



Nutrition Edition

Your Guide to Child Health and Nutrition



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What A Waste!

FOOD WASTE IN AMERICA has skyrocketed, with 103 million tons of food wasted in 2018, according to the



Environmental Protection Agency (EPA). As food decomposes in a landfill, it emits methane, a greenhouse gas 28 to 36 times more potent than the carbon coming out of cars. Organic waste is the third-largest source of methane emissions in the U.S. The best way to reduce these emissions is to waste less food.

California alone generates 5 to 6 million tons of food waste. California has new regulations that require everyone to separate food and other organic materials from the rest of their garbage for composting to reduce organic

waste in landfills. The new law is a significant step in combating climate change by reducing greenhouse gas emissions, producing fuel and creating compost that helps improve soil health and reduces water and fertilizer costs.

The environmental impact of food waste in America is critical. Additionally, more than 54 million people in America are food insecure (18 million of which are children) according to 2020 data collected by Feeding America. This means they lack reliable access to enough affordable, nutritious food. The fact that as a country we are wasting 30-40 percent of the food supply each year when so many Americans are food insecure is unconscionable.

Here are 10 ways you can reduce waste:

1 Avoid buying too much

One of the simplest ways to avoid food waste as a consumer is to buy less. A packed fridge may feel reassuring, but often leads to food waste if the household cannot eat it all.

A couple of shorter trips to the grocery store each week rather than one big trip may prevent people from buying too much.

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Cultural Cuisines

> Peru <



Origins & Roles of Food

Peruvian cuisine consists primarily of influences from the indigenous population (including the Inca). There is also a blend of influence from European, Asian and African cuisines well as Spain, Italy, Japan and China.

Food Customs

Elaborate dishes are prepared for festivities. Pachamanca is a popular dish made with meats, herbs and vegetables all cooked underground on heated stones.

Staple Foods

Choclo (corn), potato, sweet potato, rice, quinoa, palta (avocado), seafood, beef, chicken, ají (chili), fruits such as grapes, tangerines, grenadine, passion fruit are staple foods.

Dining Etiquette

In Peru it is customary to be late to a party or going out for dinner unless the host mentions "hora exacta," which is a reference to being on time. When invited to dinner, it is customary to bring a small gift like flowers, wine or pisco or sweets. At the table, the most important guest is seated at the right of the host. It is considered impolite to leave the dining table at any point during the meal.

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- Recipes
- Food Funny

What A Waste!

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2 Think twice before throwing food away

While mold is a definite sign that something belongs in the compost, don't throw out foods that are slightly past their prime.

Many greens and vegetables may slightly soften or wilt when they are just past ripe but still make excellent additions to soups, smoothies or baked dishes.

Leftover vegetable scraps can be used to make a soup stock. Even stale bread makes toast or breadcrumbs.



3 Always make a shopping list

Taking inventory of the food in the house and making a grocery list helps people avoid over purchasing, cutting back on potential waste.

4 Organize the kitchen with FIFO

"FIFO" stands for "first in, first out". Place newly bought foods at the back of the cupboard or fridge. This encourages the use of food in the front first, which helps ensure freshness and reduces waste.

5 Store food correctly

Perishable items, such as fruits and vegetables, each have their best way to be stored.

Some fruits give off natural gases that make nearby foods spoil faster. Storing apples, bananas, and tomatoes apart from other perishables helps keep them all fresh.

Keep the refrigerator below 41°F, store cooked foods on shelves above raw foods and store food in sealed containers.

6 Make a weekly menu

Making a menu for the week may help organize food usage and cut back on waste.

Using online tools and cookbooks helps plan out meals for the week and can aid in compiling a shopping list.

7 Keep a log of spoiled foods

Writing down the types of foods that spoil can help identify ones that can be bought in smaller amounts.

Although buying larger bags of produce rather than one or two pieces may seem cheaper, you will not save money if you routinely discard items.

8 Freeze extras

Freezing foods can help preserve them for later use and prevent them from spoiling. Many fresh fruits, vegetables and herbs, bread, meats and prepared dishes keep well when frozen.

9 Eat leftovers

As part of a meal plan to reduce waste, choose 1 or 2 days each week to eat any leftovers stored in the fridge or freezer. This not only reduces waste but also keeps the fridge tidy.

10 Understand the dates on food

Manufacturers use labels, such as "sell by" or "best by." These dates help markets know when to rotate their stock, but they can be confusing for consumers.

The Food and Drug Administration (FDA) estimate that up to 20% of food waste comes from the confusion over these dates.

Many people assume these dates are expiration dates and throw out perfectly edible food. Remember, while dates on foods may give a general idea for how fresh a product is, they are not hard and fast rules.

The easiest way to identify bad foods is to trust the senses. If it smells, looks or tastes spoiled, it probably is. When in doubt, however, it is best to compost it.

People and the planet benefit from less food waste and composting. Planning and organizing meals can save a significant amount of time, help the environment and make a person's eating habits simpler and more healthful.

— *Civileats.com; How to Reduce Food Waste, by Jon Johnson; Food Waste in America: Facts and Statistics by Ryan Cooper*

KIDS' HEALTH & SAFETY

Enjoy Summer's Bounty for Health

AHHH, SUMMER IS UPON US, and each trip to the grocery store, orchard or farmers' market gets more colorful. Surprisingly, only 25 percent of Americans eat the recommended amount of fruits and vegetables, even though studies show that people who eat more fruits and veggies are likely to have a reduced risk of chronic disease.



in a bowl of water and allow it to grow roots, then plant the base in the ground. Now that's an interesting summer science project you can eat!

SIMPLE WAYS TO BOOST YOUR INTAKE OF FRUITS AND VEGGIES

Be a good role model and enjoy more produce.

Cook together and eat together as often as possible. Tasting parties, cooking demonstrations and gardening all promote an interest in eating fresh, whole foods.

Plan one or more plant forward meals a week.

Explore vegetarian alternatives for pizza toppings, pasta sauce, lasagna, wraps, tacos, sandwich fillings and more. Enjoy a fruit or vegetable at every meal and snack. Blend up a yummy fruit/veggie smoothie for snack. Enjoy a veggie appetizer while prepping for dinner, serve a salad with meals, grill or roast extra vegetables for several meals at once.

Introduce and reintroduce new fruits and vegetables.

Kids don't know they love them until they have tried them (more than once!) Make produce more appealing by finding new ways to prepare them. Make a healthy dip like bean, yogurt with herbs, guacamole or hummus.

Enjoy a blast from the past.... fondue.

Fill bowls with colorful, tempting, lightly steamed vegetables: broccoli, cauliflower, carrots, peppers, tomatoes, squash and beets ready to be skewered and dipped in yummy, melted cheese sauce.

Grow something to eat, like veggies or herbs.

Try re-growing celery, fennel, bok choy, Napa cabbage or romaine lettuce from their bases. Simply place the base

Sign up for a farm fresh produce box delivery.

CSA (Community Supported Agriculture) boxes are fresh, local, seasonal and delicious produce which also supports farmers.

Share the adventure of learning about fruits and vegetables.

Frequent the produce section of the grocery store, farm stands, farmers' markets and pick-it-yourself orchards. Ask vendors how the food is grown or their favorite way to prepare it.

Expand children's vocabulary by asking them to find new words to describe tastes. Is that strawberry delectably sweet or tantalizingly tart? The radishes are crunchy and spicy. The scrumptious watermelon is refreshing.

Play games that focus on fruits and vegetables. Distribute fruit and vegetable pictures at circle time. Does everyone know what fruit or vegetable picture they are holding? Have they ever tried them? What do you think would taste good together? Once everyone is familiar with all the produce, start the game with "Kiwi and Asparagus, please switch places" or "Mango and Fennel skip together around the circle." "Let's make tossed salad", everyone stand up and move around to mix the salad. For more ideas google the Florida Dept. of Health, *It's Fun to Eat Fruits and Veggies!*

Make this a delicious and nutritious summer by enjoying all of summer's bounty!

— Donna Green
Co-Editor, *The Nutrition Edition*

Palta Rellena (Peruvian Stuffed Avocados)

Palta means avocado in Quechua

Avocados	4 large	Mayonnaise	¾ cup
Lime, juiced	4	Salt & pepper	to taste
Celery, chopped	½ cup	Egg, hard boiled & peeled	8
Green peas, boiled & drained	½ cup	Quinoa, cooked	4 cups
Carrots, boiled and cut into small squares	½ cup		

1. Cut avocados in half, remove the seed and peel, pour the lime juice over the avocados.
2. Mix together celery, peas, carrots, mayonnaise, salt and pepper.
3. Put the vegetable mixture inside the avocado halves and top with a sliced, hard-boiled egg.
4. Serve with quinoa.

Yield: 8 servings

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

Roasted Carrot & Ranch Hummus with Veggies

Rinse, prepare and thinly slice an assortment of fresh vegetables such as bell peppers, celery, cucumber, radishes, jicama, cherry tomatoes, carrots, sugar snap peas, green beans, summer squash, cauliflower and broccoli florets.

For Dip:

Carrots, chopped	½ cup
Olive oil	1 tsp
White beans drained & rinsed	1 (16 oz) can
Ranch dressing	½ cup

1. Preheat oven to 400°F.
2. Line a baking sheet with foil or parchment paper. Place chopped carrots in single layer on baking sheet and drizzle with olive oil. Toss to coat. Roast in pre-heated oven for 20 minutes. Remove from oven and allow to cool slightly, about 3-5 minutes.
3. In a blender or food processor add the white beans, cooked carrots and ranch dressing. Blend until smooth and creamy, about 3 minutes. Serve immediately with fresh cut veggies. For younger children lightly steam carrots, cauliflower, broccoli and other veggies as needed.

Yield: 1½ cups dip

Meets requirement for vegetable when served in required serving sizes

— Jenna Braddock, RD

Food Q. How do grapes feel when it is sunny?
Funny A. Vine and dandy!



Fuel & Fitness

NATURE SCAVENGER HUNT

Bugs and bark, pinecones and pebbles, dandelions and dried leaves—kids adore the wonders found in the great outdoors.

Take the children outside in the yard or to a park or playground and organize a scavenger hunt.



Arm each child or team with a list and a treasure box or bag. Offer tools such as binoculars and magnifying glasses to inspire close observa-

tion. Set a time limit and let them explore their surroundings and find as many items on the list as they can. For children too young for a list, pictures or a verbal list works well. Display the kids' finds for all to see and give praise for completing the list and/or for finding unique or difficult items.

— Adapted from, Peter Krumhardt

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