

Healthy Snacking March 2016



- Monthly Nutrition Tip 1: Why Snacks?
- Monthly Nutrition Tip 2: Fruits
- Childcare Menu Ideas: Week 8
- Recipe-of-the-Month: Healthy Snack Ideas
- Get Moving Today! March Activity Calendar
- Monthly Wellness Tip: Active Play Opportunities



For more information on how to lead a healthier lifestyle, visit our website <u>GetHealthyCT.org</u>





Better Health Begins with Daycare Healthy Snacking and Drinks





Monthly Nutrition Tip 1: Why Snacks?	4
Monthly Nutrition Tip 2: Water, Juice, and Milk	6
Childcare Menu Ideas: Week 8	12
Recipe-of-the-Month: Stir Fry Fajita	14

For more information on how to lead a healthier lifestyle, visit our website <u>GetHealthyCT.org</u>





Get Moving Today! March Activity Calendar	19
Monthly Wellness Tip: Rainy Day Activities	20

This Month's Nutrition Feature

Why Snacks?

Most kids like snacks. That is great! Think of snacks as minimeals that help provide nutrients and food energy your child needs to grow, play, and learn.

Help your child snack smart.

Your child has a small stomach. So he or she probably eats less at meals than you do. Smart snacks can help your child eat and drink enough during the day. In fact, most young children do best when they eat four to six times a day.

Keep food group snacks handy: for example, raw vegetables; fruit; 100% juice; lowfat and fat-free milk, cheese, and yogurt; whole-grain bread; peanut butter; and hard-cooked eggs.

Let snacks fill in the gaps. If your child misses fruit or juice for breakfast, offer fruit at snack time.

Time snacks carefully -2 to 3 hours before meals. That way your child will be hungry for lunch or supper.

Offer snacks to satisfy hunger. Skip the urge to offer a snack to quiet tears, calm your child, or reward behavior. That can lead to emotional overeating later on.

Keep snacks small. If your child is still hungry, he or she can ask for more. Let your child decide what is enough.

Encourage tooth brushing after snacking – especially after eating bread, crackers, and sweet foods.

Snack wisely yourself! Do you snack when you feel stressed or bored – or just when you are hungry? What foods do you snack on? Remember, your child learns snack habits by watching you. Be a great role model!



Go easy on drinks with added sugars.

Offer lowfat or fat-free milk, 100% juice, or water as snack drinks. Soft drinks and fruit drinks can crowd out foods your child needs to grow and stay healthy.

Make food group foods the usual snacks. A little candy occasionally is okay.

Parenting tip:

Sometimes kids say they are hungry when they really want attention. Take a little time with your child – talk or do something fun. Your child will let you know if he or she really is hungry.

Provided by .

Why Snacks?

Smart snacking is good for your whole family!

Fun for Kids!

Quick snacks:

- Whole fruit, sliced into finger foods
- Berries
- Raw, cut-up vegetables
- Graham crackers
- String cheese
- Crackers with lowfat or fat-free cheese
- Whole-wheat bagel and peanut butter
- Lowfat or fat-free frozen yogurt



Easy-to-make snacks:

- **Milk shake-ups:** Pour fat-free milk, 100% juice, and ice in a covered container. Shake!
- **Fruit juice pops:** Freeze 100% fruit juice in small paper cups or ice cube trays.
- **Crunchy banana:** Peel bananas. Roll them in peanut butter or lowfat yogurt, and crushed cereal. Freeze!
- **Peanut butter logs:** Fill celery with peanut butter.
- **Cinnamon toast:** Toast whole wheat bread. Spread a little margarine or butter on top. Sprinkle with cinnamon sugar.

Your child's favorite food-group snacks:

Offer lowfat or fat-free milk or 100% juice with snacks.

Provided by _

NIBBLES FOR HEALTH 21 Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service

NRC Health & Safety Tips

Water DOs & DON'Ts

- **DO** serve tap water. Most U.S. tap water is safe. For concerns, check local EPA water reports.
- ✓ **DO** make water readily available indoors and out.
- / DO make drinking water fun. Add fruit such as frozen berries, lemon, lime, or orange slices.
- ✓ **DO** take water jugs with you outside.
- ✓ DO keep water and cups out at child-level all day.
- DON'T substitute water for milk at meals or snacks where milk is a required food component.
- DON'T serve water to infants under the age of 1 year unless the parent/ guardian has received clear instructions from their health care provider.
- DON'T serve water from a bottle or sippy cup because of the increased risk of a nutritional imbalance.

Juice DOs & DON'Ts

- / DO serve 100% fruit juice from a cup only. It's okay to dilute it with water.
- ✓ DO limit 100% juice:

Ages 7 - 12 8 to 12 oz/day* ---Ages 1 - 6 4 to 6 oz/day* ---



- DON'T serve 100% juice or fruit nectars to infants under the age of 1 year.
- **DON'T** serve juice or fruit nectars continuously throughout the day.
- DON'T serve juice from a bottle or sippy cup because of the increased risk of tooth decay.

*This amount includes juice served at home.



Juice and fruit

nectar are high

in sugar and have

fewer nutritients

than fresh fruit.

© 2012 National Resource Center for Health and Safety in Child Care and Early Education 1-800-598-KIDS (5437) • http://nrckids.org

Unpasteurized

fruit juice

may contain

germs that can

make kids sick.

Give Your Kids the Best!

Water keeps kids hydrated best.

Replacing sweetened drinks, including 100% juice, with water is healthy and free.

Serving nutritious drinks to children promotes a healthy weight and a healthy lifestyle.

Modeling healthy eating and drinking encourages children to be healthy. Avoid drinking sugary drinks, including large amounts of juice, in front of children.

Serving fresh fruit instead of fruit juice is best, because it is high in dietary fiber and is a natural source of energy.

Help protect the health of children you care for by not serving sugary drinks at all and limiting the amount of 100% juice provided.

Drinking too

much juice

may be associated

with obesity.

malnutrition,

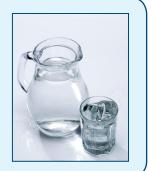
diarrhea & bloating.

NRC Health & Safety Tips

WHAT ELSE CAN YOU DO?

Encourage Healthy Choices:

- Let children serve themselves: use small pitchers and single-use cups.
- Select a child to be the "water helper" for the day.
- Limit foods and drinks with added sugars or high amounts of natural sugars. (Added sugars come in many forms: high fructose corn syrup, brown rice syrup, evaporated cane juice, corn sweetener, dextrose, sucrose, etc.)
- Include healthy foods and drinks in your play kitchen.
- Talk to children about what foods and drinks you are serving and why.
- Stock the classroom with books that encourage healthy eating. (Check out this online list!)



Check the La	bel
100% JUICE Nutrition Facts Serving Size 8 fl. oz. (24 mL Servings Per Container	
Amount Per Serving Calories 90 Calories from	Fat 0 Value*
Total Fat 0g Sodium 0mg	0% 0%
Potassium 300mg Total Carbohydrate 22g Sugars 17g	8% 7%
Protein 1g Calcium 2% • Iron 0% • Vitamin	0.100%
Vitamin A 4% • Thiamin 6% • Vitamin Vitamin A 4% • Thiamin 6% • Fo Magnesium 6% • Vitamin B6 4% Biboflavin 2% • Niacin 2%	
Percent Daily Values are based on a calorie diet. Not a significant source saturated fat, cholesterol or dietary	of
Ingredients: Organic grapefruit juice	

Partner with Caregivers/Teachers and Parents/Guardians:

- Share information about the impact of sugary drinks on children's health.
- Encourage everyone to model drinking water and eating fresh fruits and vegetables.
- Partner with a child care health consultant, dietitian, local chef or parent/guardian with a background in health or nutrition to help you identify ways to promote healthy eating.
- Share what you are doing to increase water and fruit consumption. (Discuss how your motivation is children's health, not to cut costs.)
- Ask parents/guardians if they provide juice at home and how much, so you will know how much to serve.
- Ask for your parents'/guardians' support in:
 - Providing low-fat, non-flavored milk (skim or 1% milk for children age two and older) or water in children's lunches instead of sugary drinks;
 - + Reducing juice consumption at home;
 - Providing healthy options for special occasions; and
 - Talking with their child about the importance of drinking water and eating fresh fruit and vegetables.

RESOURCES:

Child and Adult Care Food Program (CACFP) http://www.fns.usda.gov/cnd/Care/ChildCare.htm

Let's Move! Child Care http://healthykidshealthyfuture.org/welcome.html MyPlate: Health and Nutrition for Preschoolers (USDA) http://www.choosemyplate.gov/preschoolers.html Healthy Beverages in Child Care

http://www.healthybeveragesinchildcare.org/resources/

REFERENCE:

See Standard 4.2.0.6: Availability of Drinking Water and Standard 4.2.0.7: 100% Fruit Juice

American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. 2011. *Caring for our children: National health and safety performance standards; Guidelines for early care and education programs.* 3rd Edition. Elk Grove Village, IL: American Academy of Pediatrics; Washington, DC: American Public Health Association. Also available at http://nrckids.org.



Juice or Fruit Drinks?

Why Fruit Juice?

Juice is a way to enjoy fruit. Keeping 100% juice on hand is good for your whole family! Here's what juice provides.

- **Vitamin C** to help heal cuts and bruises, fight infection, and use iron from food.
- Vitamin A in some juices for healthy eyes and skin.
- **Carbohydrates** for energy. Sugar from fruit is the carbohydrate in 100% juice.

Juice is mostly water. Like you, your child needs enough fluid to stay healthy.

How Much Juice

Offer your child enough, but not too much:

Ages 2 to 5: when serving 100% juice, offer no more than 1/2 to 3/4 cup depending on age, gender, and activity level.



Go Easy...

Because juice is convenient, it is easy to drink too much of it. Here is why drinking too much juice can be a problem:

- Juice has calories. Too much may give your child more calories than he or she needs. That may contribute to overweight. Go easy for yourself, too!
- If juice replaces milk or calcium-fortified soy beverages, your child may not get enough bone building calcium.
- Sipping juice a lot promotes cavities. Sometimes diarrhea is a problem too.

Try to offer lowfat or fat-free milk or water as an alternative beverage.

Provided by .

Juice or Fruit Drinks?

Which Would You Buy?

Orange juice, orange drink, or orange soda? Each has a sweet, citrus flavor. Labels can help you choose beverages for your family.

- For nutrition, 100% orange juice is the best.
- Juice drinks have some juice, added vitamin C, and added sugars.
- Orange soda is carbonated water with added sugar and flavorings.

Labels can help you choose

- Nutrition Facts tell how calories and nutrients differ.
- Ingredients tell what it is made from.

Orange Juice

100% Juice

Nutrition Fac Serving Size 8 fl oz (249g) Servings Per Container 8	sts
Amount Per Serving	
Calories 112	
%Daily	y Value*
Total Fat Og	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	0 %
Cholesterol Omg	0 %
Sodium Omg	0 %
Total Carbohydrate 26g	9 %
Dietary Fiber 0g	0 %
Sugars 21g	
Protein 2g	
Vitamin A 0% • Vitamin C	200%
Calcium 3% · Iron 0%	
* Percent Daily Values are based on a 2, calorie diet.	000

Ingredients: Orange juice (not from concentrate)

Orange Drink

Made with 5% Juice

Nutrition Facts Serving Size 12 fl oz (240g) Servings Per Container 1
Amount Per Serving
Calories 120
%Daily Value*
Total Fat 0g 0 %
Saturated Fat 0g 0 %
<i>Trans</i> Fat 0g 0 %
Cholesterol 0mg 0%
Sodium 30mg 1 %
Total Carbohydrate 31g 10 %
Dietary Fiber 0g 0 %
Sugars 29g
Protein Og
Vitamin A 0% • Vitamin C 70%
Calcium 0% · Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Water, high fructose corn syrup, pear juice, citric acid, ascorbic acid, yellow 5, red 40, (other ingredients)

Orange Soda

Nutrition Fac Serving Size 8 fl oz (240g) Servings Per Container 1.5	cts
Amount Per Serving	
Calories 120	
%Dai	ly Value*
Total Fat Og	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 35mg	1 %
Total Carbohydrate 32g	11 %
Dietary Fiber 0g	0 %
Sugars 32g	
Protein Og	
Vitamin A 0% • Vitamin	C 0%
Calcium 0% · Iron 0%	,
* Percent Daily Values are based on a 2 calorie diet.	,000

Ingredients: Water, high fructose corn syrup, citric acid, ascorbic acid, yellow 6, red 40, (other ingredients)

Provided by _

Why Milk?

Check the Nutrition Facts label on milk cartons. You will see several nutrients that everyone in your family needs.

- Calcium and vitamin D for your child's growing bones and teeth. These same nutrients help your bones stay healthy.
- **Protein** for building a growing body. It also keeps your body in good repair.
- Vitamin A for healthy eyes and skin.

Offer milk or water to satisfy thirst. Your child needs plenty of fluids to stay healthy, too.

Whole Milk

Nutrition Facts Serving Size 8 fl oz Servings Per Container 1
Amount Per Serving
Calories 150 Calories from Fat 70
% Daily Value*
Total Fat 8g
Saturated Fat 5g 25 %
Trans Fat 0g
Cholesterol 35mg 11 %
Sodium 120mg 5 %
Total Carbohydrate 11g 4 %
Dietary Fiber 0g 0 %
Sugars 12g
Protein 8g
Vitamin A 6% • Vitamin C 4%
Calcium 30% · Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.

Lowfat Milk 1%

Nutrition Facts Serving Size 8 fl oz Servings Per Container 1 Amount Per Serving Calories 100 Calories from Fat 20 % Daily Value 4 % Total Fat 2.5g Saturated Fat 1.5g 8 % Trans Fat 0g Cholesterol 10mg 3 % Sodium 125mg 5 % **Total Carbohydrate** 12g 4 % Dietary Fiber 0g 0% Sugars 12g Protein 8g Vitamin A 10% • Vitamin C 4% Calcium 30% Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet



Fat-Free Milk (Skim)

Nutr Serving S Servings	ize 8 fl	oz		sts
Amount Per	Serving	l		
Calories	90	Са	lories fror	n Fat 0
			% Dai	ly Value*
Total Fat	0g		(0 %
Saturat	ted Fat	0g		0 %
<i>Trans</i> F	at 0g			
Choleste	rol 5	mg		2 %
Sodium	135m	g		5 %
Total Car	bohyd	rate	13g	4 %
Dietary	Fiber	0g		0 %
Sugars	12g			
Protein	9g			
Vitamin A	10%	•	Vitamin (C 2%
Calcium	30%	•	Iron 0%	
* Percent Da calorie diet.		are b	ased on a 2,	000

Which milk would you buy? What is different? What is the same?

Nutrition Facts labels on milk cartons can help you make choices for your family. Your child will get the same amount of bone-building calcium no matter what type you pick.

Lowfat milk has less fat and fat-free milk has none.

Provided by _

For Growing Bones... Which Milk?

Which Milk for Your Child?

Starting at age 2, children can drink lowfat milk. It is a good habit for your whole family to learn. Drinking lowfat milk is one way to get less fat, especially saturated fat. That is healthy!

If you have a child under 2 years,

offer whole milk after discontinuing breast milk or formula. Babies and toddlers need the fat from whole milk to grow properly.

Try this:

Drink milk to protect your bones – and your child will do what you do. The secret to success is having milk in your refrigerator. Have enough for you and your child, too.

Change slowly to lowfat or fat-free milk:

- Switch first from whole to 2% milk. When your child gets used to the flavor, try lowfat or fat-free milk.
- Try chocolate lowfat or fat-free milk. The flavor is about the same as in higher fat chocolate milk.
- Offer lowfat or fat-free milk on cereal and in smoothies. Your child probably will not notice.



Remember, children ages 2 to 5 need 2 cups of milk or equivalent milk products each day.

Provided by _

Menus for Child Care

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	 ¹/₂ cup orange sections (¹/₂ cup fruit) ¹/₂ Cut Biscuit A-09¹ (³/₄ slice bread) ³/₄ cup 1% milk² (³/₄ cup milk) 	 ¹/₂ cup fresh banana slices (¹/₂ cup fruit) 1 Muffin Square A-11¹ (1 slice bread) ³/₄ cup 1% milk² (³/₄ cup milk) 	 ¹/₂ cup grape halves (¹/₂ cup fruit) ¹/₂ slice toast with 1 tsp all-fruit spread (¹/₂ slice bread) ³/₄ cup 1% milk² (³/₄ cup milk) 	 ¹/₂ cup pears (¹/₂ cup fruit) ¹/₄ cup oatmeal with (¹/₄ cup cooked cereal) ³/₄ cup 1% milk² (³/₄ cup milk) 	 ¹/₂ cup mixed fruit (¹/₂ cup fruit) ¹/₃ cup unsweetened whole-grain cereal variety (¹/₃ cup dry cereal) ³/₄ cup 1% milk² (³/₄ cup milk)
Lunch or Supper Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	 ³/₈ cup Beef and Spaghetti Casserole D-03¹ (1 ¹/₂ oz cooked lean meat, ¹/₄ cup vegetable, ¹/₂ slice bread) ¹/₄ cup pineapple tidbits (¹/₄ cup fruit) ³/₄ cup 1% milk² (³/₄ cup milk) 	 4 Tbsp hummus with ¹/₂ oz whole wheat pita wedges (1 oz meat/meat alternate, ¹/₂ oz grains) ¹/₄ cup Stir-Fry Vegetables I-10¹ (¹/₄ cup vegetables) ¹/₄ cup peaches (¹/₄ cup fruit) 2 oz yogurt (2 oz yogurt) ³/₄ cup 1% milk² (³/₄ cup milk) 	1 Chicken Burrito D-30 ¹ (2 oz cooked lean meat, ¼ cup vegetable, 1 slice bread) ¼ cup apple slices (¼ cup fruit) ¾ cup 1% milk ² (¾ cup milk)	 1 ¹/₂ oz hamburger patty half on ¹/₂ whole-grain bun (1 ¹/₂ oz cooked lean meat, ¹/₂ slice bread) ¹/₄ cup shredded lettuce and tomato slice (¹/₄ cup vegetable) ¹/₄ cup apricot halves (¹/₄ cup fruit) ³/₄ cup 1% milk² (³/₄ cup milk) 	 1 ¹/₂ oz roasted chicken (1 ¹/₂ oz cooked poultry) 1 cup Bean and Barley Soup³ (¹/₂ cup vegetable) 1 piece Corn Muffin Squares A-02A¹ (³/₄ slice bread) ³/₄ cup 1% milk² (³/₄ cup milk)

Menus for Child Care

Snack	¹ / ₂ oz cheddar	¹ / ₂ oz string cheese	1 Banana Muffin	Yogurt parfait with	¹ / ₄ cup pureed black
Select two of the	cheese (½ oz	$(\frac{1}{2} \text{ oz cheese})$	A- 04^1 (1 slice	2 oz lowfat	beans with 1/2 oz
following:	cheese)	¹ / ₂ cup carrot sticks	bread)	yogurt, ½ cup	toasted whole
Meat or Meat	¹ / ₂ oz graham	and broccoli trees ⁵	$\frac{1}{2}$ cup 1% milk ²	strawberries and	wheat pita bread
Alternate	crackers (2	with 1 Tbsp	$(\frac{1}{2} \text{ cup milk})$	blueberries, and	$(\frac{1}{2}$ slice bread)
Vegetable or Fruit	crackers) (¹ / ₂ oz	Ranch Dressing	Water ⁴	1 Tbsp granola	Water ⁴
or Juice	grains/breads)	$E-18^{1}$ (¹ / ₂ cup		(2 oz yogurt,	
Grains/Breads	Water ⁴	vegetable)		$\frac{1}{2}$ cup fruit)	
Milk		Water ⁴		Water ⁴	

¹USDA Recipes for Child Care. Available online at www.nfsmi.org.

²Nutritionists recommend serving whole milk for children ages 2 and younger and lowfat milk for children older than 2 years of age.
 ³5 a Day Quantity Recipe Cookbook. Available online at www.ed.state.nh.us/education/doe/organization/programsupport/bnps/ cookbook.pdf.

⁴Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water. ⁵Lightly steaming carrots and broccoli may make them easier to eat for small children.



2ND PLACE WINNER Dark Green and Orange Vegetables

19

This main dish creatively combines southwest spices with an Asian cooking style, blending the flavors of locally grown produce with fajita chicken strips, all stir-fried to perfection.

Stir-Fry Fajita Chicken, Squash, and Corn

MONUMENT VALLEY HIGH SCHOOL

Kayenta, Arizona

Our Story

Located in the northeastern corner of Arizona on the Navajo Indian Reservation, Monument Valley High School is part of the Kayenta Unified School District. For the recipe challenge, two student teams worked together to help prepare and sample dishes.

The team ultimately developed Stir-Fry Fajita Chicken, Squash, and Corn. This dish combines the mildly sweet flavor of butternut squash and the individual flavors of onions, corn, red peppers, and diced chilies brought together with a blend of black pepper, cumin, garlic powder, and diced tomatoes. The Stir-Fry Fajita Chicken, Squash, and Corn dish uses the natural flavors from vegetables and spices to make a savory meal, which can only be matched by the aroma produced when cooking.

School Team Members

SCHOOL NUTRITION PROFESSIONAL Cathy Getz

CHEF

Paul Gray (Head Cook, Anasazi Inn)

COMMUNITY MEMBERS

Samantha J. Interpreter, RD, LT USPHS RDF-5 and Mike Williams

STUDENTS

Kevin B. and Brett B.

Stir-Fry Fajita Chicken, Squash, and Corn 🏓

Meal Components: Meat-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains

Main	Dishes	D-60r
------	--------	-------

	25 Servings		50 Servings		Directions
Ingredients	Weight	Measure	Weight	Measure	Process #2: Same Day Service
Water		3 qt		1 gal 2 qt	1. Boil water.
Brown rice, long-grain, regular, dry	3 lb	1 qt 3 ½ cups	6 lb	3 qt 3 cups	 Place 3 lb brown rice in each steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Pour water (3 quarts per steam table pan) over brown rice. Stir. Cover pans tightly.
					 4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
Granulated garlic		1 tsp		2 tsp	6. Sprinkle brown rice with granulated garlic and half of salt-free seasoning, reserving the other half for step 8. Mix well. Fold in cilantro. Critical Control Point: Hold at 135 °F or higher.
Salt-free chili-lime seasoning blend		2 Tbsp 1 tsp		¼ cup 2 tsp	
Fresh cilantro, chopped		¼ cup		½ cup	
Canola oil		½ cup		1 cup	7. Heat oil. Sauté onions for 2-3 minutes. For 25 servings, use a large stock pot. For 50 servings, use a roasting pan/square head pan (20 %" x 17 %" x 7") on top of stove.
*Fresh onions, diced	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 ¼ cups	
Frozen, cooked fajita chicken strips, thawed	4 lb	1 gal	8 lb	2 gal	8. Add chicken, squash, and remaining salt-free seasoning. Stir-fry over high heat for 10 minutes or until squash is tender.
*Fresh butternut squash, peeled, cubed ½"	4 lb	3 qt 1 cup	8 lb	1 gal 2 ½ qt	
*Fresh red bell peppers, diced ½"	1 lb	3 cups	2 lb	1 qt 2 cups	9. Add red peppers, corn, green chilies, tomatoes, black pepper, cumin, and garlic powder. Continue to stir-fry over medium-high heat for no more than 7 minutes to maintain crunchiness of vegetables. DO NOT OVERCOOK.
Frozen corn, thawed, drained	2 lb	1 qt 1 ½ cups	4 lb	2 qt 3 cups	
Canned, diced green chilies	1 lb	2 cups (½ No. 10 can)	2 lb	1 qt (1 No. 10 can)	

🏓 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Stir-Fry Fajita Chicken, Squash, and Corn 🏓

Meal Components: Meat-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains

Main Dishes D-60r

la sur di surta	25 Servings		50 Servings		Directions		
Ingredients	Weight	Measure	Weight	Measure	Process #2: Same Day Service		
Canned low-sodium diced tomatoes	1 lb 2 oz	2 ¼ cups (¼ No. 10 can)	2 lb 4 oz	1 qt ½ cup (½ No. 10 can)			
Ground black pepper		2 tsp		1 Tbsp 1 tsp			
Ground cumin		1 Tbsp		2 Tbsp			
Garlic powder		2 tsp		1 Tbsp 1 tsp	10. Reduce heat to low and simmer for 2 minutes.		
					Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.		
					11. Critical Control Point: Hold for hot service at 135 °F or higher.		
					12. Portion 6 fl oz spoodle (¾ cup) stir-fry over No. 8 scoop (½ cup) brown rice.		

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume	
³ ⁄ ₄ cup (6 fl oz spoodle) stir-fry mixture over ½ cup (No. 8 scoop) brown rice provides 1¼ oz equivalent meat, ¾ cup red/orange vegetable, ¼ cup starchy vegetable, ¼ cup other vegetable, and 1 oz equivalent grains.	25 Servings: about 12 lb 12 oz stir-fry about 6 lb brown rice	25 Servings: about 1 gallon 2 quarts stir-fry about 3 quarts brown rice	
	50 Servings: about 25 lb stir-fry about 12 lb brown rice	50 Servings: about 3 gallons stir-fry about 1 gallon 2 quarts brown rice	

Marketing Guide					
Food as Purchased for	25 servings	50 servings			
Mature onions Butternut squash	1 lb 3 oz 4 lb 13 oz	2 lb 6 oz 9 lb 10 oz			
Red bell peppers	1 lb 4 oz	2 lb 8 oz			

Nutrients Per Serving						
Calories Protein Carbohydrate Total Fat	396.34 19.52 g 58.87 g 10.01 g	Saturated Fat Cholesterol Vitamin A Vitamin C	1.69 g 62.31 mg 7346.86 IU (359.04 RAE) 44.16 mg	Iron Calcium Sodium Dietary Fiber	2.37 mg 57.97 mg 574.40 mg 7.06 g	

🏓 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

This Month's Physical Wellness Feature

MARCH

Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start the month off with a game of follow the leader. Move around your house in different ways as someone copies your movements.	"Chair Exercise". Move around, under, and over a chair; sit down and stand up using a chair; turn on music and wiggle & stretch while sitting in a chair.	Loud and soft – first walk on your tip toes trying to be really quiet, then stomp using your whole foot trying to be really loud.	Tear newspaper into long strips – crunch them up into balls – throw the balls into a basket – Rip-Crunch- Throw.	Be a superhero! Think about all of your favorite superhero's and then spend some time moving just like they would.	Ask someone to go for a walk with you and as you walk, make up a little song about moving and having fun together.	Take a few minutes today to lie on the floor and stretch your body from head to toe. Take some deep breaths and relax as you reach and then relax.
Using paper plates as pretend stones; make an indoor nature trail through your house. Walk through the nature trail by only stepping onto the make believe stones.	Make a pile of paper balls by crunching recycled paper. For one minute throw these balls all over the playing space – making a blizzard of balls. Collect them and do it again.	Using the balls from yesterday put them in a pile. Crab walk with one ball at a time on your tummy, carry it across the room. Move all the balls to a new pile.	Get outside and pick up trash in your yard.	Take a "spring is here" walk. Swing your arms as you walk quickly. Notice all the signs of spring!	How many different ways can you carry a sock as your move around the house?	Crawling is a great way to work on the muscles in your arms. Try to crawl around your home for a few minutes – take a break and do it again.
Turn on some music and take turns choosing a way to move.	Leaping! Put pillows on the floor and practice your leaping skills. Push off of your back leg and reach with your front leg.	Work on your locomotor skills – go outside and practice walking, running, galloping, skipping, jumping and hopping.	Pickup marbles with your fingers and toes. Lie on the floor and blow the marbles across the floor	Pull a wagon around outside as you pick up sticks. Create and obstacle course with the things you find.	Make it backwards day. Move from room to room backwards. Try to high and low, fast and slow.	Make a trail of paper plates through your home and pretend that you can only walk on the plates or you will fall in the water.
Get outside today and play "I Spy". Each time one of you says, "I spy", you have to all walk, run or gallop to that object.	Animal Action Fun! One person says the name of an animal and the other person has to move around the house like that animal would.	Using a scarf or handkerchief, practice your self- toss and catch skills. Watch the scarf with your eyes and move your body so the scarf can land in your hands.	Have an adult write your name really big on a sheet of paper, and then put your body into the shapes of each letter. Can you do this standing up? Can you do this laying on the floor?	Make up a nonsense word. Now make up a movement to go with that word.	Twins – for 2-5 minutes pretend as if you are connected to someone else and the two of you have to move exactly the same way.	Go on a walk through your home. Each time you get to a new space you have to change the way you are moving.
Pretend to have a beach party. Turn on some beach music and dance. Pretend to surf and swim as you work your body.	Pretend your arms or foot or elbow or nose is a crayon and draw a big picture of a rainbow in your home.	Put a sock puppet on your hand and have it travel high, low, fast, slow, curvy and straight.	Pretend to be a balloon – first without air, then being blow up, then floating around the room, and then being popped!	Work on your tossing and catching skills with someone. Toss it right to their bands.	Balance on two body parts. How about three parts or four or ever five body parts?	Repeat your favorite activity this month!





Rainy Day Physical Activities for Toddlers and Preschoolers

The Importance of Physical Activity

Physical activity is very important for the health and development of young children and decreases their chance of becoming overweight, obese, or developing other health-related diseases. To meet the physical activity needs of young children, child care professionals should provide structured and unstructured play activities. Children should never be sedentary or sitting in one area for 60 minutes or longer during the day, except during sleep time. It is important that toddlers have at least 30 minutes of structured and at least 60 minutes of unstructured physical activity on a daily basis. Preschoolers should also have at least 60 minutes of structured and at least 60 minutes of unstructured physical activity daily. All activities should be fun, exciting, and developmentally appropriate for young children.

Regular physical activity has many benefits for young children.

The benefits include

- developing muscular strength and endurance;
- building and encouraging self-esteem;
- increasing stability;
- building strong muscles, heart, and bones;
- developing object control skills;
- developing locomotor skills;
- enhancing thinking skills;
- · developing object, color, and shape recognition; and
- developing cardiovascular endurance.



What to do when outdoor play is unavailable? There are a variety of indoor physical activities to get children moving and having fun. Physical activities range from very simple play for toddlers and infants to more challenging, fun activities for preschoolers and school-age children. Remember to always ensure that all activities are safe and developmentally appropriate for young children when engaging in physical activities.



Indoor Physical Activities for Toddlers

Find the Apple

Find the Apple is a fun scavenger hunt for toddlers. Children will walk and search the classroom for hidden apples.

Materials: Plastic red apples (15-20), basket Books to Read: *Apples, Apples* by Kathleen Weidner Zoehfeld

Directions: Hide apples in various places around the room. Children will walk, hop, or crawl around the room looking for the hidden apples. Walk, crawl, and hop with the children, encouraging them to look for the missing apples. As children find the apples, ask them to place them in the basket. This activity could be used



May 2012, continued



with other plastic fruits and vegetables to teach children about healthy foods.

Empty the Milk Jug

Empty the Milk Jug is a fun, yet challenging physical activity for toddlers. Children will fill the jug with milk (white clothespins) and shake the jug until it is empty.

Materials: White clothespins (10-15) and 3-5 empty milk jugs

Books to Read: *Moo, Moo Brown Cow! Have You Any Milk?* By Phillis Gershator **Directions:** Demonstrate this activity by placing 10-15 clothespins inside an empty milk jug, shaking the jug until a clothespin falls out.

The Sticky Foot Runway

The Sticky Foot is a very simple yet fun game for toddlers. Children will attempt to walk, but the resistance of the walkway will be a challenge.

Materials: 4-6 ft. clear contact paper (2 pieces), duck tape, music, and music player **Books to Read:** *Wobble Bear* by Ian Whybrow

Directions: Position the contact paper on the floor with the sticky adhesive side up. Tape the contact paper to the floor to avoid the paper moving or slipping. Assist children with taking their shoes off. Demonstrate and assist children as they walk, dance, and hop across the sticky runway.

Indoor Physical Activities for Preschoolers

Musical Bubble Shapes

Musical Bubbles is a fun and exciting game for young children. Children walk, jump, or dance across bubble wrap as music is played.

Materials: Bubble wrap (24-36 inches wide and 10-15 feet long), duck tape, music, and a musical player

Books to Read: Shape by Shape by Suse MacDonald

Directions: Position the bubble wrap on the floor forming two to three shapes, for example a square, diamond, and a triangle. Apply duck tape to secure the wrap from moving or slipping. Discuss the different types of shapes included in this activity with the children. Then explain to

the children the rules of the activity. Demonstrate the activity by walking, jumping, hopping, or dancing across the bubble wrap while the music is playing. When the music stops, stop and tell what shape you are standing on. Repeat the activity and ask the children to join in as you play the music.





Let's Hopscotch

Let's Hopscotch is an activity that enhances balance and strength in young children.

Materials: Duck tape and small bean bag **Books to Read:** *Let's Play Hopscoth* by Sarah Hughes **Directions:** Draw 10-15 connected boxes with duck tape on the floor or carpet. Demonstrate the activity by throwing a bean bag to land on one of the boxes. Hop through the boxes avoiding the box with the bean bag. At the last box, turn around and return to the beginning. To make it more challenging, add a second bean bag. In larger classes, draw 2 or 3 diagrams for children to participate simultaneously.

The Missing Fruit Game!

The *Missing Fruit* game is an activity that teaches children about different fruits **Materials:** Fruit cards (pictures of fruit), plastic fruits (fruit should match the fruit cards) **Books To Read:** *Eating the Alphabet* by Lois Ehlert

Directions: Hide the plastic fruit in the classroom. Show the different fruit cards and explain why it is important to eat fruits daily. Distribute the fruit cards to the children. The only rule to the game is no walking. Children must hop, march, crawl, tiptoe, or ski to find the missing fruit. Demonstrate each action (hop, march, tiptoe, or ski) for the children. As children find the fruit, distribute a new card until all the fruit have been found.

Resources for Physical Activities

There are several great resources for implementing physical activities. Most of the resources provide step by step directions. Below is a list of resources and links to assist in selecting and implementing physical activities.

- Curriculums, Best Practice Guidelines, and Books
 - *Early Steps Physical Education Curriculum: Theory and Practice for Children Under 8* by Evridiki Zachopoulou, Ian Pickup and Niki Tsangaridou
 - Active Start: A Statement of Physical Activity Guidelines for Children From Birth to Age 5, 2nd Edition by National Association for Sport and Physical Education - <u>www.aahperd.org/</u> <u>naspe/standards/nationalGuidelines/ActiveStart.cfm</u>

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through a grant agreement with The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

 Ready, Set, Go! Creating and Maintaining a Wellness Environment in Child Care Centers Participating in the CACFP by National Food Service Management Institute
 <u>http://www.nfsmi.org/documentlibraryfiles/</u> PDF/20110126034352.pdf



- Physical Education for Young Children: Movement ABCs for Little One by Rae Pica
- Nutrition and Physical Activity Resources by First 5 Association of California <u>http://f5ac.org/files/Nutrition%20and%20Physical%20Activity%20Report.pdf</u>
- Healthy Habits for Life by Nemours, Health and Prevention Services, and KidsHealth.org
 <u>http://kidshealth.org/classroom/cc/GetMoving.pdf</u>
- SPARK Early Childhood http://www.sparkpe.org/early-childhood/
- Website
 - Head Start Body Start National Center for Physical Development and Outdoor Play <u>www.</u> <u>headstartbodystart.org</u>
 - FRAC: Child Care Program Wellness Toolkit <u>http://frac.org/federal-foodnutrition-programs/child-and-adult-care-program/child-care-wellness-plans-and-policies/</u>
 - CARE Connection (NFSMI) <u>http://www.nfsmi.org/ResourceOverview.aspx?ID=357</u>
- Initiatives
 - Let's Move! Child Care http://healthykidshealthyfuture.org/welcome.html

Creative Tips and Strategies for Implementation on Rainy Days

- Include music and dance.
- Be a role model for children by participating in physical activities with them.
- With the children's help, set up an obstacle course with chairs, cones, balls, and other items. Guide children on how to move through each part of the course so children can gain an understanding of directions in space such as over, under, around, and through.
- Place mats on the floor for tumbling, yoga, and movement. Play cooperative games using hula hoops, streamers, parachutes, and beach balls.
- Role model and demonstrate all activities for children.
- Have a college football player or tennis player to visit the center to talk about physical activity.
- Create a Calendar of Physical Events

Sources

Craft, D. H., Smith, C.L. (2008). Active play! Fun physical activity for young children. Cortland, NY: Active Play Books.

Kuffner, T. (1999). The toddler's busy book. New York, Ny: Simon and Schuster.

National Association for Sport and Physical Education.(2009). Active start: A statement of physical activity guidelines from birth to age 5, 2nd Edition. Retrieved from http://www.aahperd.org/naspe/standards/nationalGuidelines/ActiveStart.cfm

National Food Service Management Institute. (2009). *Creating an active, healthy play environment*. CARE Connection: Music, Movement and Play Connection. Retrieved from http://www.nfsmi.org/documentlibraryfiles/PDF/20090827041303.pdf.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room, 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer."