

Nutrition Notes

CALENDAR OF EVENTS

Cooking and Eating Well on a Busy Day

Monday, April 19, 2010

7:00 - 9:00 pm

Presented by: Hilary Kass

Community Mercantile, 9th & Iowa

You can eat well on a busy day—it just takes stocking your kitchen with some mix and match foods, a few new ideas and some planning. We'll prepare and sample a Breakfast Parfait, Lunchtime Vegetable Wrap and Simple Supper Quesadillas. Come hungry!

A \$10 registration fee will be paid by DCCDA's Food Program.

RSVP to DCCDA by Thursday, April 15th.

Class limited to 30, minimum of 15 participants.

Give us a call at 842-9679 to register.



Simply Cooking

June 8, 2010

Presented by: Susan Krumm, Douglas County Extension
Douglas County Extension, 2110 Harper

Check upcoming newsletters for more information



Lawrence Helmet Fair

Date: April 24, 2010

Time: 10:00 a.m. - 12:00 p.m.

Location: KU, Parking lot between
Memorial Stadium & Art Museum

Helmets will be available for children under 15 years of age, while supplies last. Children must register with a parent at the event front entrance. Helmets will be fitted to the children by a trained adult. Children are given a "passport" with several safety stations to complete, including helmet, bicycle mechanical check, water safety, traffic safety/obstacle course, car safety, trail etiquette, and static displays of emergency equipment including law enforcement, fire and medical. If they get their passport stamped at all the safety stations they will get a prize.

Lions Club will be giving away *some* free bikes at 9 a.m.

*Sponsored by Lawrence Douglas County Fire & Medical,
Safe Kids and many other local agencies*

April 2010

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

April 3rd

Claims due

April 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

^ April 1st

April Fool's Day

^ April 4th
Easter

^ April 22nd
Earth Day

^ April 26th

Hug a Friend Day

^ Egg Salad Week
April 4th - 10th

^ Week of the Young Child
April 11th - 17th

^ National Garden Month

^ National Child Abuse
Prevention Month



Themed Library Kits

^ Eggs

^ Supermarket Savvy

^ My Pyramid

^ Set the Table

^ Sensory Balance Board

^ Parachute Play

^ Earth Day/Recycling

^ Master Gardening

Lisa's Corner

Purchasing Fruits and Vegetables

To avoid waste, buy fruit at varying stages of ripeness. Buy some for now and some to ripen later. Apricots, bananas, cantaloupe, kiwi, nectarines, peaches, pears, & plums will all continue to ripen after you have purchased them. Refrigerate fruit after it has ripened for longer storage.

Buy fresh vegetables too. Some provider complain they waste a lot of veggies that children are not eating. Try buying frozen bags of vegetables. Pour out what you need, and toss some into soups, casseroles, and salads. Frozen vegetables are also lower in sodium than canned.

Don't forget to wash all fresh fruits and vegetables before you eat them. Who knows how many hands have touched them at the supermarket.



On the lighter side:

What is the most romantic fruit salad?

A date with a peach.



Have you considered using Minute Menu for your monthly claims but haven't found the time to get started? Let us help you. Learn how to access the Minute Menu Internet Program to process your monthly claim efficiently and accurately. We will be glad to help you get started at an Open Office or during regular office hours. Call to schedule a time that works best for you. This training will be credited as 1 hour of nutrition in-service.

Sample Menus

| | | | |
|----------------------------|---|----------------------------|--|
| Breakfast | | | |
| Fluid Milk | Milk | Milk | Milk |
| Juice, Fruit or Vegetable | Mango a/c | Tomato Slices a/c | Apples & Bananas c |
| Bread/Bread Alternate | Cheerios | Breakfast Biscuit Quiche** | Cinnamon Roll |
| Other | | Egg | |
| Snack | | | |
| Two Items | Deviled Eggs | Soft Pretzel | Sugar Cookie <i>HM</i> |
| Two Groups | Orange Slices c | Apple Juice c | Milk |
| Other | | Cheese Dip | |
| Lunch | | | |
| Fluid Milk | Milk | Milk | Milk |
| 2 servings Fruit/Vegetable | Frozen Mixed Vegetables a/c Nectarines a | Green beans Pear Halves | Celery & Carrot Sticks a Cantaloupe a/c |
| Bread/Bread Alternate | Pie Crust | Rigatoni | Whole Wheat Bread |
| Meat/Meat Alternate | Chicken Pot Pie <i>HM</i> | Meatballs | Egg Salad Sandwiches |
| Other | | Spaghetti Sauce | |

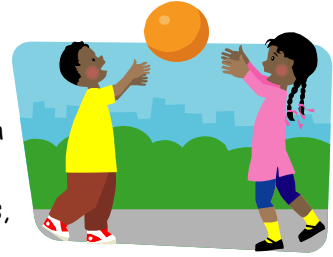
** Recipe included in this newsletter.

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Creating an Active, Healthy Play Environment

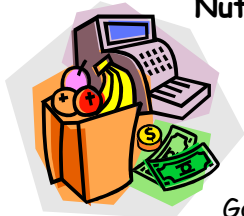
Physical Play Environment

Young children will naturally gravitate towards active play and movement when placed in a safe environment that features plenty of active choices. The following guidelines will help you to design your facility to encourage daily physical fitness, the development of gross motor skills, and healthy habits.



- *Follow a daily schedule that allows children to spend plenty of time each day in both structured and unstructured physical activity.
- *Provide sufficient space, toys, and equipment for active outdoor play. Wheeled toys, slides, climbers, and other playground equipment sized for preschoolers can encourage children to pedal, climb, push, pull, balance, swing, hang, and slide. Cardboard boxes, tunnels, low balance beams, jump ropes, and a variety of balls and bats provide additional movement options.
- *Involve all of the children. Play games in which everyone is actively involved instead of activities where children have to take turn at participating.
- *For days where outside play is not an option, provide room indoors for music and movement activities. Put mats on the floor for tumbling, yoga, and movement. Play cooperative games using hula hoops, streamers, parachutes, and beach balls.
- *Participate in physical activities with the children. Adults can model movement skills, offer one-on-one assistance, and learn how children approach and respond to physical challenges. Movement and exercise has many benefits for adults too!
- *Use rhymes, chant, songs, and marches to help children learn rhythm during movement.
- *With the children's help, set up an obstacle course with chairs, cones, balls, and other items. Guide children on how to move through each part of the course so children can gain an understanding of directions in space such as over, under, around, and through.

Nutrition Learning Centers



In addition to physical play, learning centers that promote awareness of healthy food choices and role playing opportunities will promote positive nutrition habits. This can be as simple as a corner with nutrition storybooks, healthy food puzzles, and puppets with play food. A few more detailed examples are listed below.

Good Food Supermarket

Set up a play supermarket that is full of healthy food choices. Include shelves for food, small plastic grocery carts, aprons, grocery bags, old grocery flyers, and a toy cash register. For food models, use empty food packages (stuff items such as whole wheat bread sacks and flour packages with foam); canned goods; cleaned milk and yogurt cartons; packages of rice, beans, and pasta; and plastic or rubber models of perishable items such as fruits, vegetables, meats, and eggs. Include a wide variety of foods from all five food groups.

Good Food Café

Encourage children to create healthy café menus from cut-out food pictures and drawings. Provide tables and chairs, plastic cups, plates, and plastic toy eating utensils for the café tables. Provide pads, pencils, and aprons for the chefs and waiters.

Healthy Food in Many Places (Make your own puzzles)

Take photos of the children eating, cooking, gardening, visiting the grocery store, and other food-related activities. Develop the pictures poster-sized (matte finish), glue to foam core, and cut into large puzzle pieces. Many online photo developers also give the option of creating puzzles from digital photos.

My Pyramid Felt Board

Design a felt board in the shape of *MyPyramid* and provide a variety of felt foods. Encourage children to help you design and cut out foods. You can also feature a felt placemat with plate, dinnerware, glasses and napkins.

Eggcellent Activity Ideas

Egg Quiz

1. A large egg contains _____ calories?
70 100 150
2. A chef's hat is said to have a pleat for each of the many ways you can cook an egg?
True or False
3. The "Incredible Edible Egg" slogan has been around for more than _____ years?
30 20 10
4. Eggs contain one of the highest quality proteins of any food?
True or False
5. Most eggs are laid between which hours in the day?
4 AM-8 PM 9 AM-1 PM 7 AM-11 AM
6. Are all eggs natural and unprocessed?
True or False
7. How many grams of protein are contained in one egg?
2 4 6
8. What percent of the world egg supply is produced in the US?
4% 7% 10%
9. How many essential nutrients are in one egg?
5 9 13
10. All of the protein found in an egg is in the egg white?
True or False



Answers: 1) 70; 2) True; 3) 30; 4) True; 5) 7AM-11AM; 6) True; 7) 6; 8) 10%; 9) 13; 10) False

Breakfast Biscuit Quiche

- 2/3 c. shredded Swiss cheese
- 1/3 c. finely chopped ham
- 1/4 c. finely chopped green onions
- 3 eggs
- 2 Tbsp. milk
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1 pkg. (12oz.) refrigerated buttermilk biscuits

1. Heat oven to 350° F. Combine cheese, ham and green onions in small bowl; mix well. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Separate biscuits; press or roll each into a 5-inch round on lightly floured surface. Place 1 biscuit in each of 10 greased muffin cups, leaving the 2 cups in center of pan empty. Press biscuits firmly against bottom and sides of cups and form rim at top.
3. Spoon 2 Tbsp. cheese mixture into each cup. Pour in egg mixture, dividing evenly.
4. Bake in center of 350° oven until filling is set and biscuits are deep golden brown, 20 - 25 minutes. Remove from pan; serve warm.

Eggshell Collages

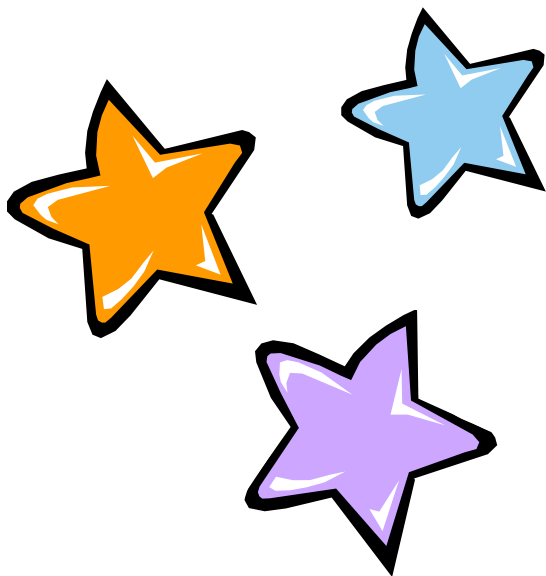
Prepare saved eggshells by washing and removing as much of the membrane as possible. Soak the egg shells at least overnight in food coloring (the longer you leave them the deeper the colors). Dry the eggshells on paper towels or in a warm 200° oven on a cookie sheet.

Set out small containers of the dyed eggshells and liquid glue. Give each child a Q-Tip or a small brush and a piece of construction paper. Have the children paint designs or pictures on their paper with the glue. Then have them sprinkle the dyed eggshells on their papers and shake off the excess.



Hint: To dye eggshells, add 1 teaspoon vinegar and a few drops of food coloring to 1/2 cup hot water. Drop crushed eggshells into the dye. Stir and spoon them out when the shells are the desired color.

Incredible egg.com



Douglas County Celebrates Week of the Young Child April 11th - 17th

Early Years are Learning Years

Celebration

Ideas

Create a family Story Time
Create story theme bags with books, games and family activities
Get families involved in an advocacy effort
Volunteer your child care home for a story on Channel 6

Join the DCCDA art display in the Public Library & Downtown Lawrence

Art Display Registration

Provider Name: _____

Business Name: _____

Address: _____

Phone: _____

Prearranged Site (if any): _____

Registration deadline is April 5
We will contact you with information about displays

Douglas County Child Development Association
935 Iowa Street, Suite 7
Lawrence, KS 66044 (785) 842-9679
ajenny@dccda.org www.dccda.org

