sunday paper.



\$ Prepare before you shop: Plan meals you want to make during the upcoming week and be sure you have the ingredients on hand. This will keep spending in check by eliminating the need for extra trips to the grocery store (which means extra cost).

\$ Shop for produce that is local, seasonal, and abundant: For example, sweet corn and berries are plentiful in summer while squash and apples are abundant in fall.

\$ Plan for leftovers: Recycle leftovers to create new meals in the week—dice cooked chicken breasts and add to tacos; crumble sausage and toss into scrambled eggs; sandwich sliced ham and cheese between whole grain bread and grill.

\$ Buy in bulk: Divide large amounts of meat into smaller portions. Re-package in airtight containers and freeze for future meals.

\$ Cook in bulk: Put extra meat, fish, or poultry on the grill, cooking some for today and some for tomorrow.

\$ Do your own prep work: Cut veggies, wash lettuce and other greens, grate cheese, slice a cooked ham or turkey breast to create lunch meat.

\$ Grow a garden: Many vegetables and herbs grow as well in pots and other planting containers as in garden plots.

\$ Plan some meatless meals: Legumes (dried beans), eggs, and cheese are nutritious meat alternates that pack a protein punch and add variety to your menus.

Adapted from Potpourri August 2010

November 2010

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

November 3rd

Claims due

November 25th & 26th

Office Closed for Holidays

November 30th

DCCDA Open Office
6:00 p.m. - 7:30 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

- ^ November 2nd
National Deviled Egg Day
- ^ November 7th
Fall Back Time Change
- ^ November 21st
World Hello Day
- ^ November 25th
Thanksgiving Day
- ^ Good Nutrition Month
- ^ Peanut Butter Lover's Month
- ^ Child's Safety & Protection Month



Themed Library Kits

- ^ Eggs
- ^ If You Give a Moose a Muffin
- ^ Thanksgiving & Turkeys
- ^ Nutrition
- ^ Multicultural
- ^ Stepping Domes

Lisa's Corner

Antioxidants

You may have heard of antioxidants, but you may not understand what they are and how important they are for you. Antioxidants are dietary substances-including vitamins, minerals, and phytochemicals-that can prevent damage to the body's cells or repair damage that has been done.

When the body's cells use oxygen, they naturally create by-products called free radicals. Antioxidants protect the cells against free radicals which can cause infections, cancer, neurological disease, lung disease, autoimmune disease and many more.

Every day, each cell in the human body endures an average of 104 hits from free radicals. By eating a variety of fruits, vegetables, nuts, whole grains, meat, poultry, and fish you can fight off the free radicals and protect the body's cells.

Here are just a few High Antioxidant foods.

- | | |
|----------------------|-------------------|
| 1. Red Beans (dried) | 6. Sweet Cherries |
| 2. Blueberries | 7. Plums |
| 3. Cranberries | 8. Raspberries |
| 4. Blackberries | 9. Pinto Beans |
| 5. Pecans | 10. Apples |



Experiment with the following:

Cut up an apple in a few minutes it starts to discolor, but if you dip the slices in orange juice or lemon juice, sources of vitamin, C the apple stays white. This is a great experiment to do with the children to show how antioxidants protect their body's cells from damage.

😊 *On the lighter side:* What did the apple skin say to the apple?
I've got you covered.

adapted from Potpourri January 2010

Sample Menus

Breakfast			
Fluid Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable	Pineapple Slices <i>c</i>	Grapefruit Juice <i>c</i>	Mixed Berries <i>c</i>
Bread/Bread Alternate	Multi-Grain Toast	Cheerios	Malto Meal
Other			
Snack			
Two Items	Deviled Eggs	Pumpkin Muffin	Saltines
Two Groups	V-8 Juice <i>a/c</i>	Milk	Bananas <i>c</i>
Other			Peanut Butter
Lunch			
Fluid Milk	Milk	Milk	Milk
2 servings Fruit/Vegetable	Apricots <i>a</i> Corn	Plums <i>a</i> Red Beans	Apple Salad Sweet Potatoes <i>a/c</i>
Bread/Bread Alternate	Bun	Corn Bread	Wheat Roll
Meat/Meat Alternate	Barbecue Pork	Beef Chili	Turkey
Other			

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Fall Foods

The fall season brings colorful leaves, cooler weather, and the harvest of many fruits and vegetables. The Native Americans first discovered many of these vegetables and other foods we eat today. Ask the children which of these foods they like.

- ♦Beans
- ♦Sunflower seeds
- ♦Potatoes
- ♦Corn
- ♦Turkey
- ♦Berries
- ♦Pumpkins
- ♦Fish

Visit a nearby farm, produce center, or grocery store and bring pumpkins and other fall vegetables back to your cooking center. These could also include squash, turnips, or sweet potatoes.



Grow a Sweet Potato Vine

All you need is half a raw sweet potato per child, a glass, toothpicks, and water.

Directions:

1. Stick toothpicks around the middles of each half raw sweet potato.
2. Suspend the sweet potato half in a glass of water using the toothpicks. Put the cut side down in the water.
3. Place the glass holding the potato near a window to get light.
4. The vine grows quickly so be sure to add water as needed to keep the cup full.

Serve Fall Chili or Stew in Mini Pumpkins

Ingredients:

- ♦ Golden nugget mini pumpkins (one for each child)
- ♦ Cooking oil
- ♦ Canned or homemade stew or chili
- ♦ Optional vegetables to add: canned corn, canned kidney beans or black beans, canned green beans



Directions:

1. Have children wash their hands before food preparation and remind them of safety rules when cooking.
2. Preheat the oven to 200° F.
3. An adult will need to slice the tops off of the pumpkins.
4. Using a teaspoon let the children remove the seeds and pulp from each pumpkin.
5. Brush the insides with oil.
6. Place the pumpkins into a shallow baking dish and the pumpkin lids into a separate baking dish.
7. Roast the lids and pumpkins for 30 minutes. Remove the lids and set them aside. Turn the pumpkins over and roast them an additional 30 minutes.
8. Place the stew or chili into a saucepan.
9. Allow the children to add other vegetables one at a time. While doing this discuss what the vegetables are and how they grow.
10. Allow the children to stir to mix.
11. Heat the stew or chili and place it into the cooked pumpkins. Serve to the children when cool enough to eat.

adapted from Mealtime Memo for Child Care No. 10, 2010

Pumpkins Everywhere

Hands-on Pumpkin Fun



Collect pumpkins of various sizes. Then try these ideas with your children.

- ◇ Measure the pumpkins with pieces of yarn. Which is biggest around? Smallest?
- ◇ Use a scale to compare the pumpkins weights. Which is lightest? Heaviest?
- ◇ Cut open a pumpkin and explore how the pulp looks, smells, and feels.
- ◇ Save some seeds for roasting, some for planting, and some for counting.
- ◇ Boil a few pieces of pumpkin. How does it change when cooked?
- ◇ Cut chunks of pumpkin into shapes for dipping into paint and making prints.

Pumpkin Puppets

Give each child a 3-inch circle and four 1-by-4-inch strips cut from orange construction paper. Have the children draw jack-o-lantern faces on their circles. Then have them fold their paper strips accordion-style and tape them to their pumpkin faces for arms and legs. Attach a craft stick handle to each puppet, and encourage puppet playtime to begin.

Pumpkin Muffins

1/2 c. pumpkin puree, canned	1 large egg
1/4 c. vegetable oil	1/4 tsp ground nutmeg
1/4 tsp pumpkin pie spice	1/2 tsp. salt
1/2 c. brown sugar, packed	1 1/2 c. flour, self-rising
1/2 c. raisins	

Preheat oven to 350°. Whisk together pumpkin, egg, oil, nutmeg, pumpkin pie spice, salt. Stir in brown sugar, flour and raisins. Divide batter among muffin cups (each should be about 3/4 full). Bake until puffed and golden brown and wooden pick or skewer inserted into the center of a muffin comes out clean, 25 to 30 minutes. *Credits as a bread component only.*

Pumpkin Song

Tune: I'm a Little Teapot

I'm a little pumpkin
Orange and round.
Here is my stem,
There is the ground.
When I get all cut up,
Don't you shout!
Just open me up
And scoop me out!



Mr. Pumpkin

Tune: Where is Thumbkin

Mr. Pumpkin,
Mr. Pumpkin,
Round and fat.
Round and fat.
Harvest time is coming.
Harvest time is coming.
Yum, yum, yum.
That is that!