



Program Updates Dec 11/Jan 12

Reminders...

- High Fat meats, sugar/sweets should not be served more than twice a week. Please watch this.
- When we have been reviewing foods that have been served we have noticed that some providers are not serving a variety of foods. Bread at lunch, cold cereal for breakfast, crackers for snacks, and the same vegetable and/or fruits are being served three or more times per week. Please review your menus to make sure you are not serving the same foods three or more times per week. Kids should be served a variety of foods!
- Remember we only have school district days off listed in Minute Menu as vacation days. If you have children who are out of school and you are serving AM Snack and/or Lunch make sure you list it on the CIF or check them out of school when you claim on-line.
- Remember that if you have an infant turn 8 months old they require one more component in their meals.
- Juice should not be served to infants until they are 8 months old. Juice is only allowed at snack time for infants 8-12 months old. They cannot be served juice for breakfast, lunch or dinner.
- We will be focusing on increasing activity in all Child Care homes during 2012. We will be including in our newsletters activity calendars for every month in 2012.

Days to Remember...

December 2011

- Stress-Free Family Holiday Month
- 1- Mail in/Submit Your Claim
- 6- Saint Nicholas Day
- 20- Hanukkah begins
- 25- CHRISTMAS DAY
- 26- First day of Kwanza
- 31- New Years Eve Day
- 31- New child enrollment forms due in the office



January 2012

- National Dairy Month
- 1- New Years Day
- Mail in/Submit Your Claim
- 16- Martin Luther King Day
- 23- Chinese New Year
- 31- New child enrollment forms due in the office



PLEASE HELP US GET THE CLAIM DONE EARLY IN DECEMBER BY SUBMITTING YOUR CLAIM AND CHILD ENROLLMENT FORMS ON-TIME!!!

Keep up the good work and Happy Holidays!!



This Institution is an equal opportunity provider.

January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Start off the year with a family walk and talk. Think of a physical activity you could do as a family this month	2 Using a laundry basket and recycled paper, make a bunch of paper balls and practice throwing into the basket from different distance	3 Find a place in your home where you can roll. Practice rolling with a long, straight body and with a small, coiled body	4 Play follow- the-leader. Take turns moving to a different area and then do a fun movement in each space.	5 Play add-on. Take turns doing one simple movement, such as bending your elbow. As you do a new movement, repeat the movements that have already been done.	6 Go ice skating inside put two paper plates on the floor and use them to skate around. Try taking big steps or small steps; try going in a straight line or a curvy line	7 Practice your jumping and hopping today. How far can you go? How many can you do in a row?
8 Let's go silly walking! Walk all around your home acting out different emotions. Can you walk happy, sad, shy and angry?	9 Have fun rolling a ball back and forth to each other. Start out really close then move further away.	10 Work on your catching today. Toss a scarf or ball to yourself. Watch it move through the air and make a home for it with your hands. Can you clap your hands or touch your tum-my before you catch it?	11 Practice your galloping today. Try to use your hands to do other things while your legs are galloping, such as waving, clapping or snapping.	12 Put some music on and dance! Try to keep moving for an entire song.	13 Play the Mirror Game. Face your mom or dad and copy what they do with their bodies as if you were looking into a mirror.	14 Pretend as if you were just waking up, act out all the things you do in a day. From brushing your teeth, to chasing the dog, to washing your hair, to cleaning your room.
15 Go on an imaginary walking trip. Pretend to walk through the sand, over a bridge, into the mud or under a tree.	16 Ask others in your family to pretend to be in a parade with you. Each of you can imagine that you are playing a different instrument as you march in a line.	17 Play a game of Shape It! Pick something in the house and your job is to put your body into that shape.	18 Pretend to go through the four seasons. What would you look like if you were moving in the winter? How about the summer, spring or fall?	19 Today you are going to be rain. Can you act out a mist, a drizzle or a down-pour? What about a windy rain, a cold rain or a heavy rain?	20 It rained yesterday so there are lots of puddles today. Pretend to run through the puddles, jump over the puddles, crawl around the puddles and splash in the puddles.	21 Time to get outside and take a nature walk around your home or neighborhood. Make sure to go with a grown-up.
22 Make a tunnel using chairs and a blanket. Have fun crawling through it and running around it.	23 Body Ball Roll: Using a ball such as a beach ball work on rolling the ball around the body. Stand up, sit down, kneel or lay down.	24 Time to explore space. Using a scarf explore the space around you. Move the scarf up and down, in different pathways, shapes and sizes.	25 Move like things around the house. Can you be a blender? How about a washing machine? How about a light switch or the vacuum?	26 Go on a color walk. Try to find as many different colors as you can. When you find a color do 10 jumps before going to a new color.	27 Find two different songs-- one fast and one slow. Do a fast dance and then do a relaxing slow stretch.	28 Cut out snowflakes and make a trail. Move along the trail.
29 Roll up some socks, put them on a big beach towel, hold onto the ends of the towel and fling the socks into the air.	30 Spread out a bunch of cotton balls on one side of the room. Start on the other end, run to the cotton, pick up one ball with a clothespin, run back and put it in a bucket.	31 What was your favorite activity this month? Give it another try!				

Notes *for* Caregivers



■ Food Allergy

Prevalence of food allergy was 8% in a recent national survey of more than 38,000 children.

Among those with food allergy, 30% had multiple food allergies, and 39% had had severe reactions.

The most common food allergy was peanut (25%), followed by milk (21%), and shellfish (17%).

Pediatrics, Aug 2011

■ Peanut Allergy

Worldwide, the incidence of peanut allergy is on the rise. And along with it are medical and legal concerns surrounding this potentially fatal condition.

Even tiny amounts of peanut can quickly cause onset of symptoms and can be potentially fatal in sensitive persons. Knowledge of management strategies is of utmost importance for families and caregivers of children with peanut allergy.

Peanut allergy is typically a lifelong condition. Only about 20% of those affected outgrow it.

J Am Acad Dermatol, Aug 2011

■ Veggies in Hiding

In a small study at Penn State, researchers successfully “hid” puréed vegetables in well-liked foods served to 3- to 5-year-olds attending a preschool program. As a result, the children substantially increased their vegetable intake while reducing caloric intake over the course of 3 test days.

Puréed cauliflower, broccoli, and squash were added to standard recipes for pasta sauce, chicken noodle casserole, and zucchini bread without affecting likability.

Am J Clin Nutr, Sep 2011

■ Temperature of Foods Sent by Parents

Only 2% of sack lunches containing perishable foods were in the safe temperature zone in a recent survey of 705 lunches sent by parents of children attending preschools in Texas.

A surprising 88% of the sack lunches were at ambient temperatures. Forty-five percent contained 1 ice pack. Frozen teething rings or juice boxes were used as ice packs in some lunches. And 39% had no ice pack.

Even when several ice packs were used, most foods and fluids in thermoses were at unsafe temperatures.

Keeping foods **below 39 degrees F** or **above 140 degrees F** is essential in the prevention of foodborne illness.

“Foods left in the temperature zone of 39.2 degrees F to 140 degrees F for more than 2 hours are unsafe to consume and must be discarded because of the production of heat resistant toxins by bacteria that can cause foodborne illness,” researchers stated.

Pediatrics, Sep 2011

*Proper early nutrition
helps to provide the
building blocks
for lifelong health.*

■ Food & Housing Insecurity

Crowding and multiple moves (housing insecurity) were associated with food insecurity, poor health, lower weight, and developmental risk among young children in a recent study conducted in 7 urban US medical centers.

“Policies that decrease housing insecurity can promote the health of young children and should be a priority,” concluded the authors.

Am J Public Health, Aug 2011

We cannot meet without learning.
—Maori elders

■ Picture Books

Data from studies that expose toddlers to picture books about fruit and vegetables suggest that the more familiar children become with appearance and origins of these foods, the more willing children are to eat them.

Appetite, May 2011

■ Water to Drink

In a survey of 40 child care centers in New York City, most provided healthful beverages and foods to children, but “further efforts are needed to make water available” to the children throughout the day.

Drinking water was available in classrooms in only half of the centers observed.

J Am Diet Assoc, Sep 2011

■ Scald Injury

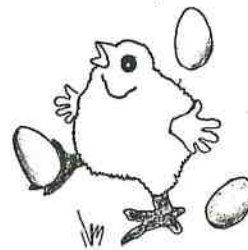
Hot soup is a leading cause of scald burn injuries in young children. Pre-packaged instant soup heated in the microwave is reportedly implicated in many cases.

Soup scald burns have been found to be more prevalent in families with multiple children, and in families of lower income. Special care must always be taken when children are in the presence of hot liquids.

Journal of Burn Care Research, Feb 2008

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Chicken, Turkey, Eggs



CHICKEN Facts:

Chicken is the most popular meat consumed in America.

Broiler-fryers, roasters, stewing/baking hens, capons, and Rock Cornish hens are all chickens.

Free-range chickens are those raised with open access to outdoors (as opposed to being cooped up indoors). *Organic* chickens are those raised with organically grown feeds, and without use of synthetic hormones or chemicals.

Giblets (liver, heart, and gizzard) are typically used in making gravy.

One-half cup of cooked chicken has 20 grams of protein and 115 calories.

Poultry is a term applied to domesticated fowl: chicken, turkey, duck, goose, Cornish hen, and guinea fowl.

CHICKEN is:

- ◆ high in protein
- ◆ a source of B vitamins, especially riboflavin, niacin, and B⁶
- ◆ a source of minerals, especially selenium, iron, zinc, phosphorus, and potassium.
- ◆ lacking in carbohydrate, fiber
- ◆ low in fat (without skin)

For safe handling and proper cooking instructions follow poultry package recommendations. Or call the USDA poultry hotline at: 1-888-674-6854

TURKEY Facts:

Turkey is the 4th most popular meat consumed in America. Ahead of it are chicken, beef, and pork. The wild turkey is native to Mexico.

A 15-pound turkey has about 70% white meat and 30% dark meat.

Dark turkey meat has twice as much iron, selenium, and zinc than does white turkey meat.

One-half cup of cooked white turkey meat has 20 grams of protein and 120 calories.

Forty-five million turkeys are eaten each Thanksgiving.

A general rule of thumb for selecting turkey size needed is 1 pound/person.

TURKEY is:

- ◆ high in protein
- ◆ a source of B vitamins, especially riboflavin, niacin, pantothenic acid and B⁶
- ◆ a source of minerals, especially selenium, iron, zinc, phosphorus, and potassium.
- ◆ lacking in carbohydrate, fiber
- ◆ low in fat (without skin)

Hen's EGGS:

Eggs from chickens are a rich source of essential nutrients. Brown shell eggs have the same nutritional value as white shell eggs. The color of the yolk reflects the hen's diet. Deep golden-colored yolks are richer in healthful carotenoids than are lighter colored yolks.

A large egg has about 75 calories, 6 grams of protein, 5 grams of fat, and 1 gram of carbohydrate. It has about 212 mg of cholesterol.

New data from across a wide population range suggests that eating eggs is *not* a risk factor for heart disease as has been thought for the past 40 years.

Be sure to check dates on egg cartons in order to buy the freshest ones. Refrigerated, eggs will keep for 4 or 5 weeks from the date on which they were packaged. An old egg will float in a glass of saltwater. A fresh one will sink.

EGGS contain:

- ◆ high quality protein
- ◆ more than 15 vitamins and minerals, including B vitamins, iron, selenium
- ◆ lutein, zeaxanthin and other healthful carotenoids
- ◆ saturated and unsaturated fats
- ◆ no dietary fiber

CHILDREN'S PICTURE BOOKS

Chicken Big, by K. Graves
Chicken Little, various authors
Chicks & Chickens, G. Gibbons
Where Do Chicks Come From?
A. Sklansky
Eggs & Chicks, Kushii/Wray
This Little Chick, J. Lawrence
Chicks and Salsa, Reynolds/Bogan
Henny Penny, various authors
The Little Red Hen, various authors
La gallinita roja, L. McQueen

Turkey Trouble, by Silvano/Harper
Ten Fat Turkeys, Johnston/Deas
Run, Turkey, Run! Mayr/Rader
A Plump and Perky Turkey, Bateman
First the Egg, Seeger
Eggs, J. Spinelli
An Egg is Quiet, Aston/Long
Big Egg, M. Coxé
From Egg to Chicken, G. Legg
Green Eggs & Ham, Dr. Seuss
Horton Hatches the Egg, Dr. Seuss



■ Healthy Eating & Physical Activity

During the last 30 years, the prevalence of obesity has tripled among children aged 6 years and up.

Many chronic disease factors, such as high blood pressure, high cholesterol levels, and high blood glucose levels are related to obesity.

Healthy eating and regular physical activity play a big role in preventing chronic diseases, including heart disease, cancer, and stroke, the three leading causes of death among adults aged 18 and older.

Poor diet and physical inactivity among younger persons can lead to an increased risk for certain chronic health conditions, including high blood pressure, type 2 diabetes, and obesity.

In 2007-2008, 20% of US children aged 6 to 11 years and 18% of those aged 12 to 19 years were obese—percentages that have tripled since 1980.

Engaging children and adolescents in healthy eating and regular physical activity can lower their risk for obesity and related chronic diseases.

Dietary and physical behaviors of children and teens are influenced by many things, including families, communities, schools, child care settings, health care providers, government agencies, media, food and beverage industries, and the entertainment industry.

Schools play a critical role by establishing a safe and supportive environment with policies and practices that support healthy behaviors. Schools also provide opportunities for students to learn about and practice healthy eating and physical activity behaviors.

MMWR, Sep 16, 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.

■ Fiber Options

The health benefits of eating a fiber-rich diet are plentiful, yet most Americans do not get enough fiber in their diet.

Fiber is found in plant foods. Viscous-type fiber confers slower digestion, creating a feeling of fullness. It may reduce blood glucose concentrations, benefiting insulin sensitivity.

Insoluble-type fiber benefits laxation and helps ameliorate constipation. Whole grains contain about 12% insoluble fiber. Many plant foods contain both types of fiber.

Journal of Medicinal Food, 14(9)2011

■ Whole vs. Juiced

A study comparing effects of *whole* and *juiced* fruits and vegetables on tooth decay found that juiced foods were not more cavity-causing than whole foods, except for raisins (dried grapes which contain 64% natural sugars).

The foods tested were apples, grapes, oranges, carrots and tomatoes.

Caries Research, Aug 2011

■ Green Tea Extract

In a recent study of 66 kids, green tea extract showed promise in controlling the growth of cavity-causing oral bacteria (*S. mutans* and others).

Naturally occurring polyphenol compounds in green tea are thought to be the effective agent.

Polyphenols are commonly found in a wide array of plant foods, especially in tea, coffee, grains, and fruit. They are known to have anti-inflammatory, anti-cancer, and antioxidant properties and may also play a role in prevention of heart disease, diabetes, osteoporosis, and neurodegenerative disease.

Journal of Medicinal Food, 14(9)2011

■ Cod Liver Oil

Cod liver oil has been traditionally valued as a folk remedy and used to prevent and treat the bone disease *rickets*. It contains health-supporting omega-3 fatty acids as well as vitamins A and D.

In a recent study wherein children were given during the winter and spring cod liver oil and a multivitamin/mineral supplement, visits to clinic for upper respiratory illness during that time decreased by 36% - 58%.

J Am Coll Nutr, Dec 2010

■ Farm Milk

A recent study of more than 7500 school-aged children living in rural regions of Switzerland, Germany, and Austria found that those drinking raw “farm” milk were comparatively less likely to have asthma, allergies, and/or hay fever.

Milk fresh from the cow which has not undergone a pasteurization process (heat treatment to kill bacteria) is known as raw milk.

Boiled raw milk, however, did not show a protective effect in this study.

J Allergy Clin Immunol, Aug 2011

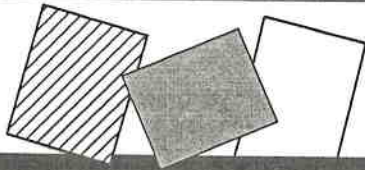
■ Chemicals & Obesity

Chemical relatives of notorious BPA (bisphenol A) could function in our bodies as *obesogens*, says new research. That is, these man-made, hormone disrupting chemicals could be contributing to obesity.

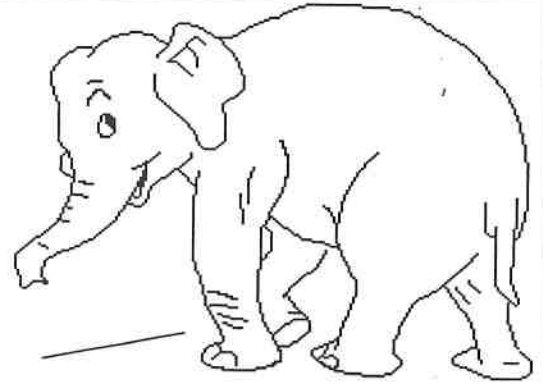
Bisphenols form a large family of chemicals used to make plastics, food can linings, dentistry sealants, polycarbonates, epoxy resins, and many other things.

It has been hypothesized that early exposure to BPA could play a role in the onset of obesity and other metabolic syndromes.

Environmental Health Perspectives, May 2011



Things to Remember



when feeding preschool children:

- Mealtime should be a pleasant time.
- The eating area should be attractive and comfortable.
- It is very good that the cook develop a friendship with the children.
- Tableware should be child-sized and each child should have enough personal space at the table.
- Meals and snacks should be served at regularly scheduled times.
- Offer a variety of nourishing foods from which the children can choose.
- Generally, young children like plain, unmixed, mild-flavored, easy to eat foods.
- Make sure food served is the appropriate temperature.
- Let preschoolers serve themselves.
- Encourage children to try new foods, but allow them to decline if they wish.
- Never force a child to eat.
- Acceptance of new foods, other than sweet or salty ones, may take many exposures.
- Adults who join in a meal serve as role models for good manners and adventurous eating!
- Foods that could cause choking in young children include round hot dog or sausage slices, whole grapes, olives, cherry tomatoes, marshmallows, raw carrots, tough meat, nuts, seeds, pitted fruit, hard candy, raisins, thick peanut butter, chips, and popcorn.
- An adult should always be present when children are eating.
- Remind children to chew their food well and to not talk while chewing.
- Use the best sanitation practices when preparing food.
- Preparing food for children is a very important job.