

Nutrition Notes



Happy Thanksgiving

WHAT DO YOU THINK?

We want to hear from you.



What about having a small nutrition education class for your daycare children right here at DCCDA every month? We could read, play a game or have a fun activity for your children to do. This would be for providers who could transport children. This would be for kids at least 2 years old and are not yet in school. Would you be interested in participating in this? Please email your thoughts, question and ideas to lisa@dccda.org.

Because of the new policy from our state food program sponsor, DCCDA can no longer accept our previously approved home study units for food program in-service credit. Therefore, the units like *Pack Your Bag/Recycle*, *Multicultural Foods*, etc., that are completed after 10/1/09, will not count for your 2 hours of nutrition in-service for the new 2009-2010 food program year. If you have questions please refer to your September, 2009 Nutrition Notes newsletter or give us a call at 842-9679.

We have checked with the Lawrence-Douglas County Health Department and they will accept these units for your licensing in-service. If you live in another county you will need to check with your Health Department for approval.

The ABC's of Feeding Infants and Toddlers

Monday, January 11, 2010

6:30 - 8:30 PM

DCCDA Office

935 Iowa, Suite 7

Presenters: Lisa & Jan



This class will provide information on feeding and claiming infants and toddlers in the Child and Adult Care Food Program. Learn how to serve appropriate foods to your infants with an emphasis on developmental stages, formula/breast milk, commercial and homemade baby foods, finger foods and prevention of choking. We'll continue with toddler topics: building healthy food habits and planning toddler-friendly meals.

November 2009

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

November 3rd

Claims due



Office Closed

November 26th & 27th for
the holiday.

November 30th DCCDA Open Office

6:00 p.m. - 7:30 p.m.

Checks are available
for pick-up from
8:30 AM - 4:00 PM

Call the office if you want yours
held for the evening Open
Office. All others are mailed at
4:00 PM!

Celebrate

- ^ November 1st
Daylight Savings Time Ends
- ^ November 3rd
Sandwich Day
- ^ November 17th
Homemade Bread Day
- ^ November 26th
Thanksgiving
- ^ Good Nutrition Month
- ^ Peanut Butter Lover's Month
- ^ Child Safety & Protection
Month

Themed Library Kits



- ^ Nutrition
- ^ Nutritional Games
- ^ Breads of the World
- ^ Safety
- ^ Thanksgiving & Turkeys

Lisa's Corner



Points to Remember

Vitamin C must be served everyday and Vitamin A at least twice a week. That's why we encourage you to write the A's and C's on your menus each day. Vitamin C is required daily because it is a water soluble vitamin so our bodies excrete it fairly quickly. Most of you serve apples; while they are credible, they don't count as a C or an A. Did you know that Bananas count as a C? Apricots, Mandarin Oranges and Cantaloupe count as both an A & C. If you need a list of Vitamin A & C foods, let us know and we can send you one.

On the lighter side:

What is a vampire's favorite fruit?

A neck-tarine!



Thanks to all for your help with our garage sale on October 24th.
With your participation, it was a great success!

Sample Menus



Breakfast			
Fluid Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable	Tomato Juice <i>a/c</i>	Orange Juice <i>c</i>	Peaches <i>a</i>
Bread/Bread Alternate	Toasted Bagel	Cream of Wheat	Corn Chex
Other	Cream Cheese		
Snack			
Two Items	Milk	Broccoli/Cauliflower/ Carrots <i>a/c</i>	Banana Slices <i>c</i>
Two Groups	Pumpkin Muffins	Wheat Thins	Peanut Butter Cookie <i>HM</i>
Other		Ranch Dip	Milk
Lunch			
Fluid Milk	Milk	Milk	Milk
2 servings Fruit/Vegetable	Baked Sweet Potato Fries <i>a/c</i> Pineapple Slices <i>c</i>	Frozen Mixed Vegetables <i>a/c</i> Cranberries	Tomato Soup <i>a/c</i> Applesauce
Bread/Bread Alternate	Roll	Spaghetti Noodles	Multi-Grain Bread
Meat/Meat Alternate	Barbecue Pork Sandwiches	Turkey Tetrazzini	Grilled Cheese
Other			

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Thanksgiving Day Food Safety Tips



Food safety starts from the purchase to the preparation, cooking and serving of the turkey and other traditional dishes. Here are some helpful tips to keep your Thanksgiving Day dinner safe, so you can enjoy the company of your family and friends.

Food Safety Tips When Shopping

- Buy your turkey preferably 1 - 2 days before you cook
- Pick up the turkey, dairy and eggs just before checking out
- Bag the frozen turkey to keep it separate from fresh produce
- Avoid buying fresh, stuffed turkeys

Storing the Turkey/Perishable Foods

- Store the turkey in the freezer if you bought it early in the month
- Keep turkey in the refrigerator if cooking within 24 - 48 hours
- Keep the turkey in its package in a pan to keep any juices from getting into fresh produce or food
- Refrigerate store bought pumpkin pie

Thawing the Frozen Turkey Safely

- Wash your hands with soap and water before handling the turkey or any food
- There are 3 ways to defrost a frozen turkey safely:
 - Defrost turkey in the refrigerator (40° F) approximately 24 hours for every 4 - 5 pounds of turkey
 - Submerge turkey in its original package in a pan of cold water, enough to cover the turkey. Change the water every 30 minutes, and allow 30 minutes thawing for every pound. Cook the turkey immediately.
 - Remove any packaging and keep turkey in microwave-safe pan to catch any juices. Thaw in the microwave oven. Cook the turkey immediately.

Note: Microwave ovens may vary. Be sure to check the manual for the minutes per pound and power level to use for defrosting.

- Remove any giblets from the turkey cavity and cook separately

Preparing Food Safely

- Wash your hands with soap and water.
- Make sure working areas and surfaces, utensils and plates are also clean.
- Use separate cutting or chopping boards for meats and for fruits/vegetables. Avoid putting cooked food on cutting boards that have touched raw food.

- Avoid wiping your hands that have touched raw food with dish towels.
- Keep raw food away from vegetables and side dishes that will not be cooked.

Cooking Food Safely

- Stuffing the turkey is not recommended. Cook the stuffing separate.
- Use a food thermometer. You can't tell if the turkey is cooked simply by looking.
- Check to make sure every part of the turkey reaches a minimum internal temperature of 165° F, even if your turkey has a pop-up temperature indicator. Check the innermost part of the thigh wing, and thickest part of the breast.
- Let the turkey stand for 20 minutes before carving to allow juices to set.
- Stuffing should also reach a minimum temperature of 165° F.
- Any dishes containing eggs should be cooked to reach an internal temperature of 160° F.
- Use separate clean spoon whenever tasting food from the pot. Do not use spoon for stirring to taste.



Serving Food Safely

- Keep cold foods cold and hot foods hot.
- Keep the pumpkin pie and any cold dessert in the refrigerator at 40°F.
- Use clean serving spoons for each dish.
- Wash hands with soap and water before handling food or eating.
- Carve the turkey with a clean carving knife and fork.

Storing Left-overs Safely

- Store left-over food within two hours after serving, including pumpkin pie.
- Use several shallow storage containers to store left-over food.
- Store in the refrigerator if eating left-over food within 3 days. Label and date.
- Keep in the freezer for longer storage time. Label and date.

Nutty Fun

Peanut Butter Fun Facts

- ◆ Peanut butter is the leading use of peanuts in the United States
- ◆ It takes about 540 peanuts to make a 12-ounce jar of peanut butter
- ◆ There are enough peanuts in one acre to make 30,000 peanut butter sandwiches
- ◆ Peanut butter was first introduced to the United States in 1904 at the Universal Exposition in St. Louis
- ◆ Peanut butter is consumed in 89% of the U.S. households
- ◆ Women and children prefer creamy, while most men opt for crunchy
- ◆ It takes two grindings to make peanut butter. The intense heat produced from one, long grinding would ruin the flavor of the peanut butter
- ◆ The average child will eat 1,500 peanut butter and jelly sandwiches before he/she graduates high school
- ◆ The patent for peanut butter was awarded to Dr. John Harvey Kellogg in 1895
- ◆ Americans spend almost \$800 million a year on peanut butter



Peanut Toss Game

Materials Needed:

- *coffee cans or cans the same size
- *duct or masking tape
- *paper
- *crayons or markers
- *peanuts



- ◆ Make sure the metal rim of the cans do not have jagged edges or cover the edges with tape.
- ◆ Cover the cans with paper and draw the numerals 1 through 5 (or however many cans you have) on the front of each can.
- ◆ Mark the corresponding number of peanut shapes on each can.
- ◆ Have the children try to toss the correct amount of peanuts in each can.

Warning: Watch children closely with peanuts; they may pose a choking danger.

Making Nut Butter

Here is a basic recipe for making spreadable butter out of most any nut or seed. Start with raw nuts or seeds from the produce section or bulk section of your grocery store. Then, transform them into a creamy spread and serve with bread, tortillas, crackers, fruits and vegetables.

Basic Nut or Seed Butter Recipe

- 1 c. nuts or seeds
- 1 tsp. sugar or honey (optional)
- 1 tbsp. olive oil or other vegetable oil, more if needed
- salt to taste, about 1/8 - 1/4 tsp.

Place the nuts or seeds in a food processor and blend to chop into smaller pieces. Add the sugar/honey, salt and 1 tbsp. olive oil and continue to pulse or blend until a smooth paste is formed. If needed, add additional oil, 1 tsp. at a time, for the paste to form.

Tips for Making Nut or Seed Butters

- ◆ Use a small food processor to make your nut or seed butter.
- ◆ Toast the nuts or seeds before blending for a nuttier flavor. Scatter them in a fry pan and heat over medium heat; stirring or shaking frequently. Toast for about 3 minutes or until you can smell the fragrance of the heated nuts or seeds.

Tips for Using Nut and Seed Butters

- ◆ Spread on whole wheat bread and add jam, bananas, or other fruit for a healthy sandwich.
- ◆ Spread on toast for a hearty breakfast.
- ◆ Spread on fruit or vegetable pieces like apples, bananas, carrots, celery.
- ◆ Use as a substitute for peanut butter in cookies, muffins and breads.
- ◆ Make 2 - 3 different butters and have a taste test.



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