

SPOTLIGHT PROVIDERS

004-0116

Holly Gilmore in Burnet has done an awesome job teaching herself the new bubbling forms after missing the local training class this year. Besides doing a great job filling them all in, she was up to date with all the paperwork. In addition, she recently had the largest group of preschoolers ever graduate from her daycare and move onto kindergarten. From all the flowers sitting on her countertop, her program coordinator could see how much Holly and her childcare program will be missed by her recent graduates. Keep up the excellent work, Holly!

Another fabulous provider to spotlight: **Maria Hernandez** from Laredo. When Maria started the new bubble forms, she took on a “can do” attitude. She always has a beaming smile and a hug for her program coordinator. Maria has many fresh fruit trees in her yard and everyday she squeezes fresh lime juice on the children’s “sopita” for Vitamin C. So much effort and love are put into making her house and grounds a better place for the kids. Thanks, Maria!



Giant Lawn Spider



- ☒ Fill a large black trash bag with leaves or crumpled newspaper and tie. This will be the spider's body.
- ☒ Fill a second trash bag only half-full and tie. This will be the spider's head.
- ☒ Cut four trash bags in half vertically and staple the cut sides closed.
- ☒ Fill each half with leaves or newspaper and tie. These will make up the spider's legs.
- ☒ Glue the bottom half of red plastic party cups in the middle of the spider's bag head. Use the white side of the cups to cut fangs.
- ☒ Staple the body parts together and place your spider in the yard.
- ☒ Weave white clothes line or string into a web and attach stuffed animal victims.

Tip of the Month:
For all providers using new MM Full Bubble Forms only!
Don't forget the milk!!
One of the errors we see most often is a provider forgetting to bubble in the milk. At the end of the month check all your main meals for the milk bubble. Or better yet, have someone else check your menus for forgotten milk bubbles. Sometimes it takes a fresh pair of eye to see mistakes or forgotten bubbles.

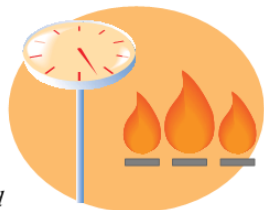


Health and Sanitation Tips

(Part 4 of 4)

COOK: Cook food to a safe, proper temperature.

To kill food-borne bacteria that can make you sick, cook food long enough and at a high enough temperature for that food. *Show your child how carefully you check:*



- ☐ Use a clean meat thermometer to check:
 - Cooked hamburgers: at least 160 degrees.
 - Whole, cooked chicken: 180 degrees.
- ☐ Cook eggs until yolks and whites are firm.
- ☐ Cook fish until it's not shiny and it flakes easily with a fork.
- ☐ Reheat leftovers to at least 165 degrees.
- ☐ Wash your thermometer with hot, soapy water. Wiping with a towel isn't enough.
- ☐ Be sure your microwaved food has no cold spots. Turning (by hand or turntable) and stirring while food cooks helps.

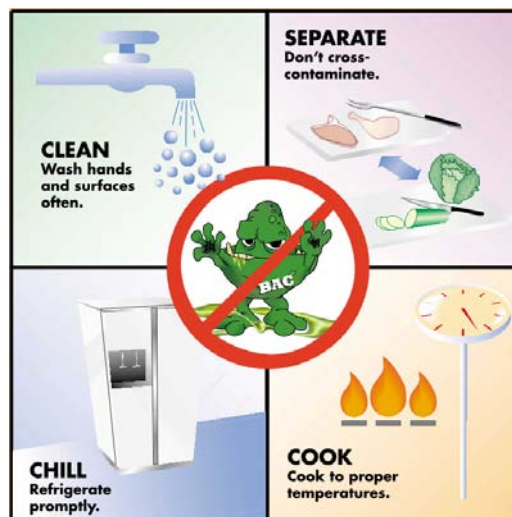
MYSTERY PROVIDER

Each month in this newsletter we put the provider ID of one **MYSTERY PROVIDER**. The Mystery Provider wins a fun children's book to share with their kiddos. If you find your ID somewhere in the newsletter call the office at 1-800-369-9082 and claim your prize!



Answers to September's quiz

- | | |
|------------------|----------------|
| 1. true | 6. simple |
| 2. simple sugars | 7. true |
| 3. false | 8. filling |
| 4. true | 9. false |
| 5. nutritious | 10. role model |



Nutrition Basics: **Fats** (Part 4 of 5)

As with carbohydrates in recent years, fats have been wrongly accused of being "bad." Some are definitely better than others, but certain kinds of fat are actually good for us and are an important part of a healthy diet.

Fats are nutrients in food that the body uses to build nerve tissue (like the brain) and hormones. The body also uses fat as fuel. If fats eaten aren't burned as energy or used as building blocks, they're stored by the body in fat cells. This is the body's way of thinking ahead: By saving fat for future use, the body plans for times when food might be scarce.

Fat gives food flavor and texture, but it's also high in calories and excess amounts of fatty foods (as with excess amounts of any food) can cause many health problems. For kids and teens, desserts and snacks (including potato chips, chocolate, cakes, doughnuts, pastries, and cookies) are a significant source of fat. Kids also get fat from whole-milk products and high-fat meats, such as bacon, hot dogs, and non lean red meat.

Of course, fast-food and takeout meals tend to have more fat than home cooking; and in restaurants, fried dishes are the highest in fat content. Fat also often "hides" in foods in the form of creamy, cheesy, or buttery sauces or dressings.

Still, fat is an important part of a healthy diet when kids eat the right kinds in recommended amounts.

Why Some Fats Are Healthy

Adequate fat intake is essential to growth and development. Young kids, especially, need a certain amount of fat in their diets to help the brain and nervous system develop correctly.

Besides supplying fuel for the body, fats:

- aid in the absorption of some vitamins (vitamins A, D, E, and K are fat soluble, meaning they can only be absorbed if there's fat in a person's diet)
- are the building blocks of hormones
- are necessary for insulating all nervous system tissues in the body
- help people feel full, so they're less likely to eat as much

Types of Fats

To help you figure out fats, here's a look at the three major types:

- **Unsaturated fats:** Found in plant foods and fish, these fats are seen as neutral or even beneficial to heart health. The types of unsaturated fats are:
 - monounsaturated, found in avocados and olive, peanut, and canola oils
 - polyunsaturated, found in most vegetable oils
 - omega-3 fatty acids, a type of polyunsaturated fat found in oily fish like albacore, tuna, and salmon
- **Saturated fats:** Found in meat and other animal products, such as butter, shortening, lard, cheese, and milk (except skim or nonfat), saturated fats are also in palm and coconut oils, which are often used in commercial baked goods. Eating too much saturated fat can raise blood cholesterol levels and increase the risk of heart disease.
- **Trans fats:** Found in margarine (especially the sticks), commercial snack foods and baked goods, and some commercially fried foods. Trans fats (also called trans fatty acids) are created when vegetable oils are hydrogenated (meaning that hydrogen atoms are added to the fat molecule so they remain solid at room temperature). Like saturated fats, trans fats can raise cholesterol and increase the risk of heart disease. Food manufacturers must list trans fats on food labels, but may also refer to them as "hydrogenated" or "partially hydrogenated" oils on the ingredient list.

How Much Fat Should Kids Get?

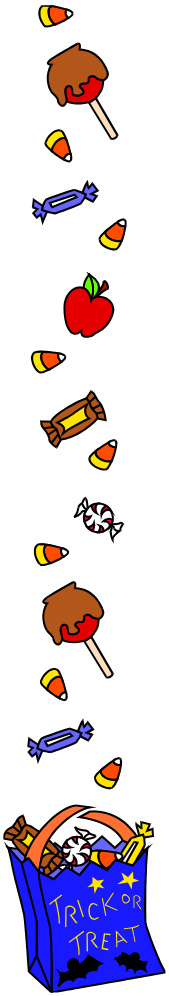
Although some people may think it's wise to try to cut fat altogether or excessively limit it, it's crucial for fat to stay a part of a child's diet. For young kids, especially, fat and cholesterol play important roles in brain development. And for those under 2 years old, fat should not be restricted.

Although eating adequate amounts of fat is an important part of a healthy diet, it is true that many kids today do eat too much of it. And excess fat in a child's diet may lead to weight gain. Kids who carry excess weight into adulthood have greater risk of heart disease, high blood pressure, and diabetes.

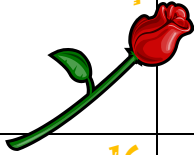
The most effective way to teach kids healthy eating habits is to set a good example yourself. Make nutritious food a priority in your life by teaching your kids how to prepare healthy meals and snacks. Establishing sensible eating habits, choosing foods wisely, and exercising regularly are the keys to a healthy lifestyle.

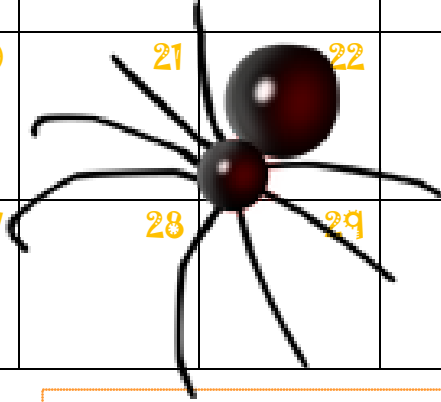
Here are some ways to keep children's fat intake within the recommended ranges:

- **Serve naturally low-fat foods**, such as fruits and vegetables, whole grains, lean meats and fish, as well as low-fat dairy products.
- Choose healthier, **unsaturated fats when cooking** and reduce the amount you use.
- When cooking meat, fish, or poultry, **opt for broiling, grilling, or roasting (on a rack)**. These methods allow the fat to drip away during cooking, which cuts down on calories, too. Frying, on the other hand, adds fat. Remove skin from poultry.
- **Beware of reduced fat and low-fat claims.** These products often have more sugar added and just as many calories.
- **Pack school lunches and meals** for family outings instead of going to fast-food restaurants or relying on your child to make healthy choices in the school cafeteria.
- When dining out, **help kids make balanced choices** that don't include large amounts of fat. For example, make a green salad part of the order and use low-fat dressing on the side. Encourage choosing mustard instead of mayonnaise on sandwiches. Choose baked, grilled, or steamed dishes rather than fried. **Limit visits to fast food restaurants.**



OCTOBER

				1	2	3 Send in Claim! Mission Workshop
4	5 Child Health Day	6	7	8 National Children's Day	9 	10
11	12 Columbus Day Observed	13	14	15	16	17 Sweetest Day Farmer Branch Workshop
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween



Scary Monster Smiles

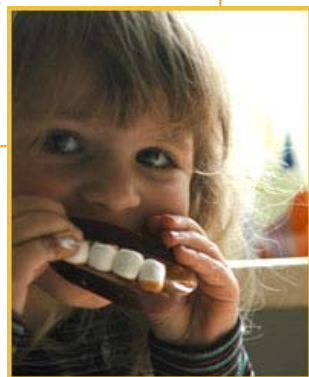
Supplies

- 4 or 5 Medium red or green apples, cut into wedges
- Peanut butter
- 10 oz Bag miniature marshmallows

Instructions

Spread peanut butter onto one side of each apple wedge. Using miniature marshmallows, position the "teeth" in place onto one of the apple wedges. Top with other apple wedge so that the peanut butter acts as cement for the marshmallow dentures.

*cirtetimekids.com



Yucky Halloween Monster Toes

Supplies

- Cocktail wieners
- Ketchup
- Flour Tortilla
- Toothpicks



Instructions

Just take a package of cocktail wieners and cut a 90 degree 'fingernail notch' in the tip of each one. Starting about 1/3 of the way down from the 'notch', wrap each of the wieners with a 3/4 inch wide X 5 inch long strip of flour tortilla, layering as you go down like you would wrap an Ace bandage. Secure with toothpick and bake at 350 for 8 minutes. (Just long enough to warm through.) Remove from oven and place a small dollop of ketchup into each 'finger notch' to give the appearance of blood. The kids love them and so will you! They disappear really fast.

*freekidscrafts.com