



Nutrition Edition

Your Guide to Child Health and Nutrition



March Packs a Punch for Nutrition Education

National Nutrition Month® celebrated each year during March, focuses on the importance of making informed food choices and developing

sound eating and physical activity habits. The theme for National Nutrition Month® 2020 is *Eat Right, Bite by Bite*, supporting the philosophy that

every little bit (or bite!) of nutrition is a step in the right direction. Small goals/changes can have a cumulative healthful effect. Nutrition doesn't have to be overwhelming, even small positive changes can reap large rewards.

March 15–21 is also Child and Adult Care Food Program (CACFP) week. The CACFP brings healthy foods to tables across the country for children in child care centers, homes and afterschool programs as well as adults in day care. Help spread the word to raise awareness of how the USDA's Child and Adult Care Food Program promotes proper nutrition for growing children and combats hunger. Creating awareness ensures that over 4.6 million children will continue to

receive balanced, nutritious meals and research proves that good nutrition in young children not only contributes to their physical growth, but to their intellectual and emotional development as well. Children who participate in the CACFP have the opportunity to develop positive eating habits that will lead to a lifetime of good health.

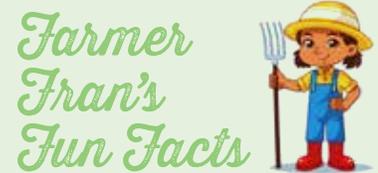
Community
The CACFP community works to ensure that all children have access to healthy foods.

Awareness
Together we can raise awareness of how the CACFP works to combat hunger.

Children
Children receive healthy and nutritious meals through the CACFP.

Food Program
The CACFP helps children learn healthy eating habits.

Participate
Hundreds of thousands of people participate in the CACFP administering the program or caring for children and adults.



Cabbage

- The word cabbage is derived from the French word *caboché* meaning "head."
- Cabbage was a staple item of Europeans in the Middle Ages. Its juice was commonly used to heal wounds and as a cough remedy.
- There are more than 400 cabbage varieties but most common are the green, red, purple and savoy varieties.
- Cabbage is a cruciferous vegetable that is rich in phytochemicals, which help boost the immune system and lower the risk of heart disease and certain types of cancer.
- Look for firm cabbage heads that feel heavy for their size. The leaves should be tightly packed.
- Make a "rainbow coleslaw" by using a mix of green and red cabbage. Boil or steam cabbages to use in stews, soups and casseroles.
- A ½ cup of cabbage is about one handful. Fresh or cooked cabbage is an excellent source of vitamin C and vitamin K. It also provides fiber and folate.

INSIDE:

- Kids Count 2020 Census
- Sleep: Benefits & Recommendations
- Recipes
- Yoga Pose of the Month



DURING THE LAST CENSUS about one million children under the age of 5 were not counted.

Community funding for child and family programs is dependent on the U.S. Census. The state and federal government uses census information to decide where money for programs like child care, free school lunches and Medi-Cal is needed.

Make sure your community receives its fair share of money for programs like Medi-Cal, WIC, Head Start, the National School Lunch Program, CHIP and child care by completing your census form accurately, *including children*.

For every person missed in the count, the community loses an average of \$20,000 over 10 years.

The number of state representatives in congress is also based on the census count.

ARE MY ANSWERS PRIVATE?

YES. By law, your response to the Census CANNOT BE SHARED. This includes ICE (immigration), police, CPS (Child Protective Services), IRS, FBI, your landlord or anyone else. No one can use your census answers to reduce your benefits, evict you, deport you, fine you or take your children.

WILL THERE BE A QUESTION ON THE CENSUS ASKING IF I AM A CITIZEN?

NO.

CAN I SKIP QUESTIONS?

Complete all questions if you can. Please make sure everyone in your household is counted — every adult, child and baby.

HOW CAN I TAKE THE CENSUS?

You have options. You can fill out the census on a computer (at home or a library), over the phone or on paper. For help in requesting a paper census form, call 1-877-EL-CENSO.

WHAT IF MY CHILD IS A BABY — DO I LIST HIM OR HER ON THE CENSUS?

YES. Please list your baby no matter how old— even if you are still in the hospital!

I AM PREGNANT — HOW SHOULD I NOTE THIS?

Include yourself and a child if your due date is on or before April 1, 2020.

I HAVE KIDS LIVING WITH ME WHO AREN'T MINE — DO I LIST THEM?

YES. You should count any child who is living at your address, on April 1, 2020, even if only temporarily.

I HAVE MORE PEOPLE LIVING WITH ME THAN MY LANDLORD KNOWS. I SHOULDN'T LIST THEM, SHOULD I?

Everyone should be listed. The census will not report your answers to your landlord or anyone else. Please make sure all people in your household who live there on April 1, 2020 are counted.

I AM NOT IN THE COUNTRY LEGALLY. SHOULD I TAKE THE CENSUS?

YES. By law, the census cannot report your answers to any immigration authorities, law enforcement or people in charge of government benefits. Everyone in the U.S. at the time of the census should be counted, no matter citizenship or immigration status.

MY CHILD DOESN'T LIVE WITH ME ALL THE TIME — DO I LIST HIM OR HER?

It depends. Whomever your child lives with most of the time should count your child. If time is split evenly, the adult who has the child on April 1, 2020 should count the child.

HOW LONG DOES IT TAKE?

About 3–5 minutes per person being counted.

HERE IS HOW IT WORKS:

- (1) In March 2020, you will get a census reminder in the mail.
- (2) Complete the census form online or request a paper form.
- (3) Submit your online form, or mail in your paper form.

Be counted so our children get the funding and services they deserve!

KIDS' HEALTH & SAFETY

Sleep: Benefits & Recommendations

SLEEP IS A CRITICAL PART of children's mental and physical health because it allows their mind and body to rest and recover. Lack of sleep causes irritability, increased stress, forgetfulness, difficulty learning and low motivation. Eventually it can contribute to anxiety and depression.



BENEFITS OF SLEEP FOR MENTAL HEALTH

A child's brain needs sleep to restore resources that were depleted during the day. A well-rested brain can solve problems, learn new information and enjoy the day more than a tired brain. Children who consistently get a good night's sleep:

- are more creative
- can concentrate longer on tasks
- have better problem-solving abilities
- are able to make better decisions
- can learn and remember new things
- have more energy during the day
- can create and maintain good relations with others

WHAT ARE THE SIGNS AND SYMPTOMS OF LACK OF SLEEP?

Not getting enough sleep each night can have negative consequences for children. These cannot always be erased with extra sleep the next night. Over time, not getting enough quality sleep each night can produce a range of behavioral, cognitive (mental) and emotional symptoms.

PHYSICAL SYMPTOMS

- Difficulty waking up in the morning
- Falling asleep after being woken up
- Yawning frequently during the day
- Complaining of feeling tired or napping during the day
- Preferring to lie down during the day, even if it means missing out on activities
- Falling asleep or seeming drowsy at school or at home
- Craving unhealthy stimulants, such as caffeine or sugar, regularly
- Reduced immune system function, increased sickness

COGNITIVE (MENTAL) SYMPTOMS

- Lacking interest, motivation and attention for everyday tasks
- Increased forgetfulness
- Blurred vision
- Difficulty learning new information

EMOTIONAL SYMPTOMS

- Increased moodiness and irritability
- Increased impulsivity
- Increased stress throughout the day

Not getting enough sleep for many nights in a row can result in a child feeling mentally exhausted. It can also worsen the symptoms of any existing behavior, anxiety and mood disorders such as depression or bipolar disorder.

HOW MUCH SLEEP DO CHILDREN NEED?

A child's circadian rhythm (also called their "body clock") is a 24-hour cycle that tells their body when to sleep. The body clock is influenced by a child's age.

AGE RECOMMENDED AMOUNT OF SLEEP INCLUDING NAPS:

- Newborns (0 to 2 months) 16 to 18 hours
- Babies (2 months to 6 months) 14 to 16 hours
- Older babies (6 months to 1 year) 14 hours
- Toddlers (1 to 3 years) 10 to 13 hours
- Pre-schoolers (3 to 5 years) 10 to 12 hours
- School-aged children (5 to 10 years) 10 to 12 hours
- 6 to 13 years 9 to 11 hours

The recommended amount of sleep is simply a guideline. Sometimes a child might need a little more sleep and other times they may feel fine with less.

SLEEP ROUTINE

Naturally, there are times when a child's bedtime may be later than usual. This is fine once in a while, but it is important children return to a healthy sleep schedule for rest and recovery. If a child wakes up at night frequently, snores or has pauses in their breathing, consult a doctor.

— *SickKids staff*

Green Eggs and Ham Mini Frittatas

Eggs.....	10	Green onions, sliced	1/2 cup
Baby spinach, stems removed	2 cups	Ham, diced.....	3/4 cup
Milk.....	1/4 cup	Salt and pepper.....	1/2 tsp each
Baking powder.....	1/2 tsp	Cheese, shredded	1/2 cup

1. Preheat oven to 375°F. Place eggs and spinach in a blender or food processor, process until spinach is pureed. Add baking powder, salt, pepper and milk; process until combined.
2. Thoroughly grease a 12 cup muffin pan. Evenly divide the onion and ham among the 12 cups of the muffin pan.
3. Pour the egg mixture into the cups. (Fill them pretty full, the eggs will puff up when baking but will deflate a bit upon cooling). Sprinkle with cheese. Bake about 15 minutes or until the eggs are set.

Yield: 12 servings

Meets requirement for meat/meat alternate

— *Scatteredthoughtsofacraftymom.com*

Slow Cooker Corned Beef and Cabbage

Onion, cut in large chunks.....	1	Bay leaves	2
Corned beef brisket, with seasoning packet.....	3-4 pounds	Potatoes, peeled, quartered	2 pounds
Water.....	2 1/2-3 cups	Carrots, chopped	2
Garlic cloves.....	3	Cabbage, cut into wedges.....	1 head

1. Place onions in the bottom of a 6 qt slow cooker. Top with corned beef and seasoning packet.
2. Pour water into slow cooker until it just about covers the corned beef. Add garlic and bay leaves.
3. Cook on low 8-10 hours. After the initial 3 hours, add potatoes and carrots to the slow cooker.
4. Two hours before serving, add cabbage wedges to the slow cooker.
5. Remove corned beef from slow cooker and let rest 15 minutes before slicing. Serve with potatoes, carrots and cabbage.
6. Appliances can vary, it may take closer to the 10 hour time. If the corned beef is not tender, it needs to cook longer. It is essential to cut your corned beef across the grain when serving.

Yield: 12 servings

Meets requirement for meat/meat alternate and vegetable

— *Spendwithpennies.com*

ACTIVITY CORNER

Yoga Pose of the Month



RAINBOW POSE

In celebration of Spring, let's make rainbows!

- 1 Begin on your knees, with the tops of your feet resting flat.
- 2 Drop one hand to your side, and arch your other arm over your head. If your hand reaches the floor you can use it for balance.
- 3 Hold this pose for a couple of breaths, then lower your top arm to your side.
- 4 Repeat on your opposite side.

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Food Q. What did the Cat in the Hat order at the restaurant?
Funny A. One fish, two fish, red fish and a blue fish.