Child Care Food Program Roundtable

Nutrition Edition

Your Guide to Child Health and Nutrition

Nutrition Edition
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A+ Nutrition for Back-to-School

The start of school is just around the corner and that can mean only one thing: an exciting, hopeful but stressful time is ahead. The rush of early mornings, the flurry of afternoon

activities and then precious little time to prepare dinner can take its toll. Focus on fueling your child's success; plan ahead to make sure nutrition is covered and everyone will get the most out of their days.

BE YOUR BEST WITH BREAKFAST

This meal is critical to refueling the body after a long night's rest. Planning for breakfast the night before ensures there will be time to eat. Focus on foods that will give your child sustained energy release, without the crash of a high sugar load from sodas, coffee drinks, pastries and sugary cereals. Meals with lean protein sources, vegetables, fruits, whole grains and low-fat dairy will help keep your child full longer. Plan ahead for quick breakfasts by having boiled eggs and whole grain muffins prepared ahead or try whole wheat toast spread with avocado or peanut butter. Alternatively, opt for hot or cold cereal, low in sugar and serve with fresh fruit and low fat milk or yogurt. Limit juice, as it contains a lot of sugar but isn't as filling as a piece of fruit.

PLAN SCHOOL LUNCHES

Studies show that children get as much as 50 percent of their calories during school hours, certainly a compelling reason to make sure these calories count. Schools have

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DID YOU KNOW...

September is National Childhood Obesity Awareness Month

- One in 3 children in the United States is overweight or obese.
- "Fruit" drinks have almost as much sugar as soda, two-thirds do not contain any fruit juice and when juice is added, it rarely exceeds 10% of the drink, yet, 80% of parents buy fruit drinks for their young children.

September 23–29, 2018 is Child Passenger Safety Week

- Car crashes are a leading cause of death for children ages 1–13. Many times, deaths and injuries can be prevented by proper use of car seats, boosters and seat belts.

American Public Health Association, US Centers for Disease Control and Prevention, National Highway Safety and Traffic Administration (NHTSA)

Quotable Quotes

"Growing up I learned life's important lessons at the dinner table."

– Chef John Besh

INSIDE:

- Pack a Safe Lunch 101
- Lunch Box Pinwheel Recipes
- Go Bananas!
- Food Funny

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A+ Nutrition for Back-to-School

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improved the quality and variety of offerings over the last few years but too frequently offer "kid friendly" foods like chicken nuggets, hot dogs, macaroni and cheese or pizza, which you may not approve of your child eating daily. Brown bagging a healthy lunch from home is a good strategy to reinforce healthful choices. It's a real waste of time and money if lunches end up in the garbage, so get your child's buy in by taking suggestions of lunches he would enjoy. Think outside the pre packaged lunch packs, and opt for homemade meals or bento box style lunches. Elicit a child's support by having him help pack his own snacks/lunch. Make this convenient for you by prepping ahead and easy for them by organizing foods into 5 separate containers labeled **Protein**, **Whole Grains**, **Veggies, Fruit, and Treats.** Ask them to select one item from each container.

Protein choices include frittatas or quiche, quesadillas, even leftovers from the night before, nut butters, cheese, legumes, tuna or hard boiled eggs. **Whole grains** can include not only whole grain-rich bread, waffles and crackers but also salads made with whole grain pasta, brown rice or quinoa. For **fruits** and **veggies**, don't forget hot or cold soups, marinated salads and nutritious dips like bean, guacamole or hummus. Consider making a week's worth of fruit and veggie smoothies and storing in the freezer. These frozen smoothie packs have the added advantage of keeping your child's lunch cold. The **"treats"** need not be junky, think instead of popcorn, pretzels, trail mix, graham crackers, mini muffins or low sugar granola bars. Have on hand reusable bottles of water and frozen or chilled shelf stable milk to complete the meal. For more healthy suggestions, check out this month's recipes for lunch box pinwheels.

FILL THE GAPS WITH SNACKS

Pack nutritious mid morning pick-me-ups: a cored apple or slice of celery stuffed with peanut butter, fresh veggies with low fat yogurt dips, crackers and cheese or bags of cereal and nut trail mix. Snacks are meant to fill the gaps in nutrition between meals, so help your child to pick an appropriate sized snack with at least some protein. Encourage a healthy afterschool snack to tide kids over until dinnertime, without spoiling their appetite. A snack station including fruits and veggies already cut up and in plain sight will ensure they are more likely to make healthy choices. Avoid an argument: if high carb, sugary or salty, fatty snack foods are not generally kept in the house, they are not a choice.

FAMILY DINNERS MAKE A DIFFERENCE

Make this the year to sit as a family for dinner as often as possible. Enjoy frequent, healthy, homemade meals with the TV off and parents and children engaged in conversation. It is worth the effort. Serve up lean protein, vegetables, whole grains and milk. If your family loves sweets consider fruit for dessert or picking one night a week for a special dessert treat.

Good nutrition is a life-long habit. Teach your young children healthy eating habits for better health throughout their lives!

— *Donna L. Green*

KIDS' HEALTH & SAFETY

Pack a Safe Lunch 101

It's back-to-school time, and chances are you worry more about whether your children will eat the food in their lunch box than whether that food will be safe to eat. Now is a great time to remind parents, caregivers and families that the first important lesson of the school year is packing a safe lunch. Of the estimated 42,000 annual cases of salmonella infections, 50% afflict infants and school age children. Food borne illness often go unreported, with an estimate of over 1.2 million cases annually. With children being the most vulnerable to food poisoning, it makes sense to take extra precautions when preparing lunches that are heading out the door. All it takes is a quick refresher course.

- When it's time to handle food for your child's lunch, remember to always keep it clean. Wash your hands with warm water and soap for at least 20 seconds and make sure food preparation surfaces and utensils are clean.
- Your child's lunch could include perishable items such as sandwiches, yogurt, cut fresh fruit and vegetables. These items need to be kept chilled to reduce the risk of foodborne illness. The importance of keeping cold food cold is to prevent bacteria from rapidly multiplying.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Blot dry with a paper towel before packing them in your child's lunch.
- You can prepare sandwiches or other perishable items the night before. Store lunch items in the refrigerator until your child is ready to go to school.
- Insulated, soft-sided lunch totes are best for keeping perishable foods chilled. A cold source, such as a small frozen gel pack can be placed with perishable foods. Frozen gel packs will keep foods cold until lunchtime, but are not recommended for all-day storage.
- Keep hot foods hot by using an insulated bottle. Fill the bottle with boiling water and let it stand for a few minutes. Empty the bottle and then fill it with piping hot food. Keep the bottle closed until lunchtime.
- Make sure your child knows to throw out all used food packaging and perishable leftovers. Do not reuse plastic bags as they could contaminate other foods leading to foodborne illness.
- Tell your child to use the refrigerator at school, if one is available. If not, make sure she keeps the lunch out of direct sunlight and away from radiators and other heat sources found in the classroom.

— *Adapted from* Fight BAC

3 LUNCH BOX PINWHEEL RECIPES

Turkey, Hummus & Veggie Pinwheels

Whole wheat tortilla	**1 (8-inch)**	**Roasted red pepper**	**2–3 slices**
Hummus (any flavor)	**2 Tbsp**	**Baby spinach**	**½ cup**
Turkey, sliced	**2 ounces**	**Shredded carrots**	**¼ cup**

1. Spread tortilla with hummus, leaving ½ inch border around the edge.
2. Add remaining ingredients to one side of the tortilla.
3. Tightly roll up and slice into 4 pieces.

Yield: 1 serving

Meets requirement for vegetable, meat/meat alternate and whole grain-rich

Tex-Mex Pinwheels

Whole wheat tortilla	**1 (8-inch)**	**Cheddar cheese, sliced**	**1 ounce**
Avocado, mashed	**¼ cup**	**Black beans, drained and rinsed**	**¼ cup**
Romaine lettuce, shredded	**½ cup**	**Salsa**	**2 Tbsp**

1. Spread tortilla with avocado, leaving ½ inch border around the edge.
2. Add remaining ingredients to one side of the tortilla.
3. Tightly roll up and slice into 4 pieces.

Yield: 1 serving

Meets requirement for vegetable, meat/meat alternate and whole grain-rich

Ham, Pear & Havarti Pinwheels

Whole wheat tortilla	**1 (8-inch)**	**Baby spinach**	**½ cup**
Honey mustard	**2 tsp**	**Pear, fresh, cut into matchsticks**	**¼ cup**
Ham, sliced	**1 ounce**		
Havarti cheese, sliced	**1 ounce**		

1. Spread tortilla with honey mustard, leaving ½ inch border around the edge.
2. Add remaining ingredients to one side of the tortilla.
3. Tightly roll up and slice into 4 pieces.

Yield: 1 serving

Meets requirement for fruit/vegetable, meat/meat alternate and whole grain-rich

— Adapted from: Fruit and Veggies More Matters

Food Funny

Q. What did the mayonnaise say to the refrigerator?

A. Close the door, I'm dressing!

ACTIVITY CORNER

Go Bananas!

Try this fun chant for an active break. Ask the children to perform the action based on the chant.

"Grow bananas, grow, grow bananas." Raise one arm slowly until overhead. Repeat the phrase and raise the other arm overhead.

"Peel bananas, peel, peel bananas." Slowly lower one arm Repeat the phrase and lower the other arm.

"Mash bananas, mash, mash bananas." Stomp on the floor and repeat/

"Go bananas, go, go bananas." Jump up and down and go bananas!

Lead children in several rounds of the chant and then ask them:

How quickly can we get to "go bananas"?

How quietly can we "go bananas"?

Who can think of another vegetable or fruit we could grow?

— Spark ABC's

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