



Nutrition Edition

Your Guide to Child Health and Nutrition



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CCFPRoundtable.org

Fun in the Sun Picnics

FOOD AND GAMES are what make a summertime picnic unforgettable.

PICNIC THEMES

Teddy Bear Picnic – Invite all the stuffed animals to the outdoor blanket for what is sure to be the best picnic, ever!

Camping Picnic – Pitch a tent or build a fort to add some excitement to an ordinary meal.

Pajama Breakfast Picnic – Who says you need to wait until lunch for a picnic? Surprise children with a silly start to the day.



Take a Hike Picnic – Everyone shares in carrying all the necessities for a picnic in their backpacks. Don't forget the blanket, paper products, food and drinks. Hike to a nearby park to enjoy lunch and nature too.

PICNIC LUNCH IDEAS

Smörgåsbord – Arrange fixings for sandwiches including bread, rolls or focaccia, fresh or roasted vegetables, leafy greens, slices of meat or cheese, chicken or tuna salad, to give everyone a choice.

Meat and cheese pinwheel sandwiches – Use flattened bread slices, tortillas or even lettuce for a tasty rollup.

Single serve dish in a jar – Layer favorite green or pasta salad ingredients topped with dressing to take on the go in plastic containers or mason jars. Serve chili over cornbread chunks topped with cheese and packed in a jar—all you need is a fork or spoon.

Pita pocket hand pies – Split and fill with favorite sandwich fixings, such as cheese and veggies or nut butter with apple or banana slices.

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Farmer Fran's Fun Facts



Peppers

- About 9,000 years ago, the wild pepper plant originated near Bolivia and Peru. It was later cultivated by the Olmecs, Toltecs and Aztecs. The seeds rapidly spread throughout Central America by wind and movement of settlers.
- The pepper plant is a member of the "nightshade" family, which also includes tomatoes and potatoes. They are commonly grouped into two categories: hot (chili) and sweet peppers. Usually, redness is a sign of ripeness, not hotness. Green peppers are just unripe peppers.
- Slice raw sweet peppers and serve with hummus for a snack. Add chopped peppers to salads, top a homemade pizza or stir into chili, soups and pasta sauces. Try a new pepper variety each week.
- Look for bell peppers that have thick, shiny, smooth skin and a fresh green stem. Put bell peppers in a plastic bag and keep in the refrigerator for up to five days. Green bell peppers may last longer than red or yellow ones.
- Sweet peppers are an excellent source of vitamin C and are also a good source of vitamin B6, which helps your body build healthy blood cells.

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- Recipes
- Food Funny

Fun in the Sun Picnics

— Continued from front page

PICNIC BREAKFAST IDEAS

Waffle sandwiches – Instead of bread use waffles, spread on nut butter or cream cheese and add some fruit. Try waffle and fruit chunks on a skewer for a breakfast kebab.

Mini-omelet or frittatas – Make in a muffin-tin with hash browns or serve room temperature mini veggie quiches.

Outdoor breakfast – French toast sticks are easy! Instead of syrup, which can leave a sticky mess, try using a little cup of yogurt or almond butter for dipping.

PICNIC SNACK IDEAS

Crudité in individual cups – With ranch dressing, guacamole or hummus at the bottom of the cup and veggie sticks coming out of the top, the problem of double dipping is solved.

Muffin tin snack – Pack little bites of this and that in a muffin tin and cover with wrap to transport for a ready buffet.

Trail mix – Pack choices in paper bags for everyone to scoop up their favorites in a paper cup

Watermelon pizza rounds – Cut in wedges, top with what's on hand: mint, banana slices, raisins, sunflower seeds, coconut and/or yogurt. Cut other favorite fruit into bites and add toppings for a fancy Fru-Shi (fruit-sushi).

PICNIC GAMES

Scavenger Hunt – Make your own scavenger hunt list, then take it outside. Benefits to making your own include being able to customize it to the space available, having older ones help in the creation and teaching children to create their own games.

Hula Hoop – Preschool? Really? Yes, a 3-year-old can learn to hula hoop and this is a game that won't be outgrown for a decade.

Octopus – This game of tag involves an octopus who is IT and fish who need to get from one end of the yard to

the other without being tagged. Once tagged, children must stay in place and try to tag others as they pass. This game is more fun with more children. It can be played with older and younger ones, but grade schoolers will like it best.

Crayon Rubbings – Set a piece of paper on an outside surface with an interesting texture. Peel paper from an old crayon and rub it over the paper. With various colors and shapes, children can make their own unique designs.

Bubbles – Need we say more? Whether you buy your bubbles by the gallon or make your own bubble liquid, bubbles provide hours of entertainment and physical activity.

Simon Says – Simon tells the other players what to do using the phrase, "Simon Says". If he omits that phrase but a player does the action, they are out. Last player standing is the next Simon. This is a great game to start in preschool and early grade school to teach children how to listen and follow directions.

Races of Every Kind – There are so many ways children can race from one side of the yard to the other: one legged, three legged, backwards, crab walk, fastest, slowest. Let children take turns calling out the race style.

Red Light, Green Light – In this game, children can only move when the person who is IT has their back turned, "Green Light." If IT turns around, he yells "Red Light" and everyone must freeze. If IT catches you moving, you must go back to the start. The first person to touch IT is the next IT.

Hopscotch – Although it can be played with others, hopscotch is a good game for one, with no need to wait turns and more practice time.

— Donna Green, Co-Editor, adapted from:
kidsactivitiesblog.com
familyfuntwincities.com/outdoor-games-for-kids



KIDS' HEALTH & SAFETY

Sun Safety

MOST SUN DAMAGE occurs during childhood according to the American Academy of Pediatrics (AAP) so it's extra important to protect children's skin from the sun—it will benefit them for a lifetime!

A QUICK RAY REFRESHER

The sun emits two different types of rays: UVA and UVB. According to the American Academy of Dermatology (AAD), both types of rays can lead to skin cancer. UVB rays are responsible for sunburns, while UVA rays cause deeper, longer term damage that leads to premature skin aging. Sunscreen labeled “broad spectrum” helps protect against both types of rays.

SUNSCREEN USAGE

Sunscreen performs the same function and level of protection whether it's labeled for kids or adults. The active ingredients are often the same. The biggest difference (besides the “cute” packaging) is that kids' sunscreen is formulated with sensitive skin in mind, so it is less likely to have irritating chemicals in it. Kids' sunscreen may also come in more water-resistant or easy application options.

While sunscreen is very important, experts agree that additional measures are needed to prevent sun damage. Wide-brimmed hats, sun-protective clothing, wraparound sunglasses, finding or making shade and avoiding sun exposure between 10 a.m. and 4 p.m. are all great ways to protect skin from harm.

The Food and Drug Administration (FDA) doesn't recommend sunscreen for infants under 6 months of age. Infants should have their skin covered by hats and loose, long-sleeved clothing and be kept out of the sun whenever possible, such as under an umbrella or shady tree, says the AAP.

For older babies and children, sunscreen with an SPF of 30 or higher is suggested. No additional benefit has been shown for SPFs higher than 50. The AAD recommends applying sunscreen 15 minutes before going outside and reapplying every two hours while outside.



Water-resistant sunscreens are ideal for kids, who spend their summer days in the pool, playing with water or generally working up a sweat. However, no sunscreen is truly waterproof and should be reapplied plentifully and often when outdoors.

SAFER SUNSCREEN

Sunscreen lotions are recommended over sprays for better coverage and to avoid the risk of inhalation. However, if a spray is all you have on hand, make sure to spray the sunscreen onto your hand and then rub it onto a child's skin.

While most sunscreen ingredients are either considered generally safe or are undergoing further research, the AAP recommends avoiding sunscreens with the ingredient oxybenzone. This chemical may have hormonal properties that are more likely to affect children. Mineral sunscreens, which contain active ingredients like non-nanotized zinc oxide and titanium dioxide, are the most highly recommended as they minimize the risk of harmful chemical exposure by staying on top of the skin to block the sun's rays, rather than absorbing into the skin. They also appear to be safer for the environment (i.e. coral reefs) than chemical sunscreens according to the National Park Service.

— *Medically reviewed by Sara Perkins, MD –
Written by Megan Dix, RN, BSN –
Updated on January 11, 2021*

Big Bang Baked Beans

Ground beef	1½ lb
Bacon, cooked (optional)	½ lb
Onion, chopped	1 large
Garlic, minced	2 cloves
Kidney beans, drained	15 oz can
Pork and beans	15 oz can
Butter beans, drained	15 oz can
Garbanzo or lima beans, drained	15 oz can
Ketchup	1 cup
Brown sugar	¼ cup
White vinegar	¼ cup

1. Brown ground beef and drain fat. Cook bacon, drain fat and crumble.
2. Add all ingredients to the slow cooker and cook on low for 6-8 hours.

Yield: 10 servings

Meets requirement for vegetable and meat/meat alternate

Avocado and Bell Pepper Salad

Avocado, diced	1 large
Bell pepper, diced	1 large
Cherry tomatoes, halved	½ cup
Green onions, sliced	2
Fresh parsley, minced	2 Tbsp
Lemon, juiced	1
Salt and pepper	to taste

Toss all ingredients gently in a bowl and serve.

Yield: 5 servings

Meets requirement for vegetable

— *Wholefully.com*

Star Spangled Skewers

Strawberries, halved	2 cups
Bananas, sliced into 1-inch pieces	5
Blueberries	½ cup

Using 10 wooden skewers, alternate fruit with one strawberry half, one piece of banana and one blueberry, then repeat. Divide fruit evenly to make 10 fruit skewers.

Yield: 10 servings

Meets requirement for fruit

Food Q. What did the little pickle say to his dad on Father's Day?
Funny A. I think you're a pretty big dill!

ACTIVITY CORNER

Physical Activity Around the World



CHEETAHS & CHEETALS

This exciting game twist on group tag from India is perfect for outdoor fun!

Children split into two groups, cheetahs and cheetals. Explain to the children that the cheetah is a spotted cat and the cheetal is a spotted deer. Designate one player to be the leader and locate a base for each group. The teams each form a horizontal line and stand with their backs to each other, about five feet apart. The leader yells “Chee-ee-ee” and then suddenly end with “tahs” or “tals!” at which point the team whose name was yelled rushes toward the base they are facing, as the other team tries to catch them. If someone is tagged, they join the opposite team. The goal is for the team to gain the most players.

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