



Nutrition Edition

Your Guide to Child Health and Nutrition



Nutrition Edition
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CACFPRoundtable.org

Glorious Grains

GRAINS ARE A VERSATILE STAPLE to our diet and provide us with vital nutrients and energy. Serving grains on the Child and Adult Care Food Program (CACFP) is not only required at certain meals, it is also a healthy option when choosing the *right kinds of grains*. Often there is confusion as to what grains are allowed, how to decipher labels and packaging claims, which grains are enriched and which are whole grain or whole grain-rich. It can certainly be a challenge! Not to worry, help is here!

As a reminder, a grain is required at lunch and dinner, and must be served at least 3 times per week at breakfast. All grains served in the CACFP must either be whole grain, enriched or whole grain-rich. Let's look at what that means:

WHOLE GRAINS

Whole grains contain the entire seed as it was grown in nature. It has the fiber-rich bran, the nutrient-dense germ as well as the starchy endosperm. Some examples of whole grains are brown rice, bulgur, whole wheat, oats, quinoa, whole corn, wild rice, millet and amaranth. Whole grains are packed with fiber which helps us feel full longer and aids in our digestive health. They are also linked to a lower risk of heart disease, certain

cancers, diabetes and other health problems. Look for the 100% whole grain stamp that signifies a product has 100% whole grains or read the ingredient list for the whole grains.



ENRICHED GRAINS

Enriched grains have had the nutrient-rich germ and outer layer of bran removed in the milling process, leaving just the starchy endosperm. This refining process gives a finer texture and longer shelf life, but since the endosperm is not very nutritious on its own, the grains are often “enriched” afterwards with some of the vitamins and minerals that were removed. This includes the B vitamins niacin, thiamin, riboflavin and folic acid as well as iron. Remember that fiber is not added back so enriched grains will

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Cultural Cuisines

> Japan <



Origins & Roles of Food

Japanese cuisine was influenced by foreign cuisines, especially Chinese and is popular around the world. The Japanese rejected meat from their diet because of their Buddhist beliefs but with modernization in the 1880s, meat-based dishes became more popular. Japanese cuisine often includes fish and rice, and meals are prepared with very little fat.

Food Customs

Japanese cuisine revolves around rice and a combination of okazu (side dishes). This is more commonly known as ichiju-sansai, meaning “one soup, three sides.” Rice is served in its own bowl and each main dish is served on its own plate with a portion for one person—even in Japanese homes.

Staple Foods

Rice, noodles (udon and soba), soup, soybeans, fish, tofu, seaweed, meats, Japanese rice wine, rice vinegar, miso, soup stock and sesame seeds are staple foods.

Dining Etiquette

In a traditional table setting, the bowl of rice is placed on the individual's left and the bowl of miso soup on the right. It is customary to sit at low tables and cushions on tatami floors, which are made of straw and say “itadakimasu” (I humbly receive) with both hands together in front of the chest or on the lap before eating.

INSIDE:

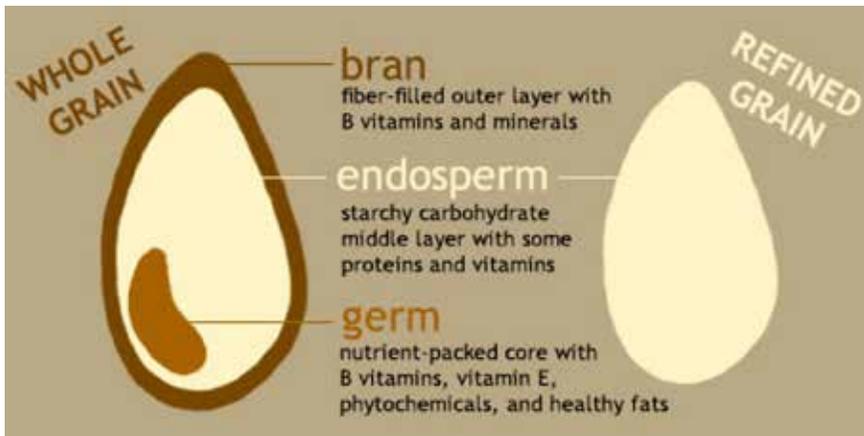
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Glorious Grains

— Continued from front page

not contain much of the healthy fiber our body needs. Refined grains often include white flours in breads and crackers, white rice and pasta. When deciphering if a product will meet the requirement as an enriched grain for the CACFP, read the ingredient list to make sure you either see the word “enriched” before the grain ingredient(s) or look for added B vitamins and iron.



WHOLE GRAIN-RICH

As a CACFP participant, you must serve a whole grain or whole grain-rich product at least once per day for the health of the children and to avoid any deductions. So what exactly is whole grain-rich? This simply means that *at least 50%* or more of the grains in the product contain whole grains. Typically you will find this in products that contain more than one grain ingredient such as some breads, tortillas or crackers. For example, if you buy a multi-grain bread it just means it contains *multiple* grains, but they are not necessarily whole grains. In order to know if it will qualify as whole grain or whole grain-rich, you need to do some reading! Turn the package over and find the ingredient list. An easy way to determine if it qualifies is by following the “Rule of 3.” Look for just the grains listed in the product and ignore the other ingredients such as water or salt.

1. The first grain ingredient must be *whole grain*
2. The second grain ingredient (if any) must be either whole grain, enriched grain, bran or germ
3. The third grain ingredient (if any) must be either whole grain, enriched grain, bran or germ

If the product does not pass this test it is not considered whole grain-rich. As long as the grain product is enriched, you can certainly still serve it, it just won't credit towards the daily whole grain requirement.

ORGANIC AND IMPORTED GRAINS

Often we find that some organic grains and imported grains like white rice, pasta and crackers not only aren't whole grains, they are not even enriched! This means they are not creditable **at all** on the CACFP. Be sure to read the ingredient list to determine if what you are serving

is reimbursable. Terms like durum wheat semolina, organic wheat flour and basmati rice are not enriched and they are not whole grain-rich.

This organic cracker is **not** reimbursable:

INGREDIENTS: ORGANIC WHEAT FLOUR, ORGANIC CANE SUGAR, ORGANIC PALM OIL, ORGANIC CANE INVERT SYRUP, ORGANIC DEGERMED CORN FLOUR, ORGANIC SUNFLOWER OIL, BAKING SODA, ORGANIC VANILLA EXTRACT, SALT, SOY LECITHIN, CREAM OF TARTAR, NATURAL FLAVOR, ORGANIC SPICE. CONTAINS WHEAT AND SOY.

Serving allowable and healthy grains in your program ensures the children receive proper nutrition and that you get your maximum reimbursement. If you ever feel confused about whether a product is creditable or need any assistance deciphering labels, you can always reach out to your friendly CACFP sponsor for help.

— Rachel O'Neal
Child Health and Nutrition Specialist
 CocoKids

KIDS' HEALTH & SAFETY

Covid Vaccines for Young Children

COVID VACCINES ARE FINALLY AVAILABLE for children ages 6 months through 5 years!

Getting all eligible family members vaccinated can help keep everyone healthy and prevent the spread of the COVID-19 virus to those who are not able to get vaccinated. Even if you contract COVID-19, you will be one-third less likely to spread the virus to others in your household.



COVID-19 vaccines can protect against serious illness, including long COVID which can cause ongoing fatigue, shortness of breath, difficulty breathing and coughing. Vaccines have proven to be safe and effective, with over 23 million children having safely received the COVID-19 vaccine in the United States.

- Kids of any age can develop COVID-19 and get very sick and have short and long-term health consequences.
- COVID-19 is one of the top 10 causes of death among children, and hospitalizations of young children have increased since the emergence of the Omicron variant.
- Vaccines greatly reduce the risk of severe illness and hospitalization from a COVID-19 infection. Especially for children who are too young to wear a mask indoors, vaccines are our best strategy for keeping kids safe and limiting severe illness in our families and communities.
- The COVID-19 vaccines for young children have been developed and tested for safety, specifically for this age group. Smaller doses minimize side effects while still triggering a strong immune response.
- Over 23 million children in the United States have safely received the COVID-19 vaccine, protecting them from severe illness and allowing them to stay in childcare, school and participate in activities while reducing the spread of COVID-19 in their families and communities.
- Side effects are usually mild. Your child may feel tired, have a sore arm or have a mild fever for the first day or two after the vaccine.

Young children will receive a smaller dose of the vaccine. It is recommended that children over the age of six months complete their COVID-19 vaccine series along with their other regular vaccinations. There are 2 options now available:

- Pfizer: Ages 6 months to 4 years
 - Your child will need 3 doses of the vaccine. The first two are given 3 weeks apart, followed by a third dose 2 months later.
- Moderna: Ages 6 months to 11 years
 - Your child will need 2 doses of the vaccine at least one month apart.

Where to get a vaccine:

- Talk to your child's regular health care provider about getting the COVID-19 vaccine during your next visit.
- Some pharmacies have vaccines available for ages 3 and up.
- County vaccine clinics and other community locations also offer the vaccine for free. Visit myturn.ca.gov for more information.

If your child is feeling nervous about the vaccine:

- Calmly talk to them about what will happen during the vaccine appointment, using neutral language such as "vaccine" instead of "shot."
- Encourage them to ask questions, express their feelings and role play with toys.
- Plan a healthy reward or family activity to celebrate their vaccination!

— *Ali Uscilka, Director Healthy & Active Before 5, Contra Costa Health Services, CA Department of Public Health*

Miso Vegetable Soup

Water (divided)	2 cups + 3 Tbsp	Green onions, thinly sliced	2
Rice	2 Tbsp	Rice vinegar	1 tsp
Stir-fry veggies, frozen	1½ cups	Sugar	½ tsp
Tofu,* extra firm, cut into small cubes	14 ounces		
Miso, fermented bean paste (lighter color = milder flavor)	2 Tbsp		

1. Bring 2 cups of water and rice to a boil in a large saucepan. Cover and reduce heat. Cook just until rice is tender 12–15 minutes.
2. Add stir-fry vegetables, increase heat to high and bring to a boil and cook 2–3 minutes. Add tofu cubes and continue cooking 2 minutes.
3. Combine miso and 3 Tbsp water in a small bowl, stirring to dissolve. Add miso mixture, green onions, vinegar and sugar to soup and stir to combine.

Yield: 3 servings

Meets requirement for vegetable and meat/meat alternate

*Tofu must contain 5 grams of protein per 2.2 ounces tofu, equivalent to 1 ounce meat

— Adapted from Eating Well Test Kitchen

Healthy Blueberry Muffins

Whole wheat flour	1 cup	Buttermilk	1 cup
Oats, quick	½ cup	Maple syrup	¼ cup
Baking soda	2 tsp	Vanilla	1 tsp
Salt	¼ tsp	Canola oil	⅓ cup
Egg	1	Blueberries,* fresh or frozen ..	1 cup

1. Preheat oven to 400°F. Grease 10 muffin cups with oil or line the pan with cupcake liners.
2. In a large mixing bowl, combine flour, oats, baking soda and salt. In a medium bowl, whisk the egg, buttermilk, maple syrup, vanilla and canola oil together. Whisk the wet mixture into the dry ingredients until thick and smooth.
3. Toss the blueberries with 1 tsp flour to coat to help prevent them from sinking to the bottom. Fold the blueberries into the batter.
4. Spoon the batter into the prepared muffin pan so the cups are ¾ full. Bake for 15–20 minutes until the tops are golden and a toothpick inserted into the middle comes out clean.

*Blueberries can be substituted with raspberries or chopped strawberries.

Yield: 10 muffins

Meets the requirement for whole grain-rich

— TipBuzz



Fuel & Fitness

BREAKFAST

Yes, breakfast is the most important meal, but there's so little time!

Set yourself up for success:

- Overnight oats are easy; just mix ½ cup old fashioned rolled oats with ⅓ cup yogurt and ⅔ cup milk, stir, cover and refrigerate for at least 4 hours or overnight. In the morning add some fresh or dried fruit and serve warm or cold.
- When making French toast, waffles and pancakes, be sure to make extras. Freeze in Ziploc bags to pop in the microwave or toaster for a quick, warm meal.
- Breakfast quesadillas with cheese or scrambled eggs, quiches or frittatas can be prepared ahead and kept on hand in the freezer.
- Prep for smoothies in advance. With frozen fruit combo bags, it's just a matter of blending it up with some yogurt and juice.
- Simple parfaits look fancy, just layer yogurt, fruit chunks and granola or other cereal.
- Keep on hand hard cooked eggs, sliced cheese or even leftover pizza.
- Quick fruit and nut breads can be frozen and warmed in the toaster.

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Food Q. What kind of an apple has a short temper?

Funny A. A crab apple!