



## Turkey Day Tips

**THANKSGIVING** is a day to give thanks, show gratitude and eat a big, delicious meal with all the trimmings, **plus** dessert! Holidays do not come along every day, so when they do it's okay to splurge. These tips help ensure a happy, healthy holiday for everyone.

### EAT A HEALTHY BREAKFAST

Don't skip meals before a Thanksgiving feast. Serve up a simple, healthy breakfast and an easy, light lunch for yourself and your children. Hunger affects mood and metabolism and on big holidays we all want to feel good and avoid hunger induced crankiness.

### TAKE TIME FOR EXERCISE

Fresh air and exercise will work up an appetite for the big Thanksgiving meal while burning a few extra calories and giving you a shot of endorphins. Make a family tradition of playing a game of football or tag, going on a family walk or raking the lawn together.

### HELP IN THE KITCHEN

Preparing meals from scratch is a lot of work. Lighten the load and help

children feel grateful and proud by involving the whole family in meal preparation. If you have your meal away from home, do you bring a dish? Children can help in the kitchen at any age. Find tasks that match their ability, such as measuring, peeling, stirring and chopping.

### FOCUS ON FRUITS AND VEGETABLES

Serve an array of colorful fruits and vegetables. If appetizers are a part of your Thanksgiving tradition try



replacing chips and dip with a large tray of delicious roasted veggies. Put out a fruit tray that includes colorful,

*(continued on page 2)*

## Cultural Cuisines

### > Morocco <



### Origins & Roles of Food

The Kingdom of Morocco in Northwestern Africa borders the Mediterranean Sea in the North and the Atlantic Ocean in the West. Moroccan cuisine is renowned for its diversity and complexity of flavor fueled by interactions with many cultures and nations over the centuries.

### Food Customs

Tagine is one of Morocco's well-known dishes. It is also the name of the unique earthen pot it is cooked in. It is made with lamb, chicken or seafood and vegetables braised slowly at low temperatures with dried fruits and nuts. Couscous, a steamed rolled semolina wheat grain is often referred to as Morocco's national dish.

### Staple Foods

Morocco is the world's largest exporter of sardines. Sole, swordfish, tuna, mackerel, shrimp, red snapper, crab and lobster are other popular seafood. Other staples include lamb, chicken, wheat, rice, olives, figs, apricots, dates, prunes, grapes, almonds and spices such as cinnamon, cumin, caraway, ginger, saffron, turmeric, paprika, coriander, cloves, cayenne, fenugreek, mint and parsley.

### Dining Etiquette

Moroccan meals are eaten family style and often from a communal bowl. Everyone gathers around low, round tables on floor cushions. Bread is used to soak up some of the broth while also scooping up some of the vegetables and meat. Eat with your right hand only and use your left hand to pass dishes.

## Turkey Day Tips

— Continued from front page

seasonal fruits such as persimmons, apples, grapes, kiwi and pomegranates. The trays can be a beautiful, healthy and delicious new tradition.



### KEEP PORTIONS BALANCED

When a Thanksgiving feast features so many delicious dishes it can be a challenge to decide what and how much to put on your plate. Don't limit yourself or the children, just serve up a little bit of everything! Smaller portions let you taste it all and help cut down on plate waste. Remember it's ok to go back for second helpings of your very favorites.

### BE A ROLE MODEL

Children watch what adults do, so set a good example. Try new foods and eat your vegetables. Putting pressure on children to eat something because it's healthy or to finish their plate will likely make them more stubborn and teaches them to not listen to their own needs. If you enjoy a variety of healthy foods, chances are your children will learn to do the same.

### SLOW DOWN AND ENJOY

Relax at the table, take small bites, chew well and enjoy the conversation with family and friends. Taking time to be mindful and enjoying your Thanksgiving meal will help you recognize when you feel satisfied. Eating quickly usually means eating more than we actually want, resulting in the dreaded "too full" feeling.

### MAKE SMART SWAPS

Serving up lighter fare can help make the Thanksgiving meal more nutritious and cut out some of the hidden fats and sugar in traditional dishes. Try lower fat dairy options. Add mashed cauliflower to mashed potatoes. Reduce the sugar in baked goods by one-third without sacrificing quality or taste. White flour can often be replaced with whole wheat by half or more. Applesauce, mashed pumpkin or mashed banana can replace up to half of the fat or oil in a recipe.

### KEEP FOOD SAFE

Always follow food safety guidelines or you could end up with another kind of stomach ache! Keep the germs away by washing hands, counters, tables and all dishes, knives and cutting boards often and thoroughly. Keep raw and cooked food separate. Never put cooked food or food that you will eat raw on the same plate or cutting board as raw meat, poultry or fish. Refrigerate leftover food within two hours of cooking. Cook food to a safe temperature, especially the turkey, which should reach an internal temperature of at least 165°F.



### GIVE THANKS!!!

Teaching children about thankfulness has lifelong benefits and is linked to life-skills such as cooperation, purpose, creativity and persistence.

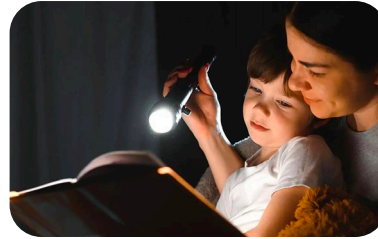
Thanksgiving is the perfect time to talk about what we are grateful for and appreciate family, friends, and of course, the festive Thanksgiving meal!

— Catherine Stafford  
Child Health and Nutrition Director  
CocoKids

## KIDS' HEALTH &amp; SAFETY

# Prepare for a Power Outage

**MANY DIFFERENT TYPES OF EMERGENCIES** can lead to a power outage. Loss of power can make it difficult to appropriately care for children, but with advanced preparation, child care providers can ensure they are meeting the needs of the children in their care.



## TAKE STEPS TO PREPARE FOR A POWER OUTAGE

- Take an inventory of the items you need that rely on electricity.
- Have a plan for medical devices powered by electricity and refrigerated medicines and stored breast milk.
- Plan for batteries and other alternatives to meet your needs when the power goes out.
- Sign up for local alerts and warning systems.
- Monitor weather reports.
- Install carbon monoxide detectors with battery backup in central locations and on every level.
- Determine whether your phone will work in a power outage and how long battery backup will last. Fully charge phones and other electronic equipment regularly.
- Keep gas tanks nearly full.
- Write down your electric company's telephone number and consider saving their website to your mobile device. This will make it easier to check your outage status if the power goes out.

## REVIEW SUPPLIES TO HAVE DURING A POWER OUTAGE:

- Flashlights, battery powered lanterns and a radio with extra batteries.
- Extra blankets for cold weather and a battery powered fan for hot weather.
- A separate, charged power bank for charging.
- Matches and ice.

## FOOD SAFETY CONCERNS DURING A POWER OUTAGE:

The key to food safety following a prolonged power outage is to ensure the temperature of food stays at

40°F or below. Full freezers keep food frozen longer. It takes about 48 hours for frozen food to thaw in a full freezer, but only about 24 hours if the freezer is half full. If freezer is not full, fill empty spaces with frozen jugs

of water, bags of ice or gel packs. Food in a freezer may be safely eaten or refrozen if the food has ice crystals or stays below 40°F. Although safe, the quality of these foods may suffer. As a general rule, never taste food to determine if it is safe, if there is doubt—then throw it out!

- Keep nonperishable food for children's meals and snacks on hand and inventoried.
- Food in your fridge stays good for approximately 4 hours after a power outage.
- Keep a thermometer in the refrigerator and freezer so you can check the temperature.
- Keep the refrigerator and freezer closed as much as possible.
- If ice is available, pack foods from the refrigerator in a cooler to keep them safe longer. Throw out perishable food if the temperature is 40°F or higher for 2 hours or more.

## CARING FOR CHILDREN DURING A POWER OUTAGE:

With young children it is best to follow the usual routine if possible. Circle time, story time, outdoor play and arts and crafts most likely do not use electricity anyway. For older children, and to replace activities that use electricity, try some of these ideas: Get out board games, cards, puzzles and coloring books. Play charades or hide and seek. Build a fort with extra sheets and pillows. Play tic-tac-toe, hangman, 20 questions or I-spy. Make your own music with instruments. Get artistic with painting, drawing, collages or origami. Spend extra time outside, weather permitting.

— Adapted from: *Child Care Aware Of America*



## Moroccan Chicken Tagine

Chicken, small half breasts or thighs (skinless, boneless) 8 pieces	Chicken broth..... 1 cup
Salt & white pepper..... 1 tsp each	Bay leaves..... 3
Turmeric..... 2 tsp	Green olives, pitted..... 1/2 cup
Ginger, ground..... 2 tsp	Kalamata olives, pitted..... 1/2 cup
Paprika..... 2 tsp	Raisins, golden..... 3/4 cup
Cayenne pepper..... 1 tsp	Dried apricot halves..... 1 cup
Onion, chopped..... 1	Brown sugar..... 1/4 cup
Garlic, minced..... 1 1/2 Tbsp	Cinnamon..... 1/2 tsp
Olive oil..... 1/3 cup	White wine..... 1/2 cup
Red wine vinegar..... 1/3 cup	Fresh parsley or cilantro, chopped..... 1/4 cup

1. Sprinkle chicken with seasonings, massaging it into the pieces. Place chicken in a large bag for marinating, and add the onion, garlic, olive oil, vinegar, broth and bay leaves. Marinate overnight in the refrigerator.
2. Arrange the chicken a single layer along with the contents of the marinade in a large baking dish. Tuck the olives and fruit into the sauce so they do not burn. Sprinkle all with brown sugar, cinnamon and wine.
3. Bake at 350°F for 1 hour. Sprinkle with herbs. This dish is ideally made ahead to let the flavors marry overnight.

Yield: 8 servings

Meets requirement for meat/meat alternate

— *The Chosen Ones*

## Turkey Bowl (Thanksgiving leftovers)

Bread stuffing..... 2 cups
Mashed potatoes, yams or any cooked vegetable..... 2 cups
Turkey, chopped into bite size..... 1 cup
Gravy..... 1/2 cup
Cranberry sauce or dried cranberries..... 1/2 cup

1. Warm up leftover Thanksgiving dinner.
2. Layer leftovers into individual bowls. First spoon in the stuffing then the mashed potatoes and/or other veggies, followed by turkey and topped with a drizzle of hot gravy and cranberry sauce or dried cranberries.

Yield: 4 servings

Meets requirement for breads/grains, meat/meat alternate and vegetable



Fuel & Fitness

### FRUIT CORNUCOPIA



THE CORNUCOPIA, also known as “the horn of plenty” is a symbol of abundance, nourishment and the harvest. What better way to celebrate and give thanks than with a healthy treat everyone can enjoy!

Create a yummy display with these Fruit Cornucopias. Waffle cones or cones formed from construction paper are filled with fresh fruit or trail mix to provide a creative dish for your Thanksgiving festivities.

— *Healthy Family Project Podcast*



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Food Q. What sound does a dizzy turkey make?  
Funny A. Wobble, wobble!