

Volume 24 Sponsors of the Child and Adult Care Food Program September 2010
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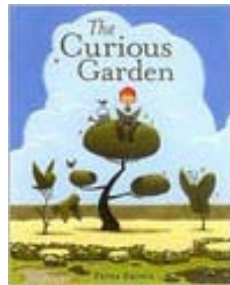
Workshops for October

Saturday, October 2, 2010

Farmers Branch, TX 10a-12p
 Food Program Workshop
 Farmers Branch Manske Library
 13613 Webb Chapel Rd at Goldfinch Green
 Farmers Branch, TX 75234
 please RSVP 972-243-3237 Wend'e

Answers to August quiz

- | | |
|---------------|--------------------|
| 1. in control | 6. true |
| 2. true | 7. true |
| 3. spoilage | 8. kitchen staples |
| 4. true | 9. doubling |
| 5. waste | 10. false |



The Curious Garden by Peter Brown

One boy's quest for a greener world...
one garden at a time.

While out exploring one day, a little boy named Liam discovers a struggling garden and decides to take care of it. As time passes, the garden spreads throughout the dark, gray city, transforming it into a lush, green world.

This is an enchanting tale with environmental themes and breathtaking illustrations that become more vibrant as the garden blooms. Red-headed Liam can also be spotted on every page, adding a clever seek-and-find element to this captivating picture book.



Balancing Butterflies

Supplies:

- ✿ A piece of paper
- ✿ Thin cardboard (like from a cereal box)
- ✿ Scissors
- ✿ Pencil
- ✿ Markers, crayons, or paint
- ✿ Tape
- ✿ 2 pennies for each butterfly

*To make a perfectly symmetrical butterfly (which is necessary for this craft), trace half a butterfly on a folded piece of paper, then cut it out.

*Trace the butterfly shape onto the cardboard.

*Cut out the butterfly and decorate it using crayons, markers or paint.

*Tape two pennies to the back of the butterfly.

*Balance the head of the butterfly on a chair or a stick or a finger.

Challenge the children to see how many butterflies they can balance on each other.

*enchantedlearning.com



Container Gardening for Children



When choosing containers, try to be creative. Many common items can be converted to a planter. Plastic or wooden crates, empty food containers or coffee cans, beach pails, baskets, old toys (the back of a large dump truck, a plastic boat), outgrown shoes, a wagon, a toy box no longer in use, a wheel barrow— the possibilities are endless. Basically, if something can hold dirt, it can grow a plant. Children enjoy these innovative planting options, and it makes the process and the result more fun. Just make sure to put a few holes in the bottom of any container that doesn't already have some, and a layer of gravel or shells for drainage.

Fill with potting soil and help the children plant the seeds or small plants in their container.

Allow the children to choose different herbs or edible flowers for their own container and contribute them to meals.

- ✿ Chives: an easy to grow herb that has a slightly oniony taste. Perfect cut into small rings on potatoes or even on sandwiches.
- ✿ Nasturtium: one of the most popular edible flowers. Leaves and petals have a distinct peppery taste and are a great asset to any salad, best picked and eaten when still quite small and young.
- ✿ Daisies: the petals are edible and look lovely scattered over a salad. Perfect for a wonderful flower soup for your toddler to make too!
- ✿ Pot Marigold: this beautiful bright orange flower has been used for centuries to color soups and broths, and was believed to 'gladden the heart'. Use the petals to add to soups and stews or even rice for a lovely subtle flavor and a delightful color! However, make sure you only use POT Marigolds - the French Marigolds are not edible.
- ✿ Parsley: a good herb staple that is very easily grown indoors. Sprinkle over steamed carrots or any pasta dish for an extra zip of flavor.
- ✿ Dandelion: this so-called weed is actually a very nutritious and highly useful plant, as the leaves, roots, flowers and buds are all edible. The leaves can be used in salads or brewed into a tea, the flowers and petals used for garnish and in salads. Pick as fresh and young as possible, as they taste more bitter with age.
- ✿ Violas and Pansies: the flowers and petals are pretty when sprinkled on top of salads - or even as decoration on top of fairy cakes.
- ✿ Clover: this grows wild in many fields and gardens. The whole flower is edible and a high source of protein - though better digested when boiled lightly for 5 - 10 minutes. If you keep rabbits or guinea pigs, they will love clover too!
- ✿ Sunflowers, Lavender, and Roses are also edible but might best be grown outdoors or in large containers.

Set these containers where they get the appropriate amount of sunlight and give the children the responsibility of watering daily. They will be so proud of the plants grown under their care! And they will enjoy all the creative fun their plants will add to meals ☺

*kiddiegardens.com

★ Spotlight Provider ★

005-0215

Our first stellar provider of the month is **Iberia Halliway** in Murphy, TX. She always has good nutritious meals for the kids while also always maintaining a full childcare home. Iberia takes very good care of her daycare children. She usually fixes a variety of different choices of meals.

Thank you for doing such a great job!

We also want to shine a big spotlight on our **Laredo, TX** childcare home providers. As we all know, Laredo is very hot this time of year, but that doesn't stop **Eileen's Laredo** providers from cooking a good hot meal! They cook knowing what is best for the children in their care.

The playrooms of these homes are brightly painted just for the kids. The décor along with the yummy foods that are served, all make for a feel good day!

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!

Dipping Fun!

Here are some creative dips to get kids into eating their fruits, veggies, and whole grains.

Yummy Yogurt Add diced cucumber to plain yogurt and a dash of salt/pepper to taste. Perfect for dipping veggie sticks (cucumber, carrots, bell pepper, broccoli, celery)

Fruity Yogurt Buy fruit yogurt or make your own by adding fruit or preserves to plain yogurt. Serve with bite size fruit pieces (melon, berries, orange, mango, kiwi) and toothpicks.

Avocado Dip Mash half an avocado. Add grated cheese and a small diced tomato. Serve with cut up veggies (cucumber, carrots, bell pepper, broccoli, celery) or whole grain toast to dip.

Hummus Dip Grind 1 can of drained garbanzo beans and 2 cloves of garlic with olive oil and salt/pepper to taste in a food processor. Kids can dip veggies or whole grain pita in this healthy hummus. Or use instead of mayo on sandwiches!

All the fruits, veggies, and whole grains the kids eat with these dips are required as part of a healthy, reimbursable meal in the food program. The dips themselves are not a claimable part of the meal. Always call your coordinator or the office with any questions!

Enjoy the dipping fun!

*snacksfortoddlers.com

Snacks for Toddlers!

Balancing an Uneven Diet

Parents of toddlers often wonder if their kids are getting enough to eat. It's an understandable concern, and offering healthy snacks can help ensure that the answer is yes. Some kids at this age may seem too busy exploring the world to slow down and eat. Others may be fickle about food or refuse to eat what's served at mealtime. Toddlers need about 1,000 to 1,200 calories a day, but often don't eat a lot at one sitting. That's where snacks come in.





Healthy, well-timed snacks can help balance out an uneven diet, tiding toddlers over between meals and keeping them from getting so hungry that they become cranky. And you boost the intake of nutrients your toddler needs to be healthy when you serve fruits, veggies, whole grains, protein, and calcium-rich foods. Most toddlers do well with three meals and two or three snacks a day — perhaps mid-morning, mid-afternoon, and again after dinner, if necessary.

Decide What's Appropriate

The influence you have on your child's eating patterns may never be stronger than it is right now. Toddlers can't run out to the store for candy and chips. They'll eat what's served to them and ask for what they know is in the cabinet. Take this opportunity to set the stage right.

Stock up on healthy treats. Choose fresh foods that are high in nutrients (vitamins, minerals, protein, and fiber) and try to avoid prepackaged, processed ones, which tend to be high in sugar, salt, and fat.

Sometimes nutritious snacks are more work, but not always. There are plenty of healthy, no-hassle snacks out there. Toddlers should be feeding themselves, so think simple, finger-friendly, bite-size foods like:

-  low-sugar breakfast cereals
-  fresh fruit thinly sliced or cut into small pieces
-  whole-grain crackers and mini-muffins
-  cheese cut into thin slices or shredded

Stick to a Snack Schedule

Kids do better with routine, so try to serve snacks and meals at approximately the same time every day. That way your child will always know what to expect. Feeling the sensation of being full and then hungry again a few hours later teaches kids to respond to internal hunger cues — and knowing when to eat and, more important, when to stop is vital to maintaining a healthy weight. If allowed to graze all day without a schedule, kids may lose the ability to detect their own hunger and fullness, which can make them more likely to overeat.

Letting kids carry around a juice box all day can lead to diarrhea in some and contribute to weight gain in others. Juice — even 100% fruit juice — contains about the same amount of calories as soda. And juice drinks have excessive amounts of added sugar. Limit your toddler's juice intake to no more than 4 oz. (120 ml) a day. When your child is thirsty, water and milk are the best choices. If your child is a juice fanatic, offer fruit rather than juice, because whole fruits contain important vitamins and fiber.

Let Your Toddler Choose

Your toddler may still be your baby, but he or she is increasingly antsy to hold the reins once in a while. Snacks are a great opportunity for kids to be in charge in a limited way. Offer a few nutritious foods at each snack, then sit back and let your toddler choose what and how much to eat.

Though it may be tempting, resist the urge to feed only foods that your child likes. (This is especially hard for parents of picky eaters who just want their kids to eat something!) Perhaps pair something your child likes with a new food at snack time. Even if the new foods are rejected, continue offering them. Remember that it may take several tries before a child is receptive to eating something new.

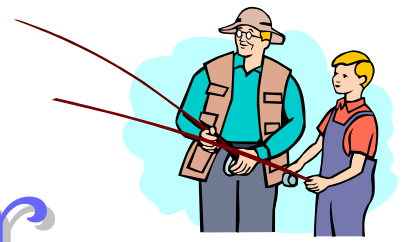
Don't make a big deal of an uncleaned plate, even if means your child skips a snack or meal. But also don't allow kids to pick alternate foods or decide when meals and snacks should be served. You want them to learn that meals and snacks are available only at certain times and that they may choose from among the foods you present.

Things to Avoid

Most parents have bribed their child by promising some tasty treat, but this isn't a good strategy. Using sweets as a bribe creates the impression that they're more valuable or better than other, more healthy foods — plus kids quickly learn to use them as a bargaining chip.

As for sweets, there's really no reason, nutritionally, for young kids to have them. You don't have to deprive your child of birthday cake, though, or other occasional treats. But don't let these empty-calorie items become part of the regular snack menu. Make sweets the exception rather than the rule and your child won't feel entitled to them or too surprised when you say no. If you keep less-nutritious snacks at home, keep them out of view. If they're out of sight — and reach — your toddler will be less likely to beg you for them.

September



		1	2	3 Send in Claim!	4
	5	6 Labor Day	7	8	9 Jewish Rosh Hashanah
10 Islamic Eid ul-Fitr	11 Patriot Day	12 Grandparent's Day	13	14	15
16	17	18 Jewish Yom Kippur	19	20	21 International Day of Peace
22	23 First Day of Autumn	24 Native American Day	25	26	27
28	29	30			

