



# Nutrition Edition

Your Guide to Child Health and Nutrition



Nutrition Edition  
Issue 76

CCFPRoundtable.org

## Going Above & Beyond!

### NEW MEAL PATTERN BEST PRACTICES

Along with updating the meal requirements for the CACFP, the Final Rule preamble outlines Best Practices that center and day care homes may choose to adopt. These optional Best Practices encourage Programs to voluntarily go beyond the regulatory requirements to further strengthen the nutritional quality of the meals they serve. Many of the Best Practices are recommendations from the Dietary Guidelines and the National Academy of Medicine.

The Best Practices are recommendations and are not required to be followed in order to receive reimbursement for meals. The Best Practices will not be monitored, however, finding ways to incorporate these practices is highly encouraged.

### INFANTS

Support mothers who choose to breastfeed their infants by encouraging them to supply breastmilk for their infants while in child care and offer a quiet, private area that is comfortable and sanitary for mothers who come to the facility to breastfeed. Breastfeeding provides numerous benefits to the mother and infant and the American Academy of Pediatrics recommends



breastmilk as the optimal source of nutrients through the first year of life. In an effort to support breastfeeding, the updated meal patterns allow reimbursement for meals when a mother directly breastfeeds her infant on-site.

### VEGETABLES AND FRUIT

- Make at least one of the two required components of snack either a vegetable or a fruit.
- Serve a variety of fruits and choose whole fruits (fresh, canned, frozen or dried) while limiting or eliminating juice.

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## DID YOU KNOW...

- December is Safe Toys & Gifts month
- In 2015, there were an estimated 254,200 toy-related injuries treated in U.S. hospital emergency rooms.
- Consumer Product Safety Commission received 11 reports of toy-related deaths that occurred in the 2015 calendar year among children younger than 15 years old. Ten of the 11 victims were younger than 12 years of age.
- Riding toys were associated with five (45 percent) of the 11 reported deaths in 2015.
- Leftover turkey and gravy can remain frozen for up to 6 months and still be tasty.
- Eating whole grains daily reduces colorectal cancer risk, with the more you eat, the lower the risk.
- Hot dogs, bacon and other processed meat consumed regularly increases the risk of colorectal cancer.

Consumer Product Safety Commission,  
US Food and Drug Administration,  
American Institute for Cancer

### Quotable Quotes

“When baking, follow directions.  
When cooking, go by your own taste.”

– Laiko Bahrs

## INSIDE:

- Holiday Toy Safety
- Family Fun Scavenger Hunt
- Recipes
- Food Funny

## Going Above & Beyond!

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- Provide at least one serving each of: dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables and other vegetables once per week. The Dietary Guidelines indicates that most Americans do not consume enough vegetables and fruits and recommends an increased consumption of a wide variety of whole vegetables and fruit, as each type of vegetable or fruit provides a different array of nutrients.

### GRAINS

Provide at least two servings of whole grain-rich foods per day. The Dietary Guidelines recommends that all individuals consume half of all their grains in the form of whole grains. Whole grains offer a variety of vitamins and minerals, including magnesium, selenium, iron, zinc, B vitamins and dietary fiber. Most Americans currently do not consume enough whole grains. This Best Practice recommends serving one more whole grain-rich food per day than required in the CACFP meal patterns. Whole grain-rich foods are foods that contain 100 percent whole grains, or that contain at least 50 percent whole grains and the remaining grains in the food are enriched.

### MEAT AND MEAT ALTERNATES

- Serve only lean meats, nuts and legumes.
- Limit serving processed meats to no more than one serving per week. The Dietary Guidelines define processed meat as all meat or poultry products preserved by smoking, curing, salting and/or the addition of chemical preservatives, including bologna, luncheon meats, hot dogs, pepperoni, bacon, sausage and smoked turkey products.
- Serve only natural cheeses and choose low-fat or reduced-fat cheeses. Meat and meat alternates are good sources of protein and a host of vitamins and minerals, including B vitamins, Vitamin E, calcium, phosphorus, zinc, magnesium and iron. These nutrients are essential to healthy growth and development in children.

### MILK

Serve only unflavored milk to all participants. Milk is a critical component of the CACFP meal pattern because it provides children with vital nutrients for growth and wellness, such as protein, calcium, vitamin D and potassium.



Flavored milk contains added sugars and the Dietary Guidelines recommend that all Americans reduce their consumption of added sugars. Studies show that added sugar consumption is particularly high in children.

**As part of the Healthy Beverages in Child Care Act, AB2084, licensed child care in California may serve only plain, unsweetened milk.**

### ADDITIONAL BEST PRACTICES

- Incorporate seasonal and locally produced foods into meals. A growing body of research demonstrates several positive impacts of serving local foods and providing food education through CACFP, including increased participation in meal programs; consumption of healthier options, such as whole foods; and support of local economies.
- Limit serving purchased pre-fried foods to no more than one serving per week. This would include items such as frozen French fries, tater tots, chicken nuggets and fish sticks.
- Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings (e.g., honey, jam and syrup), mix-in ingredients sold with yogurt and sugar-sweetened beverages.

— Adapted from USDA memo code: CACFP 15-2016

## KIDS' HEALTH &amp; SAFETY

## Holiday Toy Safety Tips

**THE GIFT GIVING SEASON** is just around the corner. However, before wrapping up those special gifts, there are some important things to take into consideration.

**MAKE IT SAFE**

- Fabric toys should be labeled flame resistant/retardant and should be washable.
- Painted toys should be covered with durable, non-toxic finish and lead free paint.
- Art materials should say non-toxic. Look for an Art and Creative Material Institute (ACMI) seal which indicates the toy is non-toxic.
- Make sure the toy is not too loud for your child. Some toys when used close to the head can damage a child's hearing.
- Battery operated toys should have a secured battery case that cannot be pried open by the child. A child can swallow a button battery and suffer chemical burns in as little as 2 hours.
- Toys for younger children should not include sharp ends or small parts like eyes, wheels or buttons that can be pulled loose. A toy that contains small parts (an item that fits completely inside a toilet paper roll tube), is not appropriate for children under 3 years of age.
- Small magnets like those found in building sets and other toys can be especially dangerous if swallowed. Be certain they are firmly attached.
- Toys for infants, toddlers and preschoolers should be unbreakable and strong enough to withstand chewing.
- Among children's products, latex balloons are the number one cause of choking deaths. A majority of those deaths are among children 5 years and younger.
- Toy chests should have lids that will stay open in any position to which they are raised and will not fall unexpectedly on a child.
- As always apply common sense and appropriate supervision of children at play.

**MAKE IT AGE APPROPRIATE**

Parents always want to believe their own children are ahead of the curve when it comes to intelligence and capabilities. However, if a toy says "Ages 3+" on it and your son/daughter is only 2, why would you want to risk the chance that they could get hurt?

As of 2008, the Consumer Product Safety Commission (CPSC) requires that all toys sold in the US follow the toy safety standard published by the American Society for Testing and Materials International (ASTM). Toys must also go through third-party testing and certification to make sure they are safe and appropriate for children of various ages.

**BEWARE OF INEXPENSIVE, DISCOUNTED OR SECOND HAND TOYS**

Of course we all like a bargain and want to keep usable goods out of the landfill. However noble our intentions, be especially careful in buying inexpensive or second hand items for children. Keep in mind, cheap or secondhand toys should be inspected to determine if they:

- have flimsy or unstable parts
- contain unsafe materials such as lead or arsenic
- have missing parts that could compromise the toy's safety
- have a poor design or lack rigorous safety testing

Remember that safety standards have changed significantly in recent years. Check recall lists to determine if the product has been deemed unsafe. Make it a fun and SAFE holiday for children.

— UCSF Benioff Children's Hospital, Oakland,  
*ConsumerSafety.org*

## Leftover Turkey Stew

Carrots, sliced..... 3	Turkey stock (divided)..... 7 cups
Parsnips, sliced..... 3	Summer savory..... 3 tsp
Celery root, diced..... 1	Sage, ground..... 1 tsp
Red bell pepper, chopped... 2	Green peas..... 1 cup
Olive oil (divided)..... 5 Tbsp	Turkey, cooked, chopped... 2 pounds
Onion, chopped..... 1	Salt and pepper..... to taste
Garlic, minced..... 2 cloves	
Thickening slurry..... ½ cup flour mixed with 1 cup turkey stock	

1. Toss the carrots, parsnips and celery root in 3 Tbsp olive oil and roast on a baking sheet for 30–40 minutes in a 350°F oven. Add the bell peppers to the baking sheet in the last 10–15 minutes of baking time.
2. In a large Dutch oven, cook the onions and garlic in 2 Tbsp of olive oil over medium heat until softened.
3. Add 6 cups of the turkey stock, savory and sage and bring to a rolling boil. Lower the heat and thicken the stock by adding the flour/stock slurry.
4. Stir in the roasted vegetables, peas and turkey. Continue cooking for an additional 30 minutes. Season as needed with salt and pepper.

Yield: 12 servings

Meets requirement for meat/meat alternate and vegetable

— *RockRecipes.com*

## Holiday Roasted Pears

Butter..... 2 Tbsp	Brown sugar..... 1 Tbsp
Flour..... 3 Tbsp	Cinnamon..... ¼ tsp
Oats..... 3 Tbsp	All spice..... pinch
Pumpkin seeds or nuts..... 2 Tbsp	Salt..... pinch
Golden raisins..... 2 Tbsp	Pears, Anjou or Bartlett..... 4 large

1. Preheat oven to 375°F. Line a baking sheet with foil or parchment paper. In a small bowl, mix all the crumble ingredients together with a fork until well combined.
2. Leave the skin on the pears. Cut in half and core each pear. Cut a thin slice off the rounded side of each pear half so they will sit flat on the baking sheet. Divide crumble mixture between pear halves and bake until crumble is golden and the pears are tender, about 25–30 minutes. Serve warm.

Yield: 8 servings

Meets requirement for fruit

### Food Funny

**Q.** If fruit comes from a fruit tree, where does turkey come from?

**A.** A poul-tree!

## ACTIVITY CORNER

### Family Fun Scavenger Hunt

Go on a scavenger hunt through the house! Keep the list in a central place and as you complete each task come back and read the next item on the list.

- Touch every doorknob in the house as fast as you can
- Find 3 red things in the house and bring them to the list
- Touch a clock
- Find any book or magazine and bring it back to the list
- Touch 3 light switches
- Run into every room in the house and jump twice
- Give someone in the house a hug
- Find a ball and bring it back to the list
- Touch a plant (real or fake)
- Sit down in 3 different chairs
- Touch the kitchen sink
- Bring a stuffed animal back to the list
- Touch a window
- Point to 2 trash cans in the house
- Walk around the kitchen/dining table
- Remember to put everything back when you finish!

— *adapted from www.heart.org*

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