



# Nutrition Edition

Your Guide to Child Health and Nutrition



Nutrition Edition  
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CCFPRoundtable.org

## Keeping Cool in the Kitchen

It's likely we are going to be practicing social distancing for the foreseeable future. That being said, it's also likely that we will be continuing to enjoy the majority of meals from our own kitchen. To beat the heat this summer, look for ways to make time in the kitchen short, efficient and cool.

### TURN DOWN THE LIGHTS AND CLOSE THE BLINDS

No, not the lyrics of a country western song, but good advice in modern kitchens which usually feature an abundance of light sources that bring in unnecessary heat.

### STAY HYDRATED

An important but often forgotten tip; keep your body temperature down with a large glass of ice water by your side. Add lemon, lime, berries or herbs to ice water to enhance the appeal of refreshing, thirst quenching water.

### DON'T FORGET FANS AND A COOL TOWEL

Store clean, damp towels in the fridge or freezer and wrap one around your neck for instant relief.

### SMALL APPLIANCES GENERATE MINIMAL HEAT

The toaster oven, slow cooker, outdoor grill and microwave are your best friends in the summer heat.



### SERVE A COLD BUFFET

Fresh foods that don't require any heat such as fresh fruit and/or vegetable salads with protein from canned beans, fish or meat are a great bet. Provide all the fixings for sandwiches with cold cuts, cheese, tuna or egg salad. Think creatively with wraps, such as sliced turkey with peach slices in a lettuce leaf, pinwheel sandwiches with hummus and fresh sliced veggies or melted cheese and apples rolled in tortillas. Try chicken salad on melon wedges or marinated bean and corn salad in tomato or avocado halves.

### TAKE IT OUTSIDE

Plan a shady picnic or fire up the BBQ. When using the grill, be sure to cook some extra burgers, fish or

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## Farmer Fran's Fun Facts



### Peaches & Nectarines

- The peach comes from a deciduous fruit-bearing tree of the rose family, originating in China about 4,000 years ago.
- Spanish and Portuguese explorers brought peaches to the Americas in the 1500's.
- Peaches and nectarines belong to the same species. The nectarine lacks one recessive gene that makes a peach fuzzy.
- Peaches and nectarines are classified as stone fruit. Other common stone fruits include cherries, plums and apricots.
- There are two major peach types—clingstone and freestone—based on how the flesh sticks to the stone. Commercially, nearly all clingstone varieties are processed, whereas freestone peaches are primarily sold as fresh.
- Look for peaches and nectarines that have a sweet smell and are firm. Keep ripe peaches and nectarines in the refrigerator for up to one week. To ripen peaches and nectarines place in a paper bag at room temperature until slightly soft.
- Peaches and nectarines are good sources of vitamin C, vitamin A and fiber.

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- Food Funny

## Keeping Cool in the Kitchen

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veggies and refrigerate or freeze extras for quick dinners in the days and weeks to come.

### PREP FRUITS AND VEGETABLES

In the cool mornings or on weekends wash, chop, even blanch or sauté veggies, or simmer fresh tomato sauces. Refrigerate or freeze the bounty for quick cooking later, getting you in and out of the kitchen in record time. Instead of steaming vegetables in boiling water, pop them in the microwave with a splash of water for a couple minutes.

### WHEN CONVENIENCE COUNTS, USE IT

Store bought rotisserie chicken or turkey is perfect in a host of different preparations. It is delicious in salads, wraps, casseroles, sandwiches and more.

### PREP SMART BY PURCHASING VALUE PACKS

Precook ground chicken, turkey or beef with onions, then portion and freeze. Later just defrost to use in a dozen different recipes like stuffed pasta shells, stuffed veggies such as potatoes, peppers, cabbage or zucchini. Use in tacos, quesadillas, Spanish rice, burritos, fajitas, sloppy joes, meat sauce and rice or noodle casseroles.

### PASTA CAN BE COOKED IN ADVANCE

Store in the fridge in a plastic bag with a little olive oil. Reheat with sauce in the microwave later or consider pasta salads for a cool alternative. Other suggestions:

- **Pasta and Eggs**

Combine garlic and plenty of olive oil in a skillet over medium-low heat. Cook the garlic to release its flavor then remove the garlic. Scramble eggs gently in the oil, until the whites are just about set and the yolks still quite runny. Add hot pasta and toss with the eggs and oil, the eggs will finish cooking in the heat of the pasta. Season to taste, and serve immediately with Parmesan cheese.

- **Sesame Noodles**

Reserve some pasta cooking water. Whisk together peanut butter, juice of a lime, soy sauce, and a splash of sesame oil and toss with pasta until coated. Add just enough cooking water as needed to loosen the sauce. Top with broccoli florets, shredded carrot and chopped



peanuts. Add a protein if desired, such as sautéed tofu, pork tenderloin or deli chicken.

- **Linguine with Clams**

Sauté minced garlic in olive oil, add canned clams, white wine and lemon juice and reduce. Mix with cooked linguine until warm throughout.

### CHECK OUT YOUR PANTRY

There may be many choices hiding in there, including canned meats and beans, canned vegetables, dry lentils, rice and other grains.

- **Chickpea Curry**

Simmer drained chick peas in coconut milk and curry powder to taste. Add veggies such as steamed cauliflower, broccoli or carrots.

- **Chili Beans and Brown Rice**

Simmer together kidney or pinto beans and diced tomatoes with green chilies until tender and saucy. Serve over brown rice, farro or barley.

- **Salmon Cakes or Tuna Patties**

Mix fish with chopped onion, bell pepper, egg and bread crumbs. Sauté until crispy.

We hope you make the most of your time at home, keep cool, eat healthy and stay well!

— Donna Green

*Co-Editor of the Nutrition Edition*

## KIDS' HEALTH &amp; SAFETY

## Look Before You Lock

**July 31, 2020 is National Heatstroke Prevention Day**, a day focused on education and awareness regarding the dangers of hot cars.

### HEATSTROKE PREVENTION TIPS FOR PARENTS AND CAREGIVERS

Leaving a child alone in a vehicle can lead to tragedy. These deaths, while accidental, are always preventable. Here are some helpful tips to make sure it doesn't happen to your family:

- Never leave a child alone in a parked car, even with the windows rolled down or the air conditioning on. A child's body temperature can rise three to five times faster than an adult's. A core body temperature of 107°F is lethal.
- Always look in both the front and back of the vehicle before locking the door and walking away.
- Heatstroke can occur in temperatures as low as 57°F. On an 80°F day, temperatures inside a vehicle can reach deadly levels in just 10 minutes.
- Never let children play in an unattended vehicle. Teach them a vehicle is not a play area.
- Always lock your vehicle doors and trunk, and keep the keys out of a child's reach. If a child is missing, quickly check all vehicles, including the trunk.

Is dropping off a child not part of your normal routine? Come up with some ways to remind yourself that the child is in the car:

- Place a briefcase, purse or cell phone next to the child's car seat so that you'll always check the back seat before leaving the car.
- Call your spouse or another caregiver to confirm you've dropped your child off.
- Have your child care provider call you if your child doesn't arrive.
- Write a note and place it on the dashboard of your car or set a reminder on your cell phone.



If you see a child alone in a vehicle:

- Always make sure the child is okay and responsive. If not, call 911 immediately.
- If the child appears to be okay, attempt to locate the parents or have the facility's security or management page the car owner over the PA system.
- If the child is not responsive or appears to be in distress, attempt to get into the car to assist the child—even if that means breaking a window. Many states have "Good Samaritan" laws that protect people from lawsuits for getting involved to help a person in an emergency.

Remember: kids and hot cars are a deadly combination. Don't take the chance. *Look Before You Lock.*

#### Additional resources:

*National Highway Traffic Safety Administration* – [www.nhtsa.gov/heatstroke](http://www.nhtsa.gov/heatstroke)

*Safe Kids Worldwide* – [www.safekids.org](http://www.safekids.org)

*Children's Hospital of Philadelphia* – [www.chop.edu](http://www.chop.edu)

[Kidsandcars.org](http://Kidsandcars.org)

## Grilled Chicken Thighs and Nectarines

<b>Chicken thighs, boneless, skinless</b> ..... 4	<b>Nectarine, sliced</b> ..... 2
<b>Cooking spray</b>	<b>Balsamic vinegar</b> ..... 2 Tbsp
<b>Salt and pepper</b> ..... to taste	<b>Sour cream</b> ..... ¼ cup
<b>Green tomato, sliced</b> ..... 2	<b>Whole wheat couscous, prepared</b> ..... 2 cups

1. Coat chicken thighs with cooking spray and season with salt and pepper. Grill about 8 minutes per side or until done.
2. Coat thick tomato and nectarine slices with cooking spray and grill 1-2 minutes per side.
3. Prepare couscous according to package directions. Serve chicken thigh on couscous and top with tomato and nectarine slices. Drizzle with balsamic vinegar and a dollop of sour cream.

Yield: 4 servings

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

## Healthy Peach Frozen Yogurt

<b>Peaches, fresh</b> ..... 4 large	<b>Plain yogurt</b> ..... ½ cup
<b>Honey or agave syrup</b> ..... 3 Tbsp	<b>Lemon juice</b> ..... 1 Tbsp

1. Blanch and peel peaches. Remove the pit and slice peaches, place on a foil or parchment lined baking sheet and freeze solid.
2. Add frozen peaches, honey, yogurt and lemon juice to the bowl of a food processor. Process until creamy, about 5 minutes.
3. Serve frozen yogurt immediately or transfer to an airtight container and freeze for up to 1 month.

Yield: 4 servings

Meets requirement for fruit

— *Justataste.com*

## Peach or Nectarine Spa Water Combinations

- Peach or nectarine, lemon and thyme**
- Peach or nectarine, strawberry and mint**
- Peach or nectarine, lemon and ginger**

Select your favorite flavor combination. Mix with cold water and ice letting the flavors infuse for a couple hours before serving.

**Food Q.** When do you go at red and stop at green?  
**Funny A.** When you're eating a watermelon.

## ACTIVITY CORNER

### Yoga Pose of the Month



**CHILD'S POSE**

A restorative, calming and cooling pose. Resembling the fetal position, child's pose can be taken anytime we need to take an inward moment to ourselves.

- 1 Begin by kneeling, calves parallel to each other, the tops of your feet resting on the floor.
- 2 Sit back onto your feet. Lay your torso down on top of your thighs, arms outstretched on the floor in front of you.
- 3 Place your forehead on the floor, relax and breathe into the pose.
- 4 For a variation, you can bring your arms down to your sides next to your feet, palms facing up.
- 5 Remain in the pose as long as you like.

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