



## Program Updates

April/May 2012

### May 11, 2012—National Provider Appreciation Day

Take a moment—reflect and celebrate the very important work you do!!

The following quotes are from "For the Love of Children" by Jean Steiner and Mary Steiner Whelan

*As they grow away from their childhood, kids will remember in their hearts the warmth and safety you give them today.*

*You bring reassurance to parents and children with your tender heart and gentle face.*

*Your help moves kids forward to shape their lives and create their future. With every lesson you teach, you are touching tomorrow.*

**Remember: You are an amazingly devoted child care provider who shows tireless commitment and exceptional compassion in caring for children. You deserve respect for your tireless work!**

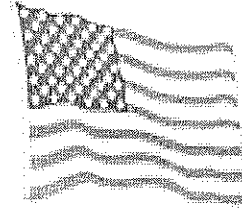
*Thank you for all you do in providing quality care for children.*

**YOU ARE TERRIFIC!**

### THANK YOU!!

We wanted to thank those who returned their re-enrollment worksheets and renewal applications to our office in a timely manner. We appreciate your cooperation and all your hard work in providing excellent nutrition for the children in your day care!

If you haven't sent your forms in yet, please send them immediately so your children won't be disallowed.



### HOLIDAY CARE

If you plan on providing care Presidents Day, Memorial Day, 4th of July or Labor Day you must call the office for pre-approval 4 days prior to the holiday.

If you don't get pre-approval the meals on that day will be disallowed. You also need to send to the office a copy of your sign in/out with full signature for all children claimed that day by the 5th of the next month.



# More Program Updates

- Take some time and look at your menus. Is there variety? Do you use a lot of crackers or cookies? How much fresh fruit do you offer? Do you serve a lot of high fat meats? Do you introduce new foods once in a while for variety?
- If you are going to be closed, please remember to call the office the **DAY BEFORE!!!**
- If you have a child who needs to eat a special diet, you must submit a special diet statement that needs to include not only what the child can't have, but also what food to substitute. See the next page.
- Did you know we have a web site????  
Check it out: [enputah.org](http://enputah.org)

## Don't Forget:

If you haven't attended a class yet; be sure to attend one of the next scheduled classes. See the flyer we sent last month for addresses.

All classes are from 6:30-8:30 pm

Logan:	April 19
Logan:	April 25
Moab:	May 1
Blanding:	May 2
Price:	May 3

## Dear Aunt Bee:

I was recently shopping and saw a new product, Veggie Straws. I was wondering if they can be served on the Food Program?

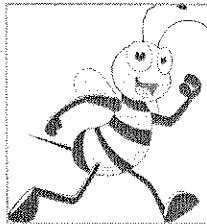
Curious Hannah

## Dear Curious Hannah:

Unfortunately they *do not* qualify. The first ingredient is potato flour. Products made with the first ingredient being whole corn may be used as a grain component, however this does not apply with a potato product.

If you have questions about this; please feel free to call the office

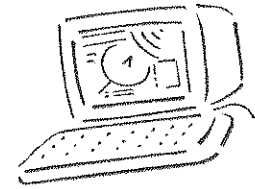
Aunt Bee



## DID YOU KNOW!!!

Comcast has a \$9.99 internet program for low-income families

Today the internet is no longer just a convenience. It has become essential for school, work, communicating with others and more. Unfortunately, millions of students and their families do not have broadband internet service at home, making it difficult to access valuable learning opportunities, maintain communications between parents and teachers or search for jobs. That's why Comcast created Internet Essentials.



Four ways Internet Essentials gets families connected—for less.

- Fast, home internet service for just 9.95 a month + tax.
- No price increases, activation or equipment rental fees while in the program.
- A low cost home computer available at initial enrollment for just 149.99 +tax
- Free internet training—in print, online and in person.

## To qualify you must have all these:

- Be located where Comcast offers internet service
- Have at least one child receiving free school lunches through the National School Lunch Program
- Have not subscribed to Comcast internet within the last 90 days
- Not have an overdue Comcast bill or unreturned Comcast equipment.

To apply:

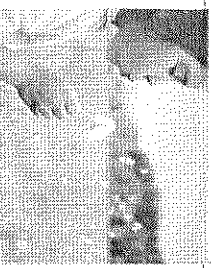
Call 1-855-8-INTERNET (1-855-846-8376) to request an application. Complete the application and return it, along with lunch program documents from your child's school. They will notify you within 7-10 days about your status.

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 número para solicitar servicio de traducción (435) 797-2169 or 1-800-540-2169.

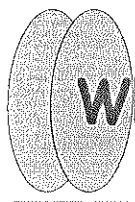


# April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Play a game of Movement Charades. Act out something using your body and see if someone can figure out what you are doing.	2 Practice your walking today—swing your arms, keep your head up, shoulders back. Do this outside!	3 Find a ball and practice kicking. How far can you make the ball go? How high can you make it go?	4 Pretend that your home is full of mud puddles and your job is to jump over them without getting wet and dirty.	5 Help out in the kitchen—sweep the floor and wipe down the counters. Use great big movements to work all your muscles.	6 Running is a great way to make your heart healthy. Try to run for 2 minutes without stopping.	7 With a ball that bounces work on bouncing and catching skills. Drop the ball and catch it after it bounces.
8 Find four pillow that are different sized. Can you balance on each one without falling off?	9 Get outside and run, gallop and jump all over. Feel you heart when you are done—what is it doing?	10 Find lines on the sidewalk or driveway and jump over them. Remember to land softly on two feet.	11 Work on underhand tossing into different sized target. Make your arm go "tick tock" like a clock.	12 Movement Memory— one person does three movements as the other person watches. Now it is this person's turn to repeat those movements.	13 Have fun rolling around your home. Work on rolling in a straight line and a curvy line.	14 Try to wiggle and shake every part of your body, one by one. Then wiggle or shake your entire body.
15 Roll a t-shirt into a lasso and move it in circles above your head, in front and behind and to the side. Do it with the other hand too.	16 Practice your hopping. Remember to take off and land on the same foot. Hop near and far, high and low.	17 Mirror me—face someone and copy exactly what they do.	18 Go on a walk through your home. How many steps does it take to get from one space to another?	19 Time to stretch and reach. Turn you body into different shapes and hold each shape, as you squeeze your muscles.	20 Can you do a jumping jack? Give it a try!	21 Pretend that you have a farm in your home and act out the different things you would see— like a horse galloping, a pig rolling in the mud, and a farmer picking apples high in a tree.
22 Carry your favorite stuffed animal around the house on your elbow, your head, your foot, your back, and even your tummy.	23 Time to get outside and move. Go on an imaginary adventure... be a pirate, a cowboy, or a scientist.	24 Create an obstacle course outside with stuff. Run, jump and gallop through, over and around.	25 Turn some music on and move to the beat. This is more fun if someone does it with you.	26 Practice your ball rolling skills. Set up a target and try to knock it over by rolling a ball on the ground. Use your tick tock like a clock.	27 Sit on a t-shirt, roll up another t-shirt and hold on to one end as someone else holds on to the other end and pulls you around the room. Your turn to pull them.	28 Can you walk through your home pretending not to wake anyone up? Be soft, quiet, and careful.
29 Time to march! Pretend to have your favorite instrument and march as you play. Can someone guess what instrument you are playing?	30 Repeat your favorite activity this month!					

# May 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>6 Copy Me! Take turns doing three movements, such as reach high, touch your nose, shake your foot—after one person does the movements the partner has to copy.</p>	<p>7 All Aboard! Find a big towel or blanket and spread it out on the floor. Stand on it move on it, then fold it up a little. Can you still stand and move on it? Fold it again—move again. How small can you make the towel?</p>	<p>8 Log rolls—find a safe space in your home and practice rolling in a straight, strong line. Use those muscles.</p>	<p>9 Act out the movements of the animals you see in the spring.</p>	<p>10 Roll up some socks and practice your self toss and catch skills. Can you clap before you catch it? How about touch your tummy before you catch it?</p>	<p>11 Read your favorite Nursery Rhyme and put actions to it so you can say it with your body.</p>	<p>12 Motions of the weather. Use your bodies to pretend to be different types of weather. Rain, wind, thunder, snow... get creative.</p>
<p>13 Pretend that your elbow or your foot is a great big crayon and move all around your home coloring the most beautiful picture.</p>	<p>14 Find a ball and a big target to practice your kicking skills. Kick as hard as you can.</p>	<p>15 Take 5 minutes—go to every space in your home and do a funny dance that makes your parent/caregiver laugh. Make them do the dance with you.</p>	<p>16 Get outside and run—try running in a straight line, a curvy line, and then a zigzag line.</p>	<p>17 Get outside and play catch. Follow the ball with your eyes and move to where the ball is going.</p>	<p>18 Using paper plates ask someone to help you make a hopscotch pattern and then work on your hopping and jumping skills.</p>	<p>19 Can you leap? Pretend that your home is full of puddles and your job is to leap over all of them. Don't get wet.</p>
<p>20 Imagine that you are a super hero—run, stomp, swing, fly, melt, march, tip toe.</p>	<p>21 Turn on some music and make your parent/caregiver dance with you. Tell them they have to dance for at least 2 whole songs.</p>	<p>22 Statues Game. Put your body into a balance position and hold it while you count to 10. Try a more challenging position.</p>	<p>23 Practice your jumping jacks. Can you do them standing up? How about lying on the floor.</p>	<p>24 Stand outside—balance on one foot. Reach in the air, breathe in the fresh air, spin in a circle stretch to the ground.</p>	<p>25 Get silly today and make up a new sound or word, then make up a new action to go along with that word or sound.</p>	<p>26 Put a sheet or newspaper on your chest and tummy—run fast as you can so the paper does not fall off.</p>
<p>27 Go for a walk—breathe in the air as you swing your arms and hold your head high.</p>	<p>28 Can you skip? Give it a try—step, hop, step, hop</p>	<p>29 Get outside and practice your running. When you run, work on pumping your arms front and back and moving in a straight line.</p>	<p>30 Practice your ball rolling skills by rolling a ball back and forth with someone. Each time you roll it, back up one step—try again.</p>	<p>31 Go back and repeat the activities that you really enjoy this month.</p>		



# Whole Grains

## WHOLE GRAINS include whole:

amaranth  
barley  
brown rice  
bulgur  
corn  
kamut  
kasha (buckwheat)  
millet  
oats  
quinoa  
rye  
sorghum  
spelt  
teff  
tricale  
wheat  
wild rice



## A WHOLE GRAIN has 3 parts:

- the inner *germ*: rich in oils and vitamin E; the word *germ* relates to germination of the seed
- the starchy middle part, *endosperm*; the part from which refined flour is made
- the outer *bran*; rich in minerals, phytonutrients, and fiber

Refined grains such as white rice or white flour have had the bran and germ removed. Although some B vitamins and iron are added back after the milling process, refined grains still do not have as many nutrients or as much fiber as whole grains. There are over 20 nutrients in whole grains that are missing or reduced in refined grains.

**Gluten-free grains** include amaranth, buckwheat, corn, millet, quinoa, rice, sorghum, teff, and wild rice. Oats are also naturally gluten-free, but may be inadvertently contaminated with wheat (gluten) during growing or processing, according to the Whole Grains Council.

## WHOLE GRAINS are:

- nutrient-rich
- 10-15% protein
- rich in antioxidants
- low in fat
- high in fiber
- slowly digested

## WHOLE GRAINS provide many nutrients including:

B vitamins  
vitamin E  
iron  
zinc  
magnesium  
manganese  
copper  
potassium  
selenium  
phytonutrients



Products labeled as “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole grain products and may not even contain any whole grain.

Read the ingredients list and choose products that name a whole ingredient first. Look for “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” “whole rye,” or “wild rice.”

Use the Nutrition Facts label to check the fiber content of whole grain foods. Good sources of fiber contain 10% to 19% of the Daily Value. Excellent sources contain 20% or more.

Set a good example for children by serving and eating whole grains every day with meals and snacks.

Source: *Adapted from USDA*

## WHOLE GRAINS have health benefits

*A healthful diet that regularly includes a variety of whole grains may reduce the risk of:*

- ◆ type 2 diabetes
- ◆ some types of cancer
- ◆ high blood pressure
- ◆ metabolic syndrome
- ◆ bowel disorders
- ◆ heart disease
- ◆ obesity

*It is generally recommended that young children eat about half their grain servings as whole grains.*

*\*For specific recommendations visit:  
[www.MyPlate.gov](http://www.MyPlate.gov)*

## Soaking Grains:

Soaking grains before they are to be cooked is a traditional practice in many cultures: Mexican, Native American, African, European, and others. Modern science has found that this practice has nutritional benefits.

Whole grains have in their outer bran layer a mineral-binding substance called *phytic acid*.<sup>\*</sup> In the intestine it ties up minerals like calcium, zinc, iron, copper, and magnesium, interfering with their absorption. (Rice and millet are low in phytic acid.)

Soaking grain in warm water overnight activates enzymes that work to break down phytic acid. This helps improve nutritional value.

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