

Volume 25
Issue 12

Sponsors of the Child and Adult Care Food Program

September 2011

Liz Curtis, Compliance Officer

Blake Stanford, President

Brenda Baldwin, Program Director

Martin North, Website/MM Kids Specialist

Lindsey Seybold, Editor

In this Issue:

- ★ New Milk Requirements
- ★ Fresh Ideas
- ★ Food Safety Tip of the Month
- ★ Yummy Fruit Leather
- ★ Mystery Provider
- ★ Eating Disorder Prevention
- ★ September Calendar
- ★ Recyclable Craft Bottles



New Milk Requirements!!

The Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, modified requirements for fluid milk and fluid milk substitutions in the Child and Adult Care Food Program (CACFP) - Section 221 of the Act amends section 17(g) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1766(g)) by requiring that fluid milk served in the CACFP be consistent with the most recent version of the Dietary Guidelines for Americans and allowing the substitution of non-dairy beverages that are nutritionally equivalent to fluid milk in cases of special dietary needs.

- ✓ Fluid milk served to children ages two and older must be: fat-free or low-fat milk, fat-free or low-fat lactose reduced milk, fat-free or low-fat lactose free milk, fat-free or low-fat buttermilk, or fat-free or low-fat acidified milk. The milk served must be pasteurized fluid milk that meets State and local standards and may be flavored or un-flavored.
- ✓ Whole milk and reduced-fat (2%) milk may not be served to children over two years of age.
- ✓ Requirements related to fluid milk for children under two have not changed.

The August claim will be turned into the State office on September 12th at noon. Since the Labor Day holiday is at the beginning of the month, please mail or electronically send your claims to us on September 1st. This will allow your claim to arrive at our office with enough time for processing. Please call our main office with any questions 1-800-369-9082.

Thank you!

****FRESH IDEAS****

Susan Grissom in Edna, TX rewards her childcare students with praise from herself and the students' families. What a great way to encourage children to learn!

"Aunt Susie" goes above and beyond as a childcare provider. On top of her excellent daily preschool program, she has an extensive Graduation and play at the end of every school year. Each year the play has a different theme and Susie hand makes each costume....very elaborate costumes! Parents, grandparents, friends and family all have the joy of seeing this yearly event.

At the conclusion of the play and dance performance, all the children recite:

Alphabet forwards and backwards
All 50 states
All the Presidents names
And a salute to the troops

Way to go Aunt Susie and a big thank you for loving the kids the way you do!



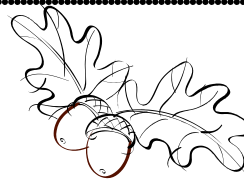
Texas Child Care Licensing

In December of 2010 Texas Child Care Licensing issued the following rule:

- ✓ You must not serve beverages with added sugars, such as carbonated beverages, fruit punch, or **sweetened milk** except for a special occasion such as a holiday or birthday celebration.

Therefore, to be in compliance with nutrition minimum standards for Texas child care licensing, flavored milk (sweetened) is **not** to be served.

Food Safety Tips of the Month: Fresh Produce



Buying Tips

- Purchase produce that is not bruised or damaged.
- When selecting fresh-cut produce - such as a half a watermelon or bagged salad greens - choose items that are refrigerated or surrounded by ice.
- Bag fresh fruits and vegetables separately from meat, poultry and seafood products.

Storage Tips

- Store perishable fresh fruits and vegetables (like strawberries, lettuce, herbs, and mushrooms) in a clean refrigerator at a temperature of 40° F or below.
- Refrigerate all produce that is purchased pre-cut or peeled.

Preparation Tips

- Begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
- Cut away any damaged or bruised areas on fresh fruits and vegetables. Produce that looks rotten should be discarded.
- All produce should be thoroughly washed before eating. Wash fruits and vegetables under running water just before eating, cutting or cooking.
- Many pre-cut, bagged produce items like lettuce are pre-washed. If the package indicates that the contents have been pre-washed, you can use the produce without further washing.
- Even if you plan to peel the produce before eating, it is still important to wash it first.
- Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- Drying produce with a clean cloth towel or paper towel may further reduce bacteria that may be present.

*foodsafety.go

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 August quiz

1. false
2. distractions
3. true
4. Family
5. food jag
6. Temperament, PTC
7. praise
8. true
9. failure, deal making
10. true

How to Make Fruit Leather

As the last of the yummy fresh fruits are in season, preserve a little of that freshness with homemade fruit leather. This dehydrated treat is a healthier alternative to fruit rollups and fruit snacks and fun to make as well. Enjoy!

INGREDIENTS

Fresh fruit (apricots, peaches, plums, berries, apples, pears, grapes)
Water
Lemon juice
Sugar (if needed)
Spices such as cinnamon and nutmeg (optional)

METHOD

1. Rinse the fruit. If you working with stone fruit, take out the pits, chop the fruit. If working with apples or pears, peel and core them, then chop. If working with grapes, de-stem them. Taste the fruit before proceeding. Note how sweet the fruit is. If very sweet (ripe Concord grapes for example) you will not need to add any sugar. If still a little tart, you may need to add some sugar in the next step.
2. Place fruit in a large saucepan. Add a half cup of water for every 4 cups of chopped fruit. Bring to a simmer, cover and let cook on a low heat for 10-15 minutes, or until the fruit is cooked through. Uncover and stir. Use a potato masher to mash up the fruit in the pan. Taste the fruit and determine what and how much sugar, lemon juice, or spices to add. Add sugar in small amounts (1 Tbsp at a time if working with 4 cups of fruit), to desired level of sweetness. Add lemon juice one teaspoon at a time to help brighten the flavor of the fruit. Add a pinch or two of cinnamon, nutmeg, or other spices to augment the flavor.
3. Continue to simmer and stir until any added sugar is completely dissolved and the fruit purée has thickened, another 5 or 10 minutes.
4. Purée it thoroughly in a blender or food processor. Taste again and adjust sugar/lemon/spices if necessary. The purée should be very smooth.
5. Line a rimmed baking sheet with parchment paper and spray the paper with cooking spray. Pour the purée into the lined baking sheet to about an 1/8 to 1/4 inch thickness.
6. Place the baking sheet in the oven. Heat the oven to a low 140°F or as low as your oven will go. If you have a convection setting, use it, it will speed up the process and help dry out the purée. Let dry in the oven like this for as long as it takes for the purée to dry out and form fruit leather. Usually best in the oven overnight, so about 8-12 hours. The fruit leather is ready when it is no longer sticky, but has a smooth surface. Or if you have one, a dehydrator would work well also.
7. When the fruit leather is ready, you can easily peel it up from the parchment paper. To store it, roll it in its plastic wrap, put it in an airtight container and store in the refrigerator or freezer.

4 cups of fruit yield about one baking sheet of fruit leather.

**simplyrecipes.com

Eating Disorder Prevention: It's Never Too Young To Start

Children as young as ages 5–7 are aware of the cultural messages regarding body image and dieting. However, many adults are reluctant to discuss these problems with younger ages. Some adults deny the problem; others fear teaching children unhealthy behaviors. Prevention comes in bringing these issues to the light. The following topics can be discussed with young children (as well as tweens and young adults).

Emotional Bites

A simple way to discuss emotional eating is to ask children about why they might eat besides being hungry. Surprisingly, children will give answers such as bored, scared, nervous, and sad. Talk about more effective ways to cope with emotions, emphasizing the value of sharing feelings with a trusted adult.

Say No to Teasing

Another concept is to emphasize that it is wrong to say hurtful things about other people's body sizes. Children can be very creative in their cruelty, so it is helpful to role-play assertive responses to teasing. If a child cannot cope, they must know it is safe to ask for adult assistance. If a child complains of being teased or harassed, promote a zero tolerance policy about weight-based teasing. Most children are familiar with the saying "Do unto others as they would do unto you." Update this lesson with an emphasis on body shape and size.

Body Talk

It may not be useful to say simply "dieting is dangerous" because children are likely to define danger more concretely (e.g., being hit by a car or bitten by a dog.) Also, most children have heard that dieting is a way to avoid sugar or eat healthier, so labeling such behavior as dangerous may be confusing. Children also see plenty of media references to dieting as a way of life. Emphasize the importance of listening to your body. That is, eating when you are hungry (not starving) and stopping when you are satisfied (not stuffed). Children intuitively grasp these concepts.

What About Junk Food?

Most children know the difference between healthy eating and junk foods. Normal eating should allow for occasional desserts and special treats. Rigid food rules or policies that deprive may inadvertently cause children to secretly binge on off-limits foods. By taking the emotional intensity out of junk food, you will also dispel some of its magic and make it less appealing. Let children know it's healthier to eat nutritious foods because our bodies (bones, teeth, heart, muscles) and our minds work better and feel better when we do. But junk food is OK every once in a while because it is fun and tastes good.

Fitness Comes in All Sizes!

Educate children about the genetics of body size and the normal changes occurring in the body. Discuss their fears and hopes about growing bigger. Focus on fitness and a balanced diet. Exercise should be presented as a pleasurable way to stay healthy, strong, and happy. Try not to characterize exercise as either a way to stay thin or as compensation for calories eaten.

Be a Good Example




Children are taking notes about the ways that their parents use food, how they feel about their bodies, and their attitudes about fat in general. Since children look to adults to learn how it feels to live in an adult body, parents need to demonstrate positive body image or fake it for the sake of their child. Keep your size-anxieties in check and help children feel good about themselves for who they are on the inside.

Addressing the Issue in Schools

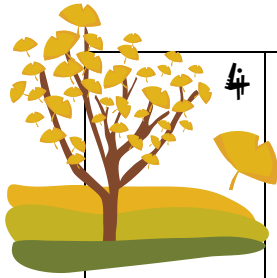
By sending the correct messages to children, starting early, and repeating these messages often, adults can provide the next generation with healthy body confidence.

*By Dina Zeckhausen, PhD Eating Disorders Recovery Today

Food for thought...

-  Verbal praise can be a very effective reward system for children. Use verbal praise or an activity reward instead of food.
-  E.A.T. When in the house, always try to Eat At the Table to prevent wayward snacking or overeating.
-  Encourage each child to fully chew each bite – around 20 chomps! This healthy habit will help them digest their food as well as feel their hunger/ fullness more easily.

September



					1 Send in Claim!	2 	3
4 	5 Labor Day	6	7	8 International Literacy Day		9	10
11 Grandparents Day	12 Full Moon	13 SUN LIGHT 	14	15 Hispanic Heritage Month Begins	16 Stepfamily Day	17 Constitution Day	
18 	19	20 	21 International Day of Peace	22 	23 Native American Day First Day of Autumn	24 	
25	26	27	28	29 Rosh Hashanah	30 		

Recyclable craft bottles

- These crafts are fun to create and fun to explore over and over again.
- Use 1 liter or 20 ounce soda/water bottles. Mini water bottles also work well for little hands.
- Filler can be rice, sand, cut paper, gravel, salt, etc.
- After the bottle is completed, super glue around the rim and screw the lid on tightly. Feel free to wrap tape around the top for a more secure fit.

Sink or Float Bottle

- ♥ Objects that sink: pennies, rocks, marbles, etc.
- ♥ Objects that float: styrofoam, foam, etc.
- ♥ 2/3 filled with water

Alphabet Bottle

- AA Mini magnetic letters
- AA Filler
- AA Large magnet or magnetic wand

Wave Bottle

- ✓ 5-7 drops of food coloring
- ✓ 1/2 filled with water
- ✓ 1/4 filled with oil (baby or cooking oil)

Glitter or Bubble Tornado Bottle

- ★ 2/3 filled with water
- ★ Small amount of glitter
- ★ Or one drop of dish soap

Relaxation Bottle

- ♪ Crayon shavings
- ♪ 2/3 filled with water

I Spy Bottle

- ⊛ 10 small objects
- ⊛ Filler
- ⊛ I Spy Checklist

