



Nutrition Edition

Your Guide to Child Health and Nutrition

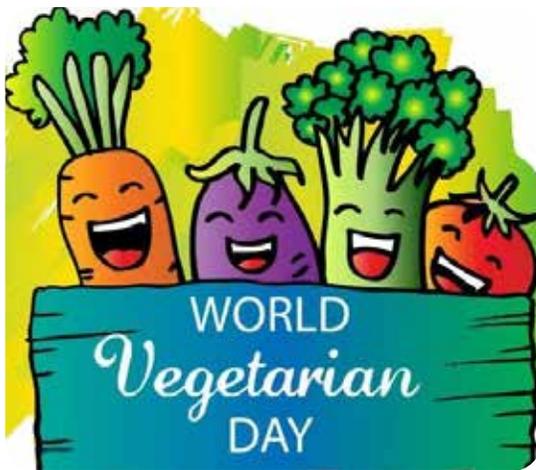


Nutrition Edition
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CACFPRoundtable.org

Plant-Based Eating

OCTOBER 1ST marks the celebration of World Vegetarian Day, established in 1977 to “promote the joy, compassion and life-enhancing possibilities of vegetarianism.” You do not need to be



a vegetarian to celebrate and enjoy the benefits, you can simply eat plant-forward, which means eating more plant foods and less animal based foods. All foods are acceptable when eating plant-forward, but the eating pattern emphasizes plant-based foods. It is good for everyone and good for the earth too!

PLANT-BASED DIETS ARE HEALTHY

According to the American Heart Association, eating less meat decreases the risk of heart disease, stroke, obesity, high blood pressure, high

cholesterol, type 2 diabetes and many cancers. Meat is often high in saturated fat and cholesterol and processed meats are usually high in sodium as well. These factors make meat a contributor to poor heart health and high blood pressure. Eating more plant foods improves the immune system, reduces the risk of heart disease, reduces inflammation, lowers cholesterol and decreases the risk of type 2 diabetes. Another benefit of eating more plants is consuming more fiber. Fiber can help stabilize blood sugar and helps us feel full after eating. It also reduces the risk of many types of cancer including colon cancer, the fourth-leading cause of cancer deaths in America.

GOOD FOR THE EARTH

Plant-based meals are more sustainable and kinder to animals and the earth. By reducing meat consumption, we can reduce meat production, decreasing the amount of greenhouse gasses produced and in turn protect our environment. Meat production, especially beef, creates methane gas which traps heat in the earth’s atmosphere contributing to global warming. It also takes more water to produce meat than it does to grow most fruits, vegetables and grains.

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Cultural Cuisines

> Italy <



Origins & Roles of Food

Italian cuisine can be traced back to the Roman Empire, a vast area of the ancient world, from the Middle East to North Africa to the Mediterranean. As the Roman Empire conquered different areas, new spices and ingredients were incorporated into the cuisine.

Food Customs

A formal Italian meal begins with an antipasto (meats, cheeses and olives), followed by a primo (pasta, risotto or polenta), a secondo (meat or fish), a contorno (salad) and dolce (dessert). Eating an Italian meal is a gathering of food and family, as culinary traditions are passed down from one generation to the next.

Staple Foods

Pasta, sauces, fish, olive oil and cheeses are staples across Italy. Tomatoes play an important role, serving as a base for pasta sauces, pizza, soups and salads. In Northern Italy, polenta, rice (risotto), sausages, Parmigiano-Reggiano are common. In Southern Italy, fish, shellfish, tomatoes, capers, peppers, olives, artichokes and eggplant abound.

Dining Etiquette

“At the table, one does not age” is a beautiful old proverb which sums up the Italian approach to eating. Italians enjoy eating together and they take their time when doing so.

INSIDE:

- Plan, Prepare and Practice
- Recipes
- Feather Fun
- Food Funny

Plant-Based Eating

— Continued from front page

IT'S NOT ALL OR NOTHING

By choosing to eat plant-forward, it is not necessary to commit to a vegetarian or strict vegan diet. Animal products and meat do not need to be completely eliminated. Plant-forward eating makes plants the superstars at most meals by replacing meat with plant-based



foods. Making this small step even some of the time can help our bodies and the environment. Gradually incorporate more meatless meals into your menus and load up on fruits, vegetables, nuts, seeds, whole grains, legumes and beans as well as healthy fats such as olive oil, nuts and avocados. With so much delicious variety you may not even miss the meat! Try committing to skipping meat one day a week such as on 'Meatless Mondays' and gradually add more meatless meals and days as everyone adjusts. With a little practice it will get easier to prepare and serve meatless meals. Recipes can also be adapted to include meat in very small amounts to add flavor or texture to a dish without it being the main focus.

NUTRITIOUS PLANT-FORWARD CHOICES

While it is not difficult to eat a healthy plant-forward diet, simply eliminating meat does not guarantee a healthy diet. Studies have indicated that eating foods like fruits, vegetables, whole grains and nuts leads to

better health than eating foods like fruit juices, refined grains, sweets and fried potatoes. Plenty of protein is readily available in a plant-forward diet as long as a variety of foods are served. Foods high in plant protein include nuts, lentils, beans, chickpeas, soybeans and legumes. Meals served with a glass of milk also ensure there is protein available as well as calcium and vitamin D. In addition, including a small amount of meat, poultry or fish every so often can supply a good source of iron, zinc, healthy fats and vitamin B12.

PLANT-FORWARD KIDS

Children can attain the health benefits of plant-forward eating, while still consuming all the nutrients they need to grow well and thrive. The key to a healthy plant-forward diet can be achieved by proper planning. Choose a variety of nutrient dense foods and fresh fruits and vegetables to have on hand. For good health, a plant-based diet needs foods that are high in vitamins B12 and D, iron, zinc and calcium. Fortified products, such as cereals, breads, soy milk and orange juice can provide these nutrients for kids who don't eat any animal products. Many plant foods also contain essential nutrients. Dried beans and lentils are a good source of iron, zinc and calcium. Dark green leafy vegetables, such as kale, spinach and broccoli are a good source of calcium and iron. Iron can be found in dried fruits (especially dried apricots), edamame (soybeans) and tofu. Zinc can be found in wheat germ, oatmeal, nuts and pumpkin seeds.

When introducing plant-forward meals to children, serve appealing foods that are colorful and include some familiar foods on the plate when new foods are introduced. Provide children with sufficient healthy calories and nutrients at each meal then allow the children to make their own choice of how much of which foods they would like to eat.

There are limitless choices for eating plant-forward. Incorporating even a few meat replacement meals can go a long way in ensuring the health of your family and our environment.

— Catherine Stafford
CocoKids, CH&N Manager

KIDS' HEALTH & SAFETY

Plan, Prepare and Practice

YOU CAN NEVER BE TOO PREPARED in case of an emergency. Be sure to conduct emergency disaster drills at least every six months and always include different types of drills, in a variety of locations, at different times of the day. Log the date, time and type of drill. Make a yearly schedule for the different drills you will practice. Keep documentation of your drills on site for at least one year.

PRACTICING FOR A FIRE EVACUATION

Tell the children that a fire drill is about to happen. A smoke detector test button or other designated noise, such as a recording of the fire alarm, may be used as your practice alarm. Tell children that when they hear that sound it means there is a fire drill. When they hear the fire alarm or designated noise, they must get up quickly and leave everything behind.

Point out all the exits to the children. Tell the children that you will leave the building through the closest exit. Test alternate escape routes and windows that can be used as exits. Practice with ladders if they are part of your evacuation plan.

- Check main rooms and bathrooms and then shut the door behind you after you are sure everyone has left.
- Gather outside at the agreed upon place.
- Take attendance to ensure everyone has made it out safely.

ALWAYS HAVE IMPORTANT DOCUMENTS READY TO GO

- Attendance Records – Keep the daily attendance sheet where you can easily grab it in an emergency. This will help you account for all the children to make sure no one is left behind.
- Child Emergency Information Forms (includes medical release and emergency transportation permission)
- Emergency contact information of local agencies, services and facilities
- Relocation site agreements with maps and written directions



- Special Health Care Plans
- Parent Consent for Administration of Medication and Medication Chart

PREPARING CHILDREN FOR A DISASTER

This can be frightening for children, here are some ways to build skills and knowledge for emergency disaster drills.

- Play games like follow-the-leader so that children can learn to move together in an orderly way.
- Plan a field trip to the fire station or have your local fire fighters visit your program.
- Provide for dress up and dramatic play with costumes for fire fighters, first responders and emergency workers.
- Develop a science theme with books and activities about earthquakes, tornados, floods, blizzards and fires.
- Play “turtle” and have children pretend to be turtles by crouching down, covering their heads, and holding still.
- Play “lizards under rocks” and have children pretend to be lizards seeking shelter under a sturdy table.
- Practice using a walking rope for children to hold onto when walking as a group.

— *cchp.ucsf.edu*

Homemade Margherita Pizza

PIZZA DOUGH:

- Flour, enriched 2½ cups
- Sugar 1 tsp
- Dry yeast ½ tsp
- Salt ¾ tsp
- Warm water 7 ounces
- Olive oil 1 Tbsp

PIZZA SAUCE:

- Italian plum tomatoes, canned, crushed 1 cup
- Garlic cloves, minced 2
- Olive oil 1 tsp
- Salt ¼ - ½ tsp
- Pepper ¼ tsp

TOPPINGS:

- Parmesan cheese, grated 4 ounces
- Fresh mozzarella cheese, cubed 12 ounces
- Basil leaves, slivered 6

1. For pizza dough whisk together flour, sugar, yeast and salt. Add warm water and olive oil. Stir until dough begins to come together. Scrape onto a well-floured counter top, knead for 3 minutes, dusting with additional flour as needed. Place dough in a bowl oiled with olive oil. Cover bowl and let dough rise in a warm place for 2 hours.
2. Heat oven to 500° F. Divide dough into 2 equal pieces and cover with plastic wrap for 5-10 minutes. Remove wrap and stretch each piece of dough into a 10-inch circle and place on a baking sheet.
3. Mix together all pizza sauce ingredients in a bowl. Pat dry mozzarella cubes. Drizzle dough with olive oil and add ½ the tomato sauce to each pizza, spreading with the back of a spoon. Sprinkle evenly with Parmesan cheese, mozzarella and basil leaves.
4. Bake on a pre-heated pizza stone or pre-heated baking sheet on the second to top rack for 7-8 minutes.

Yield: 8 servings

Meets requirement for bread/grains and meat/meat alternate

— Adapted from *Abeautifulplate.com*

Spooky Snacks



Franken-Kiwis



Creepy Ghosts Eggs



Halloween Crudité



Fuel & Fitness

FEATHER FUN!

Not all physical activity needs heavy equipment to be beneficial. Get the children moving to develop coordination, gross and fine motor skills and decrease stress levels by playing with feathers!



Take a variety of feathers and toss them into the air for children to catch with their hands or

in containers before they reach the ground. This will get children moving and having fun!

If children are old enough, they can also each be given a feather and try to keep the feather in the air by blowing on it. Have them notice the difference in small or large feathers, which is easier? Chasing after them and keeping them in the air is sure to entertain the children and provide plenty of healthy movement too!

This Nutrition Edition is brought to you by your local Food Program:



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Food Q. What do skeletons serve at dinner parties?
Funny A. Spare ribs!