

Nutrition Notes NEWS

Child Care Nutrition Program



Program Updates

Oct/Nov 2015



October 2015

Breast Cancer Awareness Month

Days to Remember...

1-Mail In/Submit Your Claim

3-World Smile Day

5-Do something nice day

12- Columbus Day

31- HALLOWEEN



November 2015

Days to Remember...

1-Mail In/Submit Your Claim

2-Cookie Monster Day

3-Election Day

11-Veterans Day!

18- Mickey Mouse Day

26- THANKSGIVING

Remember...

- Remember: when children are out of school, to let us know by either writing it on their CIF or clicking the school out box. Do the same thing when school age children are served am snack and/or lunch on school days.
- REMEMBER if you claim on-line to check your claim error report by the 10th of each month
- Don't forget to send in your sign in/out with full signature the first of the month, if you claim dinners, night snacks, or weekends
- Remember: You shouldn't be serving hi-fat foods or dessert items more than 2 times per week
- Review your menus and make sure you are serving a variety of foods
- Remember Thanksgiving is a day you cannot claim
- If you are closed; you need to call the office
- Menus need to be posted for parents to see!!
- When serving juice: remember it needs to be 100% juice. DO NOT dilute your juice with water!!!

Bobbing For Apples exercise:

The traditional fall festival game of bobbing for apples can be fun, but is not necessarily food-safe. Kids can spread germs easily when they attempt to nab an apple in a container of water using their mouths. Instead, try a new version of bobbing for apples.

- Cut out several apples from red construction paper.
- Write activities for kids to do on each apple, such as "5 jumping jacks" or "running in place for 30 seconds"
- Attach a paper clip to each apple and place apples in a large basket
- Tie a magnet to a string or create a fishing pole with a dowel rod, magnet, and yarn.

Let the children take turns "bobbing" with their magnet and doing the activity written on each apple.

Give kids a fresh apple for participating in your food-safe version of bobbing for apples

YOU MAKE ROOM FOR CHILDREN TO BUILD DREAMS FOR TOMORROW AND TO LIVE LOVELY TODAYS!

THANK YOU!

USDA is an equal opportunity provider and employer.

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.



Pumpkin Facts

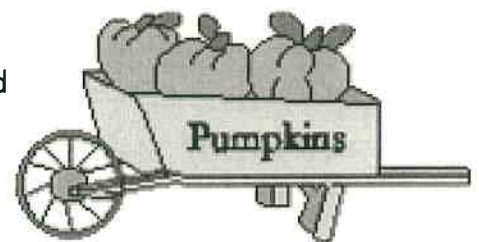


- Pumpkins originated in Central America and have been growing in North America for five thousand years. They are native to the Western Hemisphere.
- In 1584, after French explorer Jacques Cartier explored the St. Lawrence region of North America, he reported finding "gross melons." The name was translated into English as "pompions," which has since evolved into the modern "pumpkins."
- Pumpkins are low in calories, fat and sodium and high in fiber. They are good sources of vitamin A, vitamin B, potassium, protein, and iron.
- Pumpkin flowers are edible.
- In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.
- Pumpkins were once recommended for removing freckles and curing snakebites.
- The largest pumpkin ever grown weighed 1,140 pounds.
- The Connecticut field variety is the traditional American pumpkin.
- Pumpkins are 90 percent water.
- Eighty percent of the pumpkin supply in the United States is available in October.
- Native Americans used pumpkin seeds for food and medicine.
- Native Americans flattened strips of pumpkins, dried them and made mats.
- Colonists sliced off pumpkin tips; removed seeds and filled the insides with milk, spices and honey. This was baked in hot ashes and is the origin of pumpkin pie.
- The "pumpkin capital" of the world is Morton, Illinois.
- Six of the seven continents can grow pumpkins including Alaska. Antarctica is the only continent that they won't grow in.
- Canned pumpkin can be used in place of your mashed pumpkin in any recipe.
- Pumpkin pie spice is usually made up of 2 parts cinnamon, 1 part nutmeg, $\frac{1}{2}$ part ginger and $\frac{1}{4}$ part cloves. Whenever you see this combo of spices in a recipe, you can substitute pumpkin pie spice with good results.

How Pumpkins grow:

1. Leafy vines grow from pumpkin seeds.
2. Yellow-orange flowers bloom on the pumpkin vine, then wither.
3. The flowers' ovaries (at the base of the flower) swell and become tiny green pumpkins.
4. The pumpkins grow larger and change color.
5. About four months after planting, they're ready to harvest.

Pumpkin seeds should be planted between the last week of May and the middle of June. They take between 90 and 120 days to grow and are picked in October when they are bright orange in color. Their seeds can be saved to grow new pumpkins the next year.



Pumpkin Poems and Songs

Five Little Pumpkins

There were five little pumpkins
Sitting on a gate.
The first one said,
"Oh, my it's getting late!"
The second one said,
"There are witches in the air!"
The third one said,
"I don't care!"
The fourth one said,
"Let's run and run and run!"
The fifth one said,
"I'm in the mood for fun!"
Then crash went the thunder
And out went the lights
And the five little pumpkins
Rolled out of sight.

Pumpkin song

(tune: I'm a little teapot)
I'm a little pumpkin, orange and round
Here is my stem and there is the ground
When I get all cut up, don't you shout
Just open me up and scoop me out!

Pumpkin Song

(tune: Have you ever seen a lassie?)
Have you ever seen a pumpkin,
a pumpkin a pumpkin?
Have you ever seen a pumpkin,
that grows on a vine?
A round one, a tall one,
a bumpy one, a squashed one.
Have you ever seen a pumpkin,
that grows on a vine?

We are Pumpkins

(tune: Mary had a little lamb)
We are pumpkins, big and round
big and round, big and round
We are pumpkins, big and round
Seated on the ground.

Mr. Pumpkin

(tune: Where is thumbkin)
Mr. Pumpkin, Mr. Pumpkin
Round and fat, round and fat
Harvest time is coming
Harvest time is coming
Yum, yum, yum.
That is that!

Information from www.aftonapple.com/afton/pumpkins.htm
www.geocities.com/Athens/Troy/5059/ppoems.htm/
www.pumpkinnook.com

USU Dietetics Program



JUST FOR LAUGHS

What do you call a fat Jack-O-Lantern? A Plumpkin.

How do you fix a broken Jack-O-Lantern?
With a Pumpkin Patch.

Pumpkins are Edible

All varieties of pumpkins are edible. No two pumpkin varieties are equal in taste and texture. Some different types are:



- **Pie Pumpkins** (or sugar pumpkins, or sugar pie pumpkins): This is the best pumpkin for baking and cooking. It has a sweeter taste than other varieties. It also has a smooth texture.
- **Jack O'Lanterns**: These pumpkins are good in your favorite recipe. The larger ones get too stringy and have a courser texture. The best ones to use are the small or medium size jack o'lantern.
- **Miniatures** (Jack B. Littles): There isn't a lot of "meat" in these pumpkins. Most uses of the miniature pumpkins are as bowls to hold another recipe, but they are edible.
- **Giant Pumpkins**: These pumpkins tend to be coarse and have a less desirable taste. Many of them taste more like squash than pumpkin.

For more information on the different varieties of pumpkins check out:

<http://www.pumpkins-patch.com/varieties.html>

Pumpkin Purchase and Puree Preparation

Selecting a Pumpkin

Look for the pumpkin with 1 to 2 inches of stem left. If the stem is cut down too low, the pumpkin will decay quickly or may be decaying at the time of purchase. Avoid pumpkins with blemishes and soft spots. It should be heavy, shape is unimportant. Figure one pound of raw, untrimmed pumpkin for each cup of finished pumpkin puree.

Preparing the Pumpkin

Spread newspaper over your work surface. Start by removing the stem. Cut the pumpkin in half. Scoop out the seeds and scrape away all of the stingy mass.

Cooking the Pumpkin

Cut pumpkin in half, scraping away stringy mass and seeds. Rinse under cold water. Place pumpkin, peel side down on a large cookie sheet. Bake at 350°F for one hour or until fork tender.

Preparing the Puree

When the pumpkin is cool enough to handle, remove the peel using a small sharp knife and your fingers. Put the peeled pumpkin in a food processor and puree or use a food mill, ricer, strainer or potato masher to form a puree.

Pumpkin puree freezes well. To freeze, measure cooled puree into one cup portions, place in freezer, leaving $\frac{1}{2}$ inch headspace or pack into zip closure bags. Label, date and freeze at 0°F for up to one year.

Information adapted from <http://www.pumpkinnook.com>



Pumpkins are Nutritious

One cup of pumpkin puree

recipes from: www.pumpkin-patch.com/recipes

- Calories: 80
- Carbohydrates: 19 grams
- Cholesterol: 0
- Fat: less than 1 gram
- Potassium: 588 milligrams
- Protein: 2.4 grams
- Vitamin A: 310% of RDA
- Vitamin C: 20% of RDA
- Pumpkins are 90% water

Pumpkin Shake

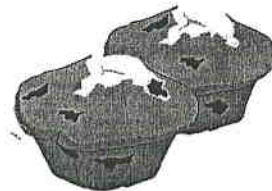
- 1 teaspoon pumpkin
- 1 tablespoon skim milk
- $\frac{1}{2}$ cup vanilla frozen yogurt
- 1 candy pumpkin



Stir together frozen yogurt, milk and pumpkin puree in a cup. Place candy pumpkin on top and serve.

Pumpkin Muffins

- | | |
|-----------------------------|----------------------------|
| 3 $\frac{1}{2}$ cup flour | 4 large eggs |
| $\frac{1}{2}$ teaspoon salt | 1 $\frac{1}{2}$ cups sugar |
| 1 teaspoon baking soda | 1 cup oil |
| 1 teaspoon baking powder | 2 cups pumpkin |
| 2 teaspoons cinnamon | 1 cup raisins |
| 1 teaspoon vanilla | |



Preheat oven to 350°F. In a small bowl, combine pumpkin, vanilla, eggs, oil and sugar. Sift flour, baking powder, soda, cinnamon and salt. Combine wet and dry ingredients, beat until smooth. Add raisins. Pour batter into greased muffin pan, filling each cup 2/3 full. Bake for 30 minutes until lightly brown.

*Does NOT count as a bread; Can be counted as $\frac{1}{2}$ fruit/vegetable.

Pumpkin Butter

- | | |
|--|--------------------------------------|
| 1 can (15 oz.) pure pumpkin | 1 cup apple juice |
| 1 medium apple, peeled and grated | $\frac{1}{2}$ cup packed brown sugar |
| $\frac{3}{4}$ teaspoon pumpkin pie spice | |



Combine pumpkin, apple, apple juice, sugar and pumpkin pie spice in medium, heavy-duty saucepan. Bring to a boil; reduce heat to low. Cook, stirring occasionally, for 1 $\frac{1}{2}$ hours. Serve with buttermilk biscuits, breads, corn muffins or hot cereal. Store in airtight container in refrigerator for up to 2 months.

*Amounts are not large enough to be counted as a serving; Great served as an extra item at breakfast or snack.

10 Pumpkin Activities



- 1) Provide each child with a small pumpkin and have assorted arts-and-crafts supplies available for the child to decorate the pumpkin with.
- 2) Give each child a small paper plate and a piece of orange construction paper. Let the children tear their orange papers into small pieces and glue the pieces all over their paper plates. Then let them glue on green construction paper stems to complete their pumpkins.
- 3) Hang a long piece of butcher paper on the wall at the children's eye level. Attach the pumpkins to the butcher paper. Add vines and leaves with a green felt-tip marker to create a pumpkin patch mural.
- 4) Make a glove puppet with a black glove, 5 orange pompoms, and a green pipe cleaner. Hot-glue a pompom to each fingertip of the glove. Then glue a green pipe cleaner stem to each pumpkin. Have the students take turns wearing the puppet glove while the rest of the class recites the rhyme.



Five little pumpkins...

1...2...3...4...5

Sitting in a pumpkin patch,
Waiting for Halloween to arrive.

First one said, "I'm going to be a jack-o-lantern with a smile real big."

Second one said, "I want to be a jack-o-lantern that looks like a pig."

Third one said, "I'm going to be a jack-o-lantern witch with a hat."

Fourth one said, "And I'll be a jack-o-lantern scary black cat."

Fifth one said, "Jack-o-lanterns are not for me. I'm going to
be a pumpkin pie as yummy as can be!"

5) LUNCH BAG PUMPKIN:

Materials needed: One brown paper lunch bag, two rubber bands, green pipe cleaner, orange acrylic or tempera paint, newspaper, paint brush or sponge.

Directions: Cut bottom off of lunch bag leaving a tube like shape. Gather the bottom of the bag together evenly. Put a rubber band about 1 inch from the bottom. Turn the bag inside out and flatten out bottom. Stuff bag with newspaper and shape into pumpkin shape. For the stem, gather about one inch from the top, twist and put a rubber band around it. Push down for pumpkin shape. Paint pumpkin shape with a brush or sponge leaving wrinkles unpainted for contrast. Let dry. Place the green pipe cleaner around the top where the rubber band is at the stem. Add green leaves around stem if desired.

- 6) Make a book to show how a pumpkin goes from seed to fruit. (see handout at the end of packet)

CHILI BEAN NACHO SKILLET

From Nov/Dec 2004 Quick Cooking magazine

- 1 pound lean ground beef
- ½ cup chopped onion
- 1 can (15 ounces) chili beans, undrained
- 1 can (15 ounces) tomato sauce
- 1 can Mexicorn, drained
- 1 teaspoon sugar
- 1 teaspoon chili powder
- ½ teaspoon dried oregano
- ½ to 1 cup shredded cheese
- tortilla chips, optional



In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in beans, tomato sauce, corn, sugar, chili powder and oregano. Bring to a boil. Reduce heat; simmer uncovered for 10 minutes. Sprinkle with cheese; remove from heat and cover. Let stand for 5 minutes or until cheese is melted. Serve With tortilla chips if desired.

Counts as 1 meat and 1 vegetable.

1 cup serving = 278 calories, 8 gm fat (4 g saturated fat), 44 mg cholesterol, 28 g carbs 6 g fiber, 23 g protein



Tuna Apple Salad

From 5-a-day Secret to Healthy Living

- 2 cans water packed tuna, drained
- 2 tablespoons minced red onion (optional)
- 1 apple, cored and chopped
- ¼ cup chopped celery
- ¼ cup golden raisins
- 5 tablespoons light Italian dressing
- 2 cups salad greens
- 2 pita breads, cut in half

In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 tablespoons of dressing. In another bowl, toss together salad greens with remaining dressing. Carefully open pita breads and fill with greens and tuna salad.

Yield: 4 servings ½ pita serving = 210 calories, 23 g carbohydrates, 24 g protein, total fat 3 g, 25 mg cholesterol, 3 g fiber

Counts as 1 meat, 1 bread and 1 fruit or vegetable.

Spaghetti Squash with Parsley and Garlic

From 5-A-Day.gov

- 1 spaghetti squash (4 lb)
- 1 Tablespoon margarine
- 3 cloves garlic, minced
- 1 cup coarsely chopped fresh parsley or grated zucchini
- 1 ¼ cup low fat plain yogurt
- Freshly ground pepper

Boil it, microwave it or steam it- any way you cook it, be sure to try out this delicious recipe! In large pot of boiling water, cook whole spaghetti squash until tender when pierced with skewer, about 30 minutes (some varieties of squash may take longer). In small skillet, melt margarine over medium low heat; add garlic and cook until tender, about 1 minute. Drain squash and cut in half crosswise. Scoop out seeds. Run tines of fork lengthwise over squash to loosen spaghetti-like strands; scoop out strands into baking dish or serving bowl. Add garlic mixture, parsley, yogurt, and pepper to taste; toss to mix.

To microwave, rather than boil: Pierce spaghetti squash in 10 to 15 places with a fork; place in microwave safe dish and microwave at high (100%) power for 5 to 7 minutes per pound or until tender when pierced with fork. Turn over halfway through cooking. Let stand 5 minutes. In a steamer: Cut squash in half crosswise; scoop out seeds. Steam for 15 to 20 minutes or until tender.

Counts as 1 vegetable.

Yield: 8 servings

102 calories, trace fat, 0 milligrams cholesterol 23 milligrams sodium, 6 grams fiber!

