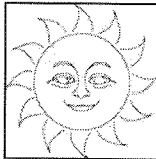




Program Updates

June/July 2011

Answers From Aunt Bee



Dear Aunt Bee,

With summer approaching I need to change my meal times. Can I just change them and send a note to the office?

Changing Charlee

Dear Changing Charlee:

When you need to change your meal times you need to call the office. The ladies in the office need to approve all meal times. They also need to know when you are serving meals so your monitor can arrive at your home to do a monitor review at the correct time.

Thanks for checking on this. It is important that we all work together to keep our records accurate.

Enjoy your summer!

Aunt Bee



Important Reminders..

- Check to make sure you have a copy of your renewed application and enrollment report (bright yellow) in your nutrition binder
- Keep a copy of all signed enrollment forms for each child (including own) in your nutrition binder.
- Make sure you have your paper work in order including rolls and required in/out sheets signed by the parent
- Make sure if you are claiming dinners, night snacks or weekends parents full signature is on the sign in/out
- Remember when entering your meal components you enter what you actually served
- If you go on a field trip make sure the meal you claim matches the meal that was approved for the field trip. You also must call the office for approval. The day before is preferred
- Remember if you are not going to be providing care to call the office
- Remember claims must be completed daily
- Remember Water is important during the hot days of summer—

-DAYS TO REMEMBER-

JUNE 2011

- 1- Mail in or submit your claim
- 11- Hug Holiday
- 14-Flag Day
- 16-Fresh Veggies Day
- 19-Father's Day
- 21-Finally Summer Day



JULY 2011

- 1-Mail in or submit your claim
- 4- Independence Day (need prior approval to claim this day)
- 7 - Macaroni Day
- 10- Teddy Bears Picnic Day
- 24-Pioneer Day

You are responsible to understand the information in this newsletter. If you can't because of a language barrier, call this number (435) 797-2169 or 1-800-540-2169 for translation services.

Usted es responsable de entender la información que se encuentra en esta carta. Si esto no es posible por una barrera lingüística, llame a este numero para solicitar servicio de traducción (435) 797-2169 or 1-800-540-2169.

This institution is an equal opportunity provider



■ Energy Drinks

Energy drinks have rapidly gained in popularity in recent years. According to surveys, 30% to 50% of adolescents and young adults consume them.

These drinks often contain high and unregulated amounts of caffeine,* and in some cases have been associated with serious adverse effects, especially in children, adolescents, and young adults with seizures, cardiac abnormalities, mood and behavioral disorders, diabetes, or those taking medications.

There were 5448 reported cases of caffeine overdoses nationwide in 2007. And 46% of those were under age 19.

Concerned doctors recently stated, "Energy drinks have no therapeutic benefit, and many ingredients are understudied and not regulated. The known and unknown pharmacology of agents included in such drinks, combined with reports of toxicity, raises concern for potentially serious adverse effects in association with energy drink use."

Pediatrics, Mar 2011

*Caffeine is naturally present at various levels in coffee beans, cacao beans (chocolate), kola nuts (cola), guarana berries, and tea leaves including yerba mate.

■ Asthma & Diet

Salty snack eating (more than 3 times a week) and TV/video game viewing (more than 2 hours per day) were strongly associated with the presence of asthma symptoms in a study of 700 kids aged 10 to 12 years.

Eating a Mediterranean diet was not associated with the presence of asthma symptoms.

J Am Diet Assoc, Feb 2011

This is general information for the public. It is not medical advice. For medical advice, a doctor should be consulted. To find a registered dietitian in your area, please call 800-366-1655.

■ Antibacterial Herbs & Spices

Extracts of cinnamon, oregano, clove, pomegranate peel, and grape seed were tested for their antibacterial effect on 3 foodborne pathogens* that were specifically placed in cheese in a recent study.

All 5 extracts were found to be effective. Clove showed the highest antibacterial effect.

* *Salmonella enterica*, *Listeria monocytogenes*, and *Staphylococcus aureus*.

Journal of Medicinal Food, Feb 2011

■ Herbs in Oil

Repeated boiling of vegetable oil at high temperatures in cooking and frying can result in formation of toxic molecules.

Among these are a class known as PAHs—*polycyclic aromatic hydrocarbons*. These little monsters cause oxidative damage in the body. They are gene-damaging (mutagenic) and cancer-causing (carcinogenic).

A recent study found that when thyme flowers were added to corn oil they not only flavored the oil but improved its heat stability. Fewer toxic molecules were formed during heating and the oil retained more of its beneficial substances.

Thyme, like other herbs, contains antioxidants which may explain its protective effect on the oil.

J Sci Food Agric, Jan 2011

J Agric Food Chem, Oct 2010

■ Glucose, Insulin, Fried Oil

Glucose intolerance and insulin secretion disorders were found in mice and rats who ate diets high in fried oil in a recent study.

Oils incur oxidative damage upon frying at high temperatures. Vitamin E, an antioxidant naturally abundant in some oils, has a protective effect.

British Journal of Nutrition, Dec 2010

■ Childhood Obesity

In the United States, childhood obesity affects approximately 12.5 million children and teens (17% of that population).

Changes in obesity prevalence from the 1960s show a rapid increase in the 1980s and 1990s, when obesity prevalence among children and teens tripled, from nearly 5% to approximately 15%.

During the past 10 years, the rapid increase in obesity has slowed and might have leveled. However among the heaviest boys, a significant increase in obesity has been observed, with the heaviest getting even heavier. Moreover, substantial racial/ethnic disparities exist, with Hispanic boys and non-Hispanic black girls disproportionately affected by obesity. Also, older children and teens are more likely to be obese compared with preschoolers.

Morb Mort Wkly Rep / CDC, Jan 21, 2011

■ School Breakfast Program

The national School Breakfast Program is an important part of the nutritional safety net. It has the potential to increase household food security in low-income families by offering breakfast for free or at reduced price.

In studies, the School Breakfast Program has been associated with positive changes in meal patterns and nutritional outcomes.

Journal of Nutrition, Jan 2011

Establishing healthy eating habits in childhood can have long-term health benefits.

Notes for Caregivers



■ Early Solid Foods & Obesity

The American Academy of Pediatrics recommends waiting to introduce solid foods until infants are between 4 and 6 months of age.

A new study of more than 800 infants found that introduction of solid foods *before* 4 months of age was linked with greater chance of obesity at 3 years of age in those who were formula-fed.

Timing of solid foods introduction was *not* associated with obesity at age 3 in breastfed infants. (Those who stopped breastfeeding before 4 months were included in the formula-fed group.)

At age 3, nine percent of the children in the study were obese.

Pediatrics, Mar 2011

■ Fussiness & Early Foods

Mothers who considered their babies “fussy” were more likely to introduce solid foods at an earlier-than-recommended time, in a recent study of 217 low-income black women.

At 3 months old, 77% of infants were fed solid foods and 25% were fed juice. Just 6% were exclusively breastfed.

Researchers stated, “Low-income black mothers may represent a priority population for interventions aimed at improving adherence to optimal infant feeding recommendations.”

**Pediatrics*, Jan 2011

■ Feeding Style

An indulgent feeding style was common in a small study of Mexican-American mothers and their toddlers. Moms tended to cater to their child’s food preferences rather than exposing them to different foods, or trying several times to introduce previously unaccepted foods.

Appetite, Feb 2011

■ Breakfast Cereal

Yale researchers found that kids who ate a high-sugar cereal consumed almost twice as much refined sugar compared to kids who ate a low-sugar cereal.

The low-sugar cereal eaters were more likely to put fruit on their cereal, which enhanced the nutritional quality of their breakfast.

Regardless of high- or low-sugar type, kids reported “liking” or “loving” the cereal they chose.

Pediatrics, Jan 2011

■ ADHD & Diet

In a study of 100 children with ADHD* symptoms, 63% of those on a restricted diet of hypoallergenic foods (compared to those eating a regular diet) showed significant improvement in symptoms after 5 weeks.

**Attention Deficit Hyperactivity Disorder
Lancet*, Feb 2011

■ B Vitamins

Consumption of fruit, berries, and grain products was associated with better *folate* status in 2-year-old children in a recent study. Folate is an important B vitamin. Dairy products, liver, and supplements were associated with vitamin B¹² (*cobalamin*) status.

Am J Clin Nutr, Jan 2011

■ Healthful Citrus

In a very large study of more than 10,000 people over a 3-year period, frequent intake of citrus fruit was associated with healthier hearts (a lower incidence of cardiovascular disease).

J Epidemiology, Mar 2011

■ Feeding & Sleep

Problematic feeding behaviors and sleep disturbances tend to coexist in early childhood, according to a study of nearly 700 children aged 6 months to 36 months.

Parents who considered their child’s feeding “a problem” often also reported that their child had insomnia or relatively shorter night-time sleeps.

Food refusal was a typical problem in the kids with sleep issues.

Pediatrics, Feb 2011

■ Teeth

Tooth decay (cavities) is a common problem in early childhood. Decay in little teeth can progress rapidly and lead to severe pain (that can impair eating), anxiety, sepsis, and loss of sleep.

Bottle/breast feeding practices, introduction of solid foods, types of foods eaten, fluoride exposure, and oral hygiene practices are among things that affect incidence of tooth decay.

BMC Public Health, Jan 2011

■ Matching Menus

In North Carolina, 84 child care centers were observed to see how well meals matched menus.

It was found that 87% of individual foods and beverages served matched those listed on menus. And 52% of entire meals and snacks matched perfectly.

Milk, protein foods, fruit, mixed dishes, and foods of low nutritional value were served more often than indicated on menus. Grains, vegetables, and juice were served less often than indicated.

J Am Diet Assoc, Dec 2010



Weight Gain & Hormone Disrupting Chemicals

A recent study has found that prenatal exposure to DDE, a hormone disrupting pollutant,* *doubled the risk* of rapid weight gain in the first 6 months of life and elevated BMI later in infancy among infants whose mothers were of normal weight.

More research is needed, say the authors, to explore the potential role of chemical exposures and obesity.

*2,2-bis(p-chlorophenyl)-1,1-dichloroethylene. DDE is a metabolite of DDT.

Environmental Health Perspectives, Dec 2010

Mercury

Methylmercury is a toxin that has a specific affect on the developing nervous system. Dietary exposure to methylmercury comes mainly from eating fish and seafood (from waters polluted by coal burning emissions).

Fish and seafood also have health-supporting *omega-3* oils. These nutrients may appear to dampen toxicity. Thus, affects of low-level methylmercury poisoning and its relation to the developing nervous system was not recognized for decades.

Many other industrial chemicals are also thought to cause developmental neurotoxicity.

Mt Sinai Journal of Medicine, Jan 2011

Lead in Soil

Garden soils in certain areas may contain unacceptably high levels of lead, a neurotoxin.

It is wise to test lead levels in soils before starting a food-bearing garden, because lead can be taken up by plant roots and embedded in plant tissues.

Butter Wrappers

In a recent small study, 10 butter samples and their respective paper wrappers were analyzed for chemical contaminants called PBDEs.*

All were found to contain PBDEs, and one sample contained extremely high levels. The contamination was likely transferred from PBDE-contaminated paper wrappers to the butter.

More research is needed to find out how PBDE contamination occurs and what the health effects, if any, may be.

*Polybrominated diphenyl ethers
Environmental Health Perspectives, Dec 2010

PCBs, PBDEs, PCDDs

PCBs, PBDEs, PCDDs are man-made *organohalogen* pollutants. They are present worldwide and accumulate along the food chain.

Many PCBs interfere with estrogen, androgen, and thyroid hormone signaling in the developing brain. They are hormone (endocrine) disrupters.

"The fact that persistent organohalogen can amplify the neurotoxic effects other environmental pollutants, such as heavy metals, further increases their risk to human and animal neurodevelopment," reported scientists.

Cerebellum, Apr 2008

Autism and ADHD

Many, but not all, studies link exposure to toxins such as mercury, lead, pesticides, and in utero smoking exposure to increased risk of autistic spectrum disorders and/or ADHD.*

*Attention Deficit Hyperactivity Disorder
J Altern Complement Med, Jan 2008

Surface-to-Food

Regrettably, transfer of pesticides from household surfaces to foods can occur in certain situations.

Moist foods especially are apt to pick up pesticide residues that linger on surfaces like ceramic tile, formica, carpet, upholstery, and plastics.

Apples, cheese, bologna, and melon were more likely to pick up pesticide residues from surfaces than were dry foods like crackers, flour tortilla, or bread, in a recent study.

J Expo Sci Environ Epidemiol, Apr 2008

Pesticides

A study over two decades found a link between various pesticides and increased risk of leukemia.

The pesticides included home and garden insecticides, fungicides and lice shampoos.

Journal of Pesticide Reform, vol 26, no 1

Manganese

Manganese is an essential nutrient, but in excess, it can be a neurotoxicant.

Despite the common occurrence of manganese in groundwater, the risks associated with this source of exposure are largely unknown.

In a recent study, the relationship between manganese exposure from drinking water/diet and children's intelligence quotient (IQ) was assessed. Over 300 children, 6-13 years of age, took part in the study. Manganese was measured in home tap water and in children's hair.

Researchers found that higher levels of manganese in hair and home tap water were significantly associated with (several points) lower IQ scores.

Food Storage Basics



The Fridge

Keeping foods chilled at proper temperatures is one of the best ways to prevent or slow the growth of bacteria such as *Salmonella*, *E. coli* O157:H7, and *C. botulinum*. These food storage tips can help you steer clear of foodborne illnesses.

■ **Refrigerate or freeze perishables right away.** Foods that require refrigeration should be put in the refrigerator as soon as you get them home. Never allow meat, poultry, seafood, eggs, produce or other foods that require refrigeration to sit at room temperature for more than 2 hours—1 hour if the air temperature is above 90° F. This also applies to items such as leftovers. Be sure not to crowd the refrigerator or freezer so tightly that air can't circulate.

■ **Keep your appliances at the proper temperatures.** Keep the refrigerator temperature at or below 40° F. The freezer temperature should be 0° F. Check temperatures periodically. Appliance thermometers are the best way of knowing these temperatures and are generally inexpensive.

■ **Check storage instructions on labels.** Many items other than meat, dairy, and produce need to be kept cold. Mayonnaise and ketchup, after opening, should go in the fridge. If something's not been properly refrigerated, it's usually best to throw it out.

Milk left sitting out spoils more quickly and doesn't taste as good. For every 5-degree rise in temperature above 40° F, milk's shelf life decreases by *half*. Once it's reached room temperature, putting it back in the fridge won't make it taste good again. If children are not drinking their milk, it may be that the milk has been sitting out and doesn't taste as good. For best quality, milk should be kept between 35° and 40° F. *

*Wisconsin Milk Marketing Board

■ **Use ready-to-eat foods as soon as possible.** Refrigerated ready-to-eat foods such as luncheon meats should be used as soon as possible. The longer they're stored in the fridge, the more chance bacteria can grow, especially if the refrigerator temperature is above 40° F.

■ **Be alert for spoiled food.** Anything that looks or smells suspicious should be thrown out. Mold is a sign of spoilage. It can grow even under refrigeration. Mold is not a major health threat, but it can make food unappetizing. The safest practice is to discard food that is moldy.

■ **Marinate food in the refrigerator.** Bacteria can multiply rapidly in foods left to marinate at room temperature. Never reuse marinating liquid as a sauce unless you bring it to a rapid boil first.

Bacteria can multiply rapidly at room temperature.

■ **Keep the refrigerator clean.** Clean up spills and drips from thawing meat right away. This helps reduce the growth of *Listeria* bacteria. Clean the fridge frequently.

■ **Keep foods covered.** Store refrigerated foods in covered containers or sealed storage bags, and check leftovers daily for spoilage. Store eggs in their carton in the refrigerator itself rather than on the door where the temperature is warmer.

■ **Check expiration dates.** If food is past its "use by" date, discard it. If you're not sure or if the food looks questionable, throw it out.

Source: Adapted from US FDA / HHS

The Freezer

■ **Food that is properly frozen and cooked is safe.** Food that is properly handled and stored in the freezer at 0° F will remain safe. While freezing does not kill most bacteria, it does stop bacteria from growing. Though food will be safe indefinitely at 0° F, quality will decrease the longer the food is in the freezer. Tenderness, flavor, aroma, juiciness, and color can all be affected. Leftovers should be stored in tight containers.

■ **Freezing does not reduce nutrients.** There is little change in a food's protein value during freezing.

■ **Freezer burn does not mean food is unsafe.** Freezer burn is a food *quality* issue, not a food safety issue. It appears as grayish-brown leathery spots on frozen food. It can occur when food is not securely wrapped in airtight packaging.

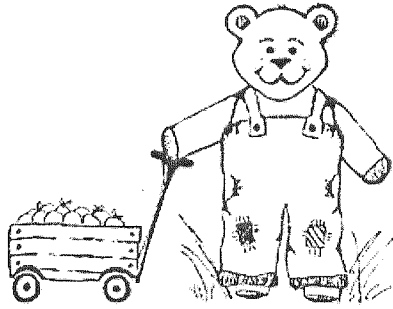
■ **Check thermometers regularly—** at least once a week.

Non-Refrigerated Items

■ **Don't store food such as onions and potatoes under the sink.** Leakage from the pipes can damage the food. Store potatoes and onions in a cool, dry place.

■ **Check canned goods for damage.** Can damage is shown by swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing or denting severe enough to prevent normal stacking or opening with a manual, wheel-type can opener. Stickiness on the outside of cans may indicate a leak. Newly purchased cans that appear to be leaking should be returned to the store. Otherwise, throw the cans away.

■ **Keep food away from poisons.** Don't store food near household cleaning products and chemicals.



Some things to remember when shopping for **NUTRITION**

- **Eggs** are inexpensive and nutrient-rich.
- **Dry beans** and **peas** are inexpensive and nutrient-rich.
- Meat, poultry, fish, seafood, eggs, dried peas and beans, nuts, tofu, and milk products are sources of **protein**.
- When buying **leafy greens** such as lettuce, remember that the darker green the leaves are, the more vitamins they have.
- Red and yellow bell peppers have twice as much **vitamin C** as oranges.
- Fruits and vegetables with deep yellow or orange flesh, such as sweet potatoes, mangoes, papaya, and carrots, are rich in **vitamin A** value.
- Many **fruits** are most nutritious when they are ripe.
- When reading **labels**, remember that ingredients are listed (by weight) from most to least. For example, if on a box of cereal, *sugar* is listed as the first ingredient, the product is mostly sugar.
- Look for juices that say: **100%** fruit juice.
- Healthful **fiber** is found in plant foods—that's fruits, vegetables, beans, nuts, seeds, and whole grains.
- **Whole grains** are far more nutritious than refined (white flour, white rice) grains.
- **Whole grains** include whole wheat, oats, barley, rye, kamut, amaranth, quinoa, spelt, buckwheat, brown rice.
- The B vitamin, **folic acid**, is plentiful in orange juice, leafy greens, asparagus, black beans, pinto beans, lentils, garbanzo beans, liver, sunflower seeds, wheat germ, fortified cereals and grain products.
- **Organic** produce is grown without chemical fertilizers or pesticides.
- Unhealthy **trans fat**, found mostly in processed foods, is best avoided. Check labels.
- One of the best sources of healthful monounsaturated fatty acids is **olive oil**.
- Heart-healthy **omega-3** fatty acids are found in fish (especially salmon, sardines, herring, tuna) and in flaxseed, walnuts, soy oil, and canola oil.