

# Nutrition Notes



## CALENDAR OF EVENTS

### Keep Mooving. . . With Low-fat Milk and Dairy Foods

**Date:** Monday, February 23rd

**Time:** 6:30 - 8:30 PM

**Location:** DCCDA Office  
935 Iowa, Suite 7



Milk and dairy products are some of the best ways to eat calcium-rich foods. Besides reviewing the health benefits of calcium and the factors that affect calcium intake, we'll identify foods that are good sources of calcium. We'll taste some recipes that include these products and then plan steps to move to low-fat milk and ways to offer calcium-rich foods in snacks and at mealtime. Finally we'll create some learning experiences that include using a children's book, food activities and physical movement. **Maximum 15.** Class is full at this time but we will take names for a waiting list. RSVP by February 19th. FREE to DCCDA food program participants.

### Douglas County Child Development Association Annual Mini-conference

**Date:** Saturday, March 7th

**Time:** 8:30 AM - 12:30 PM

**Location:** Plymouth Congregational Church

**Watch your mailbox for more information coming soon!**

There will be a 2 hour nutrition class offered at the conference

### Healthy Habits Grow Healthy Children

*Presented by: Kim Young, ERC*

This session will discuss growth and development of toddlers and how they are affected by food and physical activity. The emphasis will be on eating in healthy and enjoyable ways, living actively, and creating a nurturing environment for the children in your care.

**KDHE and KACCRRRA approved  
DCCDA Food Program approved**

### February 2009

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

### February 3rd

Claims due

### February 27th DCCDA Open Office

6:00p.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

- ▲ February 1st  
Langston Hughes Birthday
- ▲ February 7th  
Chinese New Year
- ▲ February 9th  
Hershey Chocolate Founded
- ▲ February 18th  
President's Day
- ▲ American Heart Month
- ▲ Children's Dental  
Health Month
- ▲ National Cherry & Grape-  
fruit Month
- ▲ International  
Friendship Month

### Themed Library Kits

- ▲ Heart Power
- ▲ Dental Health
- ▲ Friendship
- ▲ Chinese New Year
- ▲ Chocolate
- ▲ Valentine's Day
- ▲ President's Day notebook



### Surviving the Audit

In November and December we were audited by an independent auditor, the State Food Program and the USDA, we passed with flying colors. However, the state has made it very clear that **Child Enrollments must be in our office by the 15th of the month** or that child will not be eligible to participate until the following month. If you have any questions please call us at 842-9679.

A special thank you to the providers who we visited with our auditors, you did a great job!



# Lisa's Corner

## Resolution for 2009: Fiber Up!

The best thing you can for 2009 is to look at what you eat for each meal.  
Try switching the following:

**Breakfast:** Switch to whole grain cereal and fruit

**Lunch:** Add fruit, whole grains and more veggies. Think about a salad each day; stick to whole grain bread or rice: start packing better items.

**Snacks:** Choose whole wheat breads.



### Best Choices Each Day for More Fiber

Oatmeal  
Brown Rice  
Whole Wheat Pasta  
Vegetables

Whole Grain Cereal  
Whole Wheat Bread  
Lentils

Beans  
Nuts  
Fruits

*On the lighter side:*

Two peanuts were walking down the road and one was a salted.



## Sample Menus

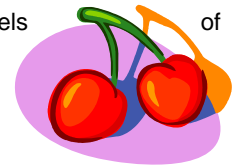


<b>Breakfast</b>			
Fluid Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable	Fruit Cocktail	Grapefruit Juice c	Peaches a
Bread/Bread Alternate	Cherry Buttermilk Scone	Whole Wheat Toast	Cream of Wheat
Other			
<b>Snack</b>			
Two Items	Celery & Carrot Sticks a	Apple Slices	Cherry Berry Smoothie
Two Groups	Wheat Crackers	String Cheese	Graham Crackers
Other	Ranch Dip		
<b>Lunch</b>			
Fluid Milk	Milk	Milk	Milk
2 servings Fruit/Vegetable	Chili Beans Mandarin Oranges a/c	Peas c Apricots a	Mashed Potatoes Steamed Broccoli a/c
Bread/Bread Alternate	Saltines	Whole Wheat Pasta	Whole Wheat Bread
Meat/Meat Alternate	Hamburger Chili	Tuna Casserole	Oven Baked Chicken
Other	Cheese Cubes		

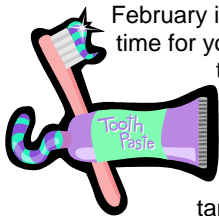
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## Cherry Food Facts

- \* Cherries are today's hottest "superfruit".
- \* Tart cherries, enjoyed as dried and frozen cherries and cherry juice, have among the highest levels of disease-fighting antioxidants compared to other fruits. They also contain other important nutrients such as beta carotene (19 times as much as blueberries or strawberries) vitamins C and E, potassium, magnesium, iron, fiber and folate.
- \* Cherries are a rich source of melatonin, a powerful antioxidant known for regulating the body's natural sleep cycle and helping to promote restful sleep.
- \* Cherries are one of the most popular fruits and are grown in 20 countries worldwide. The United States grows approximately 150,000 tons of cherries annually.
- \* Cherries do not ripen after harvest. They are very perishable, so refrigerate them immediately after purchase.



## Dental Health for Young Children



February is Dental Health Month. It is a good time for you to introduce children to healthy ways to care for their teeth and gums. Along with dental care comes good nutrition, which gives children a healthy body and smile. Teaching children about the importance of caring for their teeth can promote lifelong dental health. Children can learn to select foods and beverages for meals and snacks that promote healthy teeth.

### Teach children about the importance of caring for their teeth.

Use the talking points and activities below to teach children about caring for their teeth. Consider inviting a dental hygienist to talk to children about how to care for their teeth.

#### 1. Ask children to name three things that teeth do.

- Teeth are important for speaking. Have children say the word "tooth" to feel their tongues touching their teeth to make the "t" sound. Tell children it would be difficult to sing "Twinkle, Twinkle, Little Star" without teeth.
- Teeth are important for eating. Teeth help us to bite foods, such as apples. Teeth also help us to grind food before swallowing.
- Teeth are important for smiling!

#### 2. Do an activity to show how decay spreads through a tooth.

Take an apple and make a one-inch deep hole in it. Put it in a paper bag and set aside. After 2-3 days, remove the apple from the bag and cut through the place where the hole was made/ Have the children look at the effect of decay. Tell them that teeth can also decay when we do not take care of them. We care for our teeth by brushing, flossing, visiting the dentist, and eating foods that are healthy for our teeth.

#### 3. Identify foods that promote healthy teeth.

Tell children that sticky foods and sugary goods promote tooth decay. Ask them to name sticky foods. Raisins, fruit leathers and chews, and candy are some examples. Tell children that brushing their teeth after eating these foods can help their teeth stay healthy.

#### Foods that Help Keep Teeth Healthy

- Hard boiled eggs
- Cheese
- Plain yogurt
- Raw vegetables
- Meat, fish
- Nuts, peanut butter (without sugar)
- Pretzels, crackers
- Toast

#### 4. Serve snacks that promote healthy teeth.

Help children identify snacks that are healthy for their teeth. Some examples are:

- Apples and milk
- String cheese and crackers
- Peanut butter and pretzels
- Hard boiled egg and carrots

*Adapted from Mealttime Memo newsletter February 2008*

# Dental Health Activities

## Arts & Crafts Ideas

Make a Tooth Cleaning Painting by cutting teeth out of yellow construction paper. Have the children use an old toothbrush to brush the yellow away with white paint ("toothpaste" -for fun you can add mint extract to the paint). You can frame the completed 'smiles' with red construction paper.

Make a Dental Collage by cutting pictures of food out of magazines. Grocery store ads are a great place to find pictures. Give the children two paper plates each. In the center of one plate draw a happy face. In the center of the other draw a sad face. Have the children cut out pictures of food and glue them to the happy plate if the food is good for their teeth and to the sad plate if the food is bad for their teeth.

Give each child a toothbrush and a piece of paper. Fill a paper plate with paint and let the child use the toothbrush to paint on their paper. You can purchase cheap toothbrushes at a dollar store.

Give each child a piece of dental floss. Fill a paper plate with paint. You can use several colors if you want. Have the children dip the dental floss into the paint and then, holding the dental floss with two hands, use it to paint on their paper.

## Math & Science Ideas

Teach children about the importance of brushing their teeth by boiling eggs in water with a tea bag. The tea will stain the egg brown. Once the egg cools, give each child a toothbrush and show them how to brush the egg. The brown stains will disappear as the children brush. Talk to the children about how important it is to brush your teeth well.

Make your own toothpaste: 4 tsp. baking soda, 1 tsp. salt, 1 tsp. flavoring (vanilla, almond or peppermint extract). Add enough water to make a foamy paste. Put in an airtight container.

Graph favorite toothpaste flavors — mint, bubble gum, fruit or homemade toothpaste?



## Book List

Open Wide – Laurie Keller

Tooth Fairy - A. Wood

Dr. DeSoto – W. Steig

Arthur's Tooth - Marc Brown

Little Rabbit's Loose Tooth – Lucy Bates

Just Going to the Dentist – Mercer Mayer

The Berenstain Bears Visit the Dentist – J. Berenstain

My Wobbly Tooth Must Not Ever Never Fall Out - Lauren Child



## Are Your Teeth Clean and White?

*Sung to "Do Your Ears Hang Low?"*

Are your teeth clean and white?  
Do you brush them every night?  
Do you brush them in the morning?  
Do you brush them at night?  
Do you brush them side to side?  
Are your teeth clean and white?

Do you floss them good.  
To remove the bits of food?  
Do you floss them every day?  
Like you know you should?  
Do you take good care of  
The teeth that are there?  
Do you floss them good?