



Picnic Fun and Outdoor Food Safety

June 2016

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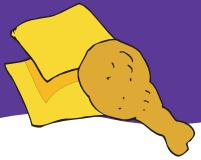
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lifestyle, visit our website
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Meat and Meat Alternates: Build a Healthy Plate With Protein

Nutrition and Wellness Tips for Young Children:
Provider Handbook for the Child and Adult Care Food Program



Children should eat a variety of meat and meat alternates each week. These foods include fish, shellfish, dry beans and peas, nuts, and seeds, as well as lean meats, poultry, and eggs. Most children 2 years and older do not consume enough fish, shellfish, and dry beans and peas. You can help by offering different meat and meat alternates on your menu. Include a variety of meat and meat alternates at meals and snacks to:



- Give children the protein, B vitamins, and minerals (like iron, zinc, and magnesium) they need to grow, play, and learn.
- Protect children's hearts, brains, and nervous systems with heart-healthy oils from fish and seafood.
- Help children feel full for longer with protein.

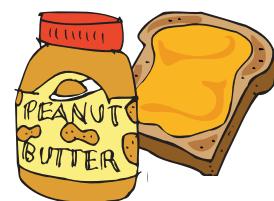
What types of meat and meat alternates should I offer?

Providing different choices each day helps children get the nutrition they need and introduces them to new foods.

- **Fish and seafood (fresh, frozen, or canned) are good choices for meal time.** Try salmon, tuna, trout, and tilapia prepared in different ways: baked, grilled, or in sandwiches or tacos.
- **Poultry, like chicken or turkey,** can be served grilled, roasted, or in pastas or burritos.
- **Look for lean cuts of meat, including beef, pork, and lamb.** Try round steaks and roasts (round eye, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts. The leanest pork choices include pork loin, tenderloin, or center loin.
- **Choose the leanest ground meats possible** (including beef, pork, chicken, and turkey), preferably meats labeled “90% lean” or higher. The higher the % number, the lower the amount of solid fats in the meat.



- Offer unsalted, chopped, or finely ground nuts and seeds (including almonds, mixed nuts, peanuts, walnuts, sunflower seeds), and peanut and sunflower seed butters spread thinly.



- **Prepare and serve eggs in different ways.** Try hard-boiled egg slices, scrambled eggs, or deviled eggs (prepared with low-fat mayo or mustard). Make sure the egg whites and yolks are cooked thoroughly to avoid foodborne illness.

- **Cooked, canned, or frozen dry beans and peas are all great options.** Vary the choices for dry beans and peas.



more 'types of meats and meat alternates' on next page ...



... more 'types of meat and meat alternates'

- **Yogurt and cheese can be credited as a meat alternate.** Offer yogurt labeled fat-free or low-fat (1%). When selecting cheese, choose low-fat or reduced-fat versions. Cheese must *not* include the words "processed cheese product" on the label.



CACFP Crediting Tip:

Both yogurt and cheese must be "commercially prepared," such as those you would find in your local grocery store. While yogurt and cheese are considered meat alternates, they *cannot* be substituted for the fluid milk meal pattern requirement.

- **Serve processed soy products, such as meatless "chicken" nuggets or soy burgers that are creditable.**

To credit soy products as a meat alternate in CACFP, they must have a Child Nutrition (CN) Label or a company-certified product formulation statement. (Use only creditable products; check with your State agency or sponsoring organization for additional guidance.)

Example of a CN Label for an entrée item made from Alternate Protein Products (APP) or soy, which credits as a meat alternate because it is a good source of protein.

Item Made from APP Patty made with Soy Protein Concentrate

CN	Each 2.25 oz Patty made with Soy Protein Concentrate provides 2.00 oz equivalent meat alternate for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 05/04).	CN	000000
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- **Large chunks of meat and cheese, as well as string cheese, larger beans, nuts and seeds, and nut and seed butters pose choking hazards.**
- **See Supplement A on page 77 for more information on choking hazards.**



- **Some children in your care may be allergic to fish, shellfish, soy, milk, wheat, eggs, nuts, and seeds.**

Actively supervise children when serving these foods. Handle food allergies on a case-by-case basis, have a medical statement on file, and contact your State agency or sponsoring organization if additional guidance is needed.

- **See Supplement B on page 81 for more information on food allergies.**



CACFP Crediting Tips:

- **Mature (dry) beans and peas may be considered both as a vegetable and meat alternate. However, they *cannot* be credited as both a vegetable and a meat alternate in the same meal.**
- **See the Vegetable as well as the Dry Beans and Peas tip sheets on pages 9 and 15 for more information.**

NOTE:

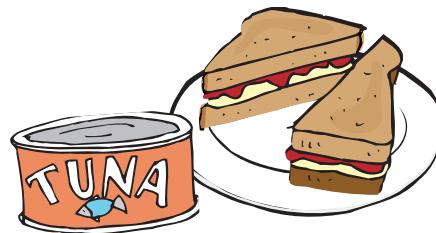
Be mindful of serving dairy-based meat alternates like yogurt and cheese to children who are lactose-intolerant. Consider alternatives like beans or eggs instead.



How can I serve a variety of meat and meat alternates low in sodium and solid fats?

Be sure to start with lean choices for meat and meat alternates. Use recipes without adding too much sodium (salt) or solid fats like butter, stick margarine, cream sauces, gravy, and regular, full-fat cheese (see the Sodium as well as the Fats and Oils tip sheets on pages 37 and 41 for more information). Here's how:

- ▶ **Use herbs or no-salt spice mixes instead of salt, butter, or stick margarine to season dishes.** This will lower solid fats, sodium, and calories in the dishes while adding flavor.
- ▶ **Trim away visible fat from meats and poultry before cooking.** Remove the skin from chicken and turkey to reduce the amount of solid fats. Drain off any fat that appears during cooking.
- ▶ **Broil, grill, roast, poach, or boil fish, meat, or poultry instead of frying.** These cooking methods do not add extra fat and calories. Keep in mind that breading adds extra calories, and frying causes food to soak up more fat during cooking.
- ▶ **Limit serving highly processed poultry, fish, or meat (like hotdogs, chicken nuggets, and fish sticks) to once weekly.** Even “reduced-fat” meats and cold cuts, like sausage, bologna, and salami, may be high in solid fats, sodium, and calories. Use canned tuna or salmon (packed in water) for sandwiches in place of deli or lunch meats, which are often higher in sodium.

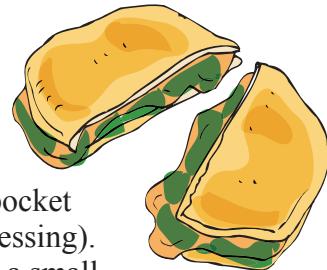


- ▶ **Purchase canned beans, fish, and meat labeled “no salt added” or “low sodium.”** If these are not available, reduce sodium by draining and rinsing canned foods before preparing. Choose fat-free refried beans or reduced-sugar and reduced-sodium versions of baked beans.
- ▶ **Pour the bag of dry beans or peas into a bowl of water on the kitchen counter.** Soak dry beans or peas overnight without adding any salt, and discard the soaking water and cook the next day.
- ▶ **See *Choose MyPlate* for additional ideas on lean choices for meat and meat alternates.** <http://www.choosemyplate.gov/food-groups/protein-foods-tips.html>



How can I help encourage kids to eat meat and meat alternates?

Here are some ways to get kids excited about meat and meat alternates:



Be Creative When Offering Meals and Snacks

- **Make food fun.** Serve “Shark Pockets” (stuff half a whole-wheat pita pocket with canned light tuna, spinach, shredded carrots, and a little salad dressing). Try “Peanut Butter Roll-Ups” (spread a thin layer of peanut butter on a small whole-grain tortilla, top with grated carrots, and roll it).
- **Give the food items creative names.** Make a lean “Mighty Monster Meatloaf” by using whole-grain bread or cracker crumbs and lean ground meat. Try “Crunchy Cereal Chicken or Fish,” using rolled oats or a crushed, unsweetened whole-grain cereal as breading for baked chicken or fish.

Let Children Participate in Putting Together Meals and Snacks



- **Put kids in charge.** Have children make a potato fixin’s bar by choosing their own toppings for half a baked potato. Arrange separate bowls and serving utensils for refried beans, black-eyed peas, chopped chicken tenders, shredded low-fat cheese, sliced cherry tomatoes, thinly chopped spinach, and grated carrots for children to build their own baked potato.

- **Cook together.** Children learn about foods when they help prepare them. Children can mash beans, wash and dry the tops of canned foods, spread peanut butter on crackers, or mix ingredients together for a chicken salad. http://teamnutrition.usda.gov/Resources/Nibbles/Nibbles_Newsletter_31.pdf

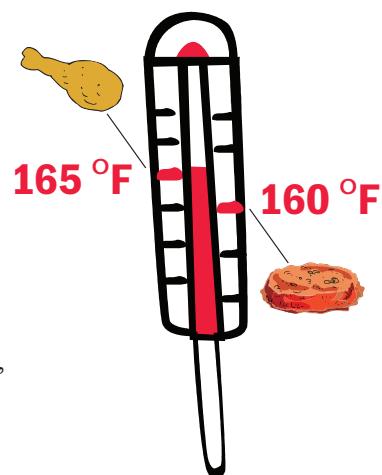
- **Send the message home.** Share the *Nibbles for Health* take-home newsletter for parents on easy weekend lunch ideas. Encourage them to let children help set the table or choose which ingredients to use. http://teamnutrition.usda.gov/Resources/Nibbles/Nibbles_Newsletter_20.pdf



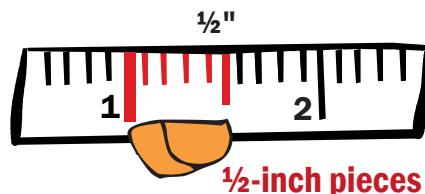
How can I keep meat and meat alternates safe?*

Cook Foods to the Proper Internal Temperature

- **Do not rinse raw fish, seafood, meat, and poultry.** Bacteria in these raw juices can spread to other foods, utensils, sinks, and other kitchen surfaces. Cooking foods thoroughly will kill harmful bacteria.
- **Use a food thermometer to check temperatures to determine when a meat, fish, poultry, or egg dish is fully cooked.** Do not judge whether a food is cooked thoroughly by its color or texture. Cook ground beef, pork, veal, or lamb to 160 °F; egg dishes to 160 °F; and poultry, casseroles, or leftovers to 165 °F. See this chart for more detail on minimum internal temperatures and how long to hold different foods at that temperature. <http://www.foodsafety.gov/keep/charts/mintemp.html>



- For preschoolers, cut meat, fish, and poultry into small pieces no larger than one-half inch ($\frac{1}{2}$) to prevent choking.
- If serving hot dogs, sausages, cheese sticks, and other round foods, slice them in strips or half-moon shapes.
- Serve thoroughly cooked, mashed, or puréed beans and peas to children under 4 years old.



Keep Foods Out of the Temperature “Danger Zone”

- **Keep perishable foods out of the “danger zone” of 40 °F to 140 °F** by keeping food in the refrigerator before cooking or serving and returning leftovers to the refrigerator immediately.
- **Never thaw foods on the kitchen counter or at room temperature.** Defrost foods on the bottom shelf of the refrigerator overnight. Another option is to place food that is either packaged or contained within an air-tight bag or container under cold, running tap water until fully thawed. Only a thin stream of running water is needed. For a quick thaw, use the defrost option on a microwave oven, but only if you are going to cook the meat immediately after it is thawed.

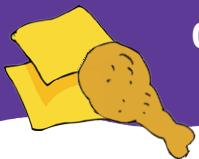


See the Food Safety tip sheet on page 55, Supplement A (Choking Hazards) on page 77, and Supplement B (Food Allergies) on page 81 for more information.

* The food safety guidelines contained in this tip sheet are based on recommendations found on the Web site www.foodsafety.gov. Providers should check with their State agency or sponsoring organization for the specific food safety requirements in the communities they serve.

Carnes y sustitutos de la carne: Prepare un plato con proteína

Consejos de nutrición y bienestar para niños pequeños: Manual del proveedor
del Programa de Alimentos para el Cuidado de Niños y Adultos



Los niños deben comer una variedad de carnes y sustitutos de la carne cada semana. Estos alimentos incluyen pescado, mariscos, frijoles y guisantes secos, nueces y semillas, así también como carnes magras, aves y huevos. La mayoría de los niños de 2 años o mayores no consumen suficiente pescado, mariscos y frijoles y guisantes secos. Usted puede ayudar ofreciendo diferentes carnes y sustitutos de la carne en su menú. Incluya una variedad de carnes y sustitutos de la carne en las comidas y meriendas para:



- Proporcionar a los niños la proteína, las vitaminas B y los minerales (como el hierro, el zinc y el magnesio) necesarios para crecer, jugar y aprender.
- Proteger los corazones, cerebros y sistemas nerviosos de los niños con aceites saludables para el corazón provenientes de los pescados y mariscos.
- Ayudar a los niños a sentirse llenos por más tiempo con proteína.

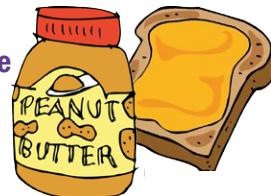
¿Cuáles tipos de carnes y sustitutos de la carne debo ofrecer?

Proporcionar diferentes opciones diariamente ayuda a los niños a recibir la nutrición que necesitan y los introduce a alimentos nuevos.

- **Pescados y mariscos (frescos, congelados o enlatados) son buenas opciones para una comida.** Pruebe el salmón, el atún, la trucha y la tilapia preparados de diferentes maneras: al horno, a la plancha o en sándwiches o tacos.
- **Aves, como el pollo o el pavo,** pueden ser servidas a la plancha, rostizadas o en pastas o burritos.
- **Procure cortes de carnes magras, incluyendo res, cerdo y cordero.** Pruebe los filetes y asados redondos (carne de mechar, masa redonda o larga, filete de punta redonda), lomo, solomillo, corte del cuarto delantero y aguayón. Las opciones para carnes magras de cerdo incluyen lomo o lomo de centro.
- **Elija las carnes molidas más magras posibles** (incluyendo res, cerdo, pollo y pavo), preferiblemente que sean carnes etiquetadas como “90% magra” o mayor. A mayor porcentaje, menor será la cantidad de grasas sólidas en la carne.



- **Ofrezca nueces y semillas sin sal, cortadas o finamente trituradas (incluyendo almendras, mezcla de nueces, maní, nueces de nogal, semillas de girasol)** y una capa fina de mantequillas de maní o de girasol.



- **Prepare y sirva huevos de diferentes maneras** Prepare rebanadas de huevos duros, revoltillo de huevos, o huevos endiablados (preparados con mayonesa baja en grasa o mostaza). Asegúrese de que las claras y yemas de huevo estén bien cocidas para evitar una intoxicación alimentaria.

- **Los frijoles y guisantes secos cocidos, enlatados o congelados son todas buenas opciones.** Varíe las opciones para los frijoles y guisantes secos.



Más ‘tipos de carnes y sustitutos de la carne’ en la página siguiente...

Más ‘tipos de carnes y sustitutos de la carne’

- **El yogurt y el queso pueden ser considerados como sustitutos de la carne.** Ofrezca yogurt etiquetado como libre de grasa o bajo en grasa (1%). Cuando compre quesos, elija las versiones bajas en grasa o de grasa reducida. El queso *no* debe de incluir las palabras “processed cheese product” en la etiqueta.
- **Sirva productos de soya procesada, tales como las croquetas de “pollo” sin carne o las hamburguesas de soya que sean acreditantes.** Para acreditar productos de soya como un sustituto de la carne en el CACFP, estos deben contener la etiqueta de Nutrición Infantil [Child Nutrition (CN, por sus siglas en inglés)] o una declaración certificada por la empresa sobre la formulación del producto. (Use solo productos acreditantes; consulte con su agencia estatal u organización patrocinadora para obtener orientación adicional.)

Ejemplo de una etiqueta CN (Nutrición Infantil) de un plato principal preparado a base de productos sustitutos de la proteína (APP, por sus siglas en inglés) o de soya, los cuales acreditan como sustitutos de la carne debido a que son una excelente fuente de proteína



Consejo para la acreditación del CACFP:

Tanto el yogurt como el queso deben ser “preparados comercialmente”, tales como aquellos encontrados en el supermercado. Aunque el yogurt y el queso son considerados como sustitutos de la carne, estos no pueden sustituir el requerimiento del patrón de alimentación de la leche fluida.

Item Made from APP. Patty made with Soy Protein Concentrate

CN	Each 2.25 oz Patty made with Soy Protein Concentrate provides 2.00 oz equivalent meat alternate for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 05/04).	000000
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- **Grandes trozos de carne y queso, así también como el queso rallado, los frijoles grandes, las nueces y semillas, y las mantequillas de nueces y semillas representan riesgos de atragantamiento.**
- **Vea el Suplemento A en la página 77 para obtener más información sobre los riesgos de atragantamiento.**



- **Algunos de los niños bajo su cuidado pueden ser alérgicos al pescado, los mariscos, la soya, la leche, el trigo, los huevos, las nueces y las semillas.**
- **Supervise de manera activa a los niños cuando sirva estas comidas. Maneje las alergias alimentarias según cada caso; tenga una declaración médica archivada y contacte a su agencia estatal u organización patrocinadora si necesita de orientación adicional.**
- **Vea el Suplemento B en la página 81 para obtener más información sobre las alergias alimentarias.**



Consejos para la acreditación del CACFP:

- **Los frijoles y guisantes (secos) maduros pueden ser considerados como vegetal y sustituto de la carne. No obstante, no pueden ser acreditados como un vegetal y un sustituto de la carne en la misma comida.**
- **Vea las hojas de consejos sobre Vegetales, y Frijoles y guisantes secos en las páginas 9 y 15 para obtener más información.**

NOTA:

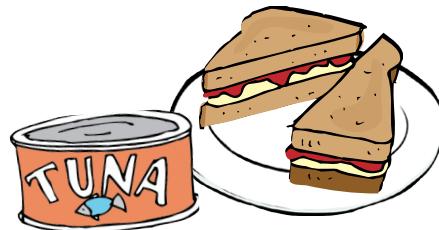
Tenga cuidado de servir sustitutos de la carne basados en lácteos, tales como el yogurt y el queso, a los niños intolerantes a la lactosa. Considere alternativas como frijoles o huevos en su lugar.



¿Cómo puedo servir una variedad de carnes y sustitutos de la carne que sean bajos en sodio y en grasas sólidas?

Asegúrese de empezar con opciones magras de carnes y sustitutos de la carne. Use recetas sin añadir mucho sodio (sal) o grasas sólidas como mantequilla, margarina, salsas cremosas, salsa de carne, y queso grasoso (vea las hojas de consejos de Sodio y de Grasas y aceites en las páginas 37 y 41 para obtener más información). He aquí como:

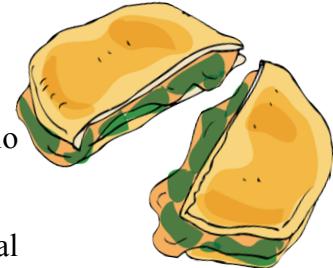
- **Use hierbas o mezclas de especias sin sal en lugar de sal, mantequilla o margarina para condimentar los platos.** Esto reducirá las grasas sólidas, el sodio y las calorías de los platos y, al mismo tiempo, añadirá sabor.
- **Corte toda la grasa visible de las carnes y aves antes de cocinarlas.** Remueva la piel de pollo y de pavo para reducir la cantidad de grasas sólidas. Drene cualquier grasa que aparezca durante la cocción.
- **Ase, cocine a la parrilla, rostice, escalfe o hierva el pescado, la carne o las aves en lugar de freírlos.** Estos métodos de cocción no agregan grasas o calorías adicionales. Tome en cuenta que empanizar agrega calorías adicionales, y que freír hace que la comida absorba más grasa durante la cocción.
- **Limite el consumo de aves, pescados o carnes altamente procesados (como los "hot dogs", las croquetas de pollo y los palitos de pescado) a tan solo una vez por semana.** Aun las carnes y los fiambres “reducidos en grasa”, como las salchichas, la mortadela y el salami, pueden tener un alto contenido de grasas sólidas, sodio y calorías. Use atún o salmón enlatado (empacado en agua) para sándwiches en lugar de carnes de delicatessen, las cuales, con frecuencia contienen mucho sodio.



- **Compre frijoles, pescado o carnes enlatados etiquetados como "no salt added" (sin sal añadida) o "low sodium" (bajo en sodio).** Si estos no se encuentran disponibles, disminuya el nivel de sodio drenando y lavando los alimentos enlatados antes de prepararlos. Elija frijoles refritos libres de grasa o versiones horneadas reducidas en azúcar y sodio.
- **Vacie la bolsa de frijoles y guisantes secos en un bol de agua en el mostrador de la cocina.** Remojando los frijoles y guisantes secos durante toda la noche sin añadir sal; deseche el agua y cocínelos al día siguiente.
- **Vea Choose MyPlate [Elija mi plato] para obtener ideas adicionales sobre opciones magras de carnes y sustitutos de la carne**
<http://www.choosemyplate.gov/food-groups/protein-foods-tips.html>

¿Cómo puedo motivar a los niños a comer carnes y sustitutos de la carne?

He aquí algunas maneras de lograr que los niños se interesen en comer carnes y sustitutos de la carne:



Sea creativo cuando ofrezca comidas y meriendas

- **Haga que la comida sea divertida.** Sirva “Bolsillos de tiburón” (rellene medio pan pita integral con atún “light” enlatado, espinaca, zanahorias ralladas, y un poco de aderezo de ensalada). Pruebe con los “Rollos de mantequilla de maní” (unte una fina capa de mantequilla de maní en una tortilla integral pequeña cubierta con zanahorias ralladas y enróllelo).
- **Use nombres creativos para las comidas.** Prepare un “Súper monstruoso albondigón” magro usando pan o migajas de galletas integrales y carne molida magra. Pruebe el “Pollo o pescado empanado con cereal crujiente” usando copos de avena o un cereal integral triturado sin azúcar como pan para el pollo o pescado al horno.

Deje que los niños participen en la preparación de las comidas y meriendas



- **Ponga a los niños a cargo.** Haga que los niños preparen un bar de opciones para que ellos mismos elijan el acompañamiento que desean añadir sobre media patata hervida. Coloque diferentes boles y utensilios para servir frijoles refritos, frijoles de ojo negro, tiritas de pollo picado, queso rallado bajo en grasa, tomates cereza rebanados, espinaca cortada finamente y zanahorias ralladas para que los niños准备 su propia patata al horno.

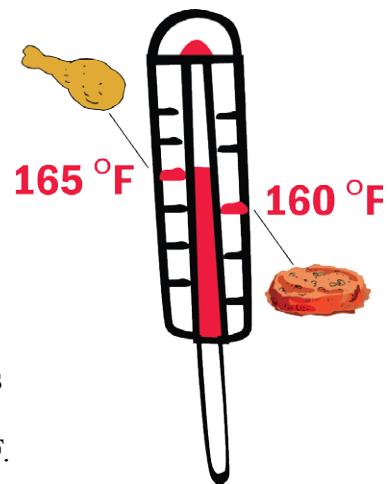
- **Cocinen juntos.** Los niños aprenden sobre los alimentos cuando ayudan a prepararlos. Ellos pueden majar los frijoles, lavar y secar la parte superior de las latas, untar mantequilla de maní sobre galletas, o mezclar ingredientes para preparar una ensalada de pollo.
http://www.fns.usda.gov/sites/default/files/Nibbles_Newsletter_31.pdf

- **Envíe el mensaje a casa.** Comparta el boletín para llevar a casa a los padres *Nibbles for Health* con ideas fáciles para preparar el almuerzo los fines de semana. Motívelos a dejar que sus hijos ayuden a poner la mesa o a elegir cuáles ingredientes usar.
http://www.fns.usda.gov/sites/default/files/Nibbles_Newsletter_20.pdf

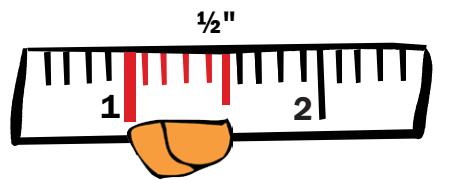
¿Cómo puedo hacer para que las carnes y los sustitutos de la carne sean seguros? *

Cocine los alimentos a la temperatura interna adecuada

- **No enjuague el pescado, los mariscos, la carne ni las aves crudas.** Las bacterias en estos jugos crudos pueden propagarse hacia otros alimentos, utensilios, fregaderos y otras superficies de cocina. Cocinar los alimentos completamente eliminará todas las bacterias
- **Use un termómetro de alimentos para verificar las temperaturas y determinar cuándo una carne, pescado, ave o plato con huevos está completamente cocinado.** No determine que un alimento está completamente cocido por su color o textura. Cocine las carnes molidas de res, de cerdo, ternera o cordero a una temperatura de 160 °F; los platos con huevo a 160 °F; y las aves, los guisados y las sobras a 165 °F. Más detalles sobre las temperaturas internas mínimas y la cantidad de tiempo que debe dejar los diferentes alimentos en esas temperaturas en la tabla que aparece en <http://www.foodsafety.gov/keep/charts/mintemp.html>



- **Para los niños en edad preescolar, corte las carnes, el pescado y las aves en trozos pequeños no mayores de media pulgada (1/2") para prevenir atragantamientos.**
- **Si sirve "hot dogs", salchichas, palitos de queso, y otros alimentos redondos, rebáñelos en tiras o en forma de media luna.**
- **Sirva frijoles y guisantes completamente cocinados, majados o en puré a niños menores de 4 años.**



Trozos de 1/2 pulgada

Mantenga los alimentos fuera de la “zona de peligro” de las temperaturas

- **Mantenga los alimentos perecederos fuera de la “zona de peligro” entre 40 y 140 °F asegurándose de mantener los alimentos en el refrigerador antes de cocinarlos o servirlos y regresando las sobras al refrigerador inmediatamente.**
- **Nunca descongele alimentos sobre el mostrador de la cocina o a temperatura ambiente.** Descongele los alimentos en el último nivel del refrigerador durante la noche. Otra opción es colocar los alimentos que estén empacados en bolsas o envases herméticos bajo agua fría corriente hasta que estén completamente descongelados. Solo se necesita un fino chorro de agua corriente. Para descongelar rápidamente, use la opción de descongelar del horno microondas, pero solo si va a cocinar la carne inmediatamente luego de ser descongelada.



Vea la hoja de consejos sobre el control de seguridad de alimentos en la página 55, el Suplemento A (Riesgos de atragantamiento) en la página 77, y el Suplemento B (Alergias alimentarias) en la página 81 para obtener más información.

*Las guías sobre el control de seguridad de alimentos contenidos en esta hoja de consejos están basadas en las recomendaciones encontradas en el sitio web www.foodsafety.gov. Los proveedores deben verificar con la agencia estatal u organización patrocinadora para obtener los requerimientos específicos sobre la seguridad de los alimentos en las comunidades donde prestan servicios.





Keep Food Safe During Summer Picnics

Although mosquitoes and flies can be annoying pests at picnics, the “bugs” you can’t see, such as harmful bacteria, are a bigger problem. Bacteria love the warm, humid days of summer and multiply faster than at any other time of the year. The number of people who get sick from something they ate increases during the sizzling summer months. Use the following tips to beat bacteria at your summer picnic.

Keep it Clean!

- Find out if your picnic destination has a source of safe drinking water. If not, bring water or moist towelettes for cleaning hands and surfaces.
- Always wash your hands with warm, soapy water for 20 seconds before and after handling food. Unwashed hands are a major cause of foodborne illness. Use moist towelettes if hand-washing facilities are not available.
- Be sure raw meat and poultry are wrapped securely to prevent their juices from cross-contaminating other foods in the cooler.
- Pack enough clean utensils for both eating and serving food. Don't use the same utensil or platter for raw and cooked meat and poultry. Disposable plates and utensils help prevent cross-contamination.
- Keep foods covered to prevent insects from enjoying your lunch!



Keep Cold Foods Cold!

- Keep perishable foods cool by transporting them in an insulated cooler with plenty of ice or frozen gel packs. Perishable foods include meat, poultry, seafood, eggs, dairy products, pasta, rice, cooked vegetables and fresh, peeled and cut fruits and vegetables.
- Pack the cooler just before leaving home. Foods chilling in your refrigerator should be placed directly in your cooler with ice or frozen gel packs.
- Avoid frequently opening coolers containing perishable food. It's a good idea to store beverages and perishable foods in separate coolers.
- Keep the cooler in an air-conditioned vehicle during travel and in the shade at the picnic site. Avoid transporting the cooler in your vehicle's trunk.

Keep Hot Foods Hot!

- Food should not be left out of the cooler or off the grill more than two hours (one hour when the outside temperature is above 90 degrees). Holding food at an unsafe temperature is another major cause of food-borne illness.
- Raw meat and poultry may contain bacteria that cause foodborne illness. These foods must be cooked and held at temperatures either too hot or too cold for bacteria to survive and grow. Bacteria multiply readily between 40 F and 140 F.
- Remember to pack a food thermometer to check the doneness of meat. For example, burgers should reach an internal temperature of 160 F and chicken breasts, 165 F. Clean your thermometer with warm, soapy water after every use.
- When reheating food at a picnic, make sure it reaches 165 F.



Consider Nonperishable Picnic Alternatives

- Baked potato chips instead of potato salad.
- Washed whole fruit (apples, oranges, bananas, etc.) instead of cut-up fruit salad.
- Cookies or brownies instead of perishable cream or fruit-filled pies.

Julie Garden-Robinson, Ph.D., R.D., L.R.D.
Food and Nutrition Specialist

Tami Totland, L.R.D.
Food Safety Program Coordinator

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For more information on summer food safety, visit the NDSU Extension Service Web site:
www.ag.ndsu.edu/food

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Menus for Child Care



Week 11 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	<p>½ cup mixed fruit (½ cup fruit)</p> <p>⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal)</p> <p>¾ cup 1% milk¹ (¾ cup milk)</p>	<p>½ cup diced peaches (½ cup fruit)</p> <p>½ slice French toast (½ slice bread)</p> <p>¾ cup 1% milk¹ (¾ cup milk)</p>	<p>Fruity Breakfast Parfait² (¼ cup yogurt, ½ cup fruit)</p> <p>½ Banana Muffin A-04³ (1 slice bread)</p> <p>¾ cup 1% milk¹ (¾ cup milk)</p>	<p>½ cup pineapple tidbits (½ cup fruit)</p> <p>½ Drop Biscuit A-09A³ (¾ slice bread)</p> <p>¾ cup 1% milk¹ (¾ cup milk)</p>	<p>½ cup fresh bananas (½ cup fruit)</p> <p>½ slice whole wheat toast with 1 tsp all-fruit spread (½ slice bread)</p> <p>¾ cup 1% milk¹ (¾ cup milk)</p>
<u>Lunch or Supper</u> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	<p>1 piece Oven-Baked Fish D-09³ (1 ½ oz cooked fish)</p> <p>1 piece Pumpkin Pudding B-07³ (¼ cup vegetable)</p> <p>¼ cup apple slices (¼ cup fruit)</p> <p>1 Corn Muffin A-02³ (¾ slice bread)</p> <p>¾ cup 1% milk¹ (¾ cup milk)</p>	<p>Pita sandwich with 1 oz roasted chicken, ½ oz cheddar cheese, and ¼ cup shredded lettuce (1 ½ oz cooked lean meat, ¼ cup vegetable, 1 slice bread)</p> <p>¼ cup fresh pear slices (¼ cup fruit)</p> <p>¾ cup 1% milk¹ (¾ cup milk)</p>	<p>1 piece Mexican Meat Loaf D-04B³ (1 ½ oz cooked lean meat, ⅛ cup vegetable, ½ slice bread)</p> <p>¼ cup whole kernel corn (¼ cup vegetable)</p> <p>¼ cup green beans (¼ cup vegetable)</p> <p>¾ cup 1% milk¹ (¾ cup milk)</p>	<p>2 pieces Chicken Nuggets D-09B³ (1 ½ oz cooked poultry)</p> <p>¼ cup baked sweet potato fries (¼ cup vegetable)</p> <p>½ cup Vegetable Soup H-11³ (¼ cup vegetable)</p> <p>½ whole wheat roll (½ slice bread)</p> <p>¾ cup 1% milk¹ (¾ cup milk)</p>	<p>1 muffin half Tuna Melt F-01³ (1 ½ oz cooked lean meat, 1 slice bread)</p> <p>¼ cup steamed spinach with 1 tsp parmesan cheese (¼ cup vegetable)</p> <p>¼ cup mixed fruit (¼ cup fruit)</p> <p>¾ cup 1% milk¹ (¾ cup milk)</p>



National Food Service Management Institute
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Menus for Child Care

Snack	$\frac{1}{2}$ oz pretzels with 1 Tbsp peanut butter ⁴ for dipping ($\frac{1}{2}$ oz grains/breads, 1 Tbsp peanut butter) Water ⁵	$\frac{1}{2}$ turkey sandwich ($\frac{1}{2}$ oz cooked poultry, 1 slice bread) Water ⁵	$\frac{3}{8}$ cup Yogurt Fruit Dip G-04 ³ ($\frac{1}{2}$ oz cooked lean meat, $\frac{1}{4}$ cup fruit) $\frac{1}{4}$ cup apple juice ($\frac{1}{4}$ cup fruit) Water ⁵	1 piece Whole Wheat Muffin Square A-11A ³ (1 slice bread) $\frac{1}{2}$ oz string cheese ($\frac{1}{2}$ cheese) Water ⁵	$\frac{1}{2}$ cup fresh orange sections ($\frac{1}{2}$ cup fruit) 1 granola bar ($\frac{1}{2}$ oz grains/breads) Water ⁵
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¹Nutritionists recommend serving whole milk for children ages 2 and younger and lowfat milk for children older than 2 years of age.

²5 a Day Quantity Recipe Cookbook. Available online at www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf.

³USDA Recipes for Child Care. Available online at www.nfsmi.org.

⁴Sunflower butter may be substituted for peanut butter.

⁵Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.



Pick a Perfect Picnic with Wraps

Children should have access to healthy food and be able to make healthy food choices wherever they are – at home, in school, and in the community. Improving the health of the nation's children and reversing the childhood obesity epidemic is a shared responsibility and will take the commitment of parents, the foodservice industry, the media, and schools working together.

Kids love eating outdoors - no one worries about crumbs, spilled drinks, and plenty of room to run and have fun!



Find your balance
between food and fun

Exercise tips for families
from MyPyramid

Easy meal preparation

Fruit

- Purchase an array of pack-and-go fruits that are available at supermarkets and are just right for picnics.
- Remember to wash and cut fruit to the right size for small hands.
- Pack good picnic fruits such as orange pinwheels, grapes, apple slices, and bananas.

Vegetables

- Use dips and low-fat dressings to make vegetables fun!
- Blanch and chill vegetables, such as broccoli and carrots, to make them easier to enjoy.
- Pack good picnic vegetables such as green or red peppers slices, small carrots, broccoli trees, and sugar snap peas.

Beverage

- Include water, the best thirst quencher for an active day.
- Use reusable containers to minimize waste.

Picnic Points

Pack to go

A picnic basket, cooler, beach bag, or cardboard box can be used to pack a picnic!

Pack for food safety and cleaning

A cold pack or ice are necessary for keeping food cold.

Handwipes are essential for cleaning hands, and hand sanitizer kills the germs.

Picnic essentials

- Large blanket or tablecloth
- Recyclable plastic or disposable plates and cups, napkins, and garbage bags
- Insect repellent, band-aids, sunscreen, and a change of clothes for the kids

Take for fun and activity

- Bubble liquid and wands
- Butterfly net and bug jar
- Sidewalk chalk
- Binoculars
- Frisbee and kites
- Balls, bat, and glove

Resources

U.S. Department of Agriculture. *Inside the pyramid*. Available at mypyramid.gov/pyramid/index.html

U.S. Department of Agriculture. *Dietary guidelines for Americans*, 2005. Available at www.health.gov/dietaryguidelines/default.htm

National Food Service Management Institute

The University of Mississippi

6 Jeanette Phillips Drive

Post Office Drawer 188

University, Mississippi 38677-0188

800-321-3054 · nfsmi@olemiss.edu



For more information, visit us on the Web at www.nfsmi.org

Black Bean Salad and Shredded Carrot Lettuce Wrap

1 can, 15 ounces	Black beans, drained
½ cup	Red pepper, diced
½ cup	Onion, diced
½ cup	Corn, fresh or frozen
1 tablespoon	Cilantro
2 tablespoons	Green onion
¼ cup	Southwestern salad dressing
8 leaves	Bibb lettuce, washed
4 ounces	Shredded carrots

1. Combine black beans, red pepper, onion, corn, cilantro, and green onion. Toss with salad dressing.
2. Spoon the black bean salad into lettuce cups. Top with shredded carrots. Serve.

Nutrition Facts

Serving Size 1 lettuce wrap

Servings Per Container 8

Amount Per Serving

Calories 80	Calories from Fat 5	
% Daily Value*		
Total Fat 0.5g	1%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 210mg	9%	
Total Carbohydrate 13g	4%	
Dietary Fiber 5g	20%	
Sugars 2g		
Protein 4g		
Vitamin A 80% • Vitamin C 25%		
Calcium 4%	• Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Calories: 2,000	2,500	
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

Nutrition Facts

Serving Size 1 each

Servings Per Container 1

Amount Per Serving

Calories 540	Calories from Fat 170	
% Daily Value*		
Total Fat 19g	29%	
Saturated Fat 6g	30%	
Trans Fat 0g		
Cholesterol 45mg	15%	
Sodium 2050mg	85%	
Total Carbohydrate 69g	23%	
Dietary Fiber 6g	24%	
Sugars 6g		
Protein 22g		
Vitamin A 25% • Vitamin C 25%		
Calcium 30%	• Iron 30%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Calories: 2,000	2,500	
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

Mediterranean Wrap

Yield: 1 each

1 large	Spinach wrap
1 tablespoon	Herbed cheese
2 ounces	Turkey, sliced
2 tablespoons	Roasted red peppers
¼ cup	Arugula or spinach, washed
3 or 4 each	Calamata or black olives
to taste	Salt
to taste	Freshly ground black pepper

1. Lay the spinach wrap on a piece of parchment. Spread the herbed cheese evenly over the surface.
2. Layer the turkey, roasted red peppers, arugula or spinach, and olives. Season with salt and pepper, if desired.
3. Roll the wrap, tucking in the sides to contain the fillings. Wrap in parchment paper.

Nutrition Facts

Serving Size 1 each

Servings Per Container 1

Amount Per Serving

Calories 460	Calories from Fat 190	
% Daily Value*		
Total Fat 21g	32%	
Saturated Fat 4g	20%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 290mg	12%	
Total Carbohydrate 58g	19%	
Dietary Fiber 7g	28%	
Sugars 23g		
Protein 14g		
Vitamin A 2% • Vitamin C 15%		
Calcium 2%	• Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Calories: 2,000	2,500	
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

Peanut Butter and Banana Wrap

Yield: 1 each

1 small	Whole-wheat tortilla
2 tablespoon	Peanut butter
1 teaspoon	Honey
1 tablespoon	Crunchy cereal or granola
1 medium	Banana

1. Lay tortilla on a plate. Mix peanut butter and honey together and spread evenly on the tortilla. Sprinkle cereal over peanut butter.
2. Peel, chop, and place banana on the tortilla and roll the tortilla.

*These recipes have not been standardized for use in child nutrition programs.

JUNE



Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Go outside and run in big, small, and medium sized circles.	Make a paper airplane and see how far you can make it fly. 	Work on your tossing skills. Find some small objects to toss into a box. Keep backing up to see if you can toss further.	Play catch with someone. Start really close and after every two tosses back up one step.	Find an open space and work on rolling in different ways - long, straight body and a curled up small body.	Say three different motions as your partner does them, such as touch your nose, spin around, and jump up high. Take turns.	Go for a family walk and take turns saying something you are really happy about or thankful for.
Draw or cut out some odd shapes, then put your body into each shape.		Turn on some slow, quiet music – lay on the floor, relax, breath and stretch.	Pretend that you are at a magical zoo. Identify an animal; move and sound like that animal.	Ask someone to pitch some balls to you as you try to hit them with a big, soft bat.	Work on dribbling a ball. Try saying tap, tap, run, run as you do the same with the ball and your feet 	Use wet sponges to work on your throwing. Throw sponges at a big target such as a building or garage door. Pretend to be a growing flower. First you are the tiny seed in the ground and then you slowly grow into a big, tall flower that blows in the wind.
Fill a cup full of water. Can you run around your building carrying the cup without losing much water?	Can you walk while you balance a book on your head? 	Walk and run around your home four times. Each time try to go a little faster.	Work on throwing really hard. Remember to bring the ball back to your ear and take a nice big step forward.	Make up a silly dance, show it to someone, and then ask them to do it with you. 	Draw a hopscotch pattern outside and work on your jumping and hopping skills.	Stretch your body into the shapes of each letter in your name. Stretch big and small.
Work on moving in different directions – forward, backward, sideways.		Set up a bunch of targets and work on throwing or rolling a ball at them to knock them over.	Have a three legged walk with someone in your family. Stand side by side, with your inside legs touching – these two legs should move together as one leg.	Ask someone to take you to a park and try to keep moving for 15 minutes without stopping – run, climb, jump, and swing.	Make your arms strong by walking like different animals around your yard – bear, crab, seal, etc. 	Put a t-shirt on the floor, bend over and put your hands on it, then push it all over the space. Draw circles, squares, and triangles on the driveway and practice tossing rolled up socks into each shape.
Find a little hill and roll down it, run back up and do it again. 	Work on your kicking skills. Try running up to the ball, swing your leg back and then kick through the ball.	Practice your volleying skills. Find a balloon and try to keep it up in the air. Try volleying it with different parts of your body.	Play catch with a water balloon. Make a nice soft home for the balloon with your hands, and “give” with your body as you catch it.	Draw different shapes with sidewalk chalk and practice moving over, around, and into them.	Work on dribbling a ball with your feet. Try saying tap, tap, run, run as you do the same with your feet and the ball.	Go back and do your favorite activity this month!

JUNIO



"A Moverse Hoy"!

CALENDARIO DE ACTIVIDADES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Corre en círculos. Sal afuera y corre en círculos pequeños, medianos y grandes.	Haz un avión de papel y ve cuán lejos lo puedes hacer volar. 	Practica tus lanzamientos. Consigue objetos pequeños para lanzarlos a una caja. Aléjate poco a poco para ver si puedes lanzar más lejos. 	Juega a atajar con alguien. Empieza cerca y aléjate un paso después de cada dos lanzamientos.	Encuentra un espacio abierto y rueda de diferentes maneras... cuerpo largo y extendido, y cuerpo corto y enrollado.	Nombra 3 movimientos distintos mientras tu compañero los hace: tocarse la nariz, dar vueltas, y saltar alto. Túrnense.	Ve de caminata familiar y túrnense para contar algo que los hace sentir felices o agradecidos.
Dibuja o recorta formas extrañas, luego conforma tu cuerpo en esas formas.	Prende música suave y lenta – acuéstate en el suelo, relájate, respira y estírate. 	Imagina que estás en un zoológico mágico. Identifica un animal – muévete y suena como ese animal.	Pide a alguien que te tire unas pelotas mientras tratas de pegarlas con un bate grande y suave.	Practica dribbling una pelota. Trata diciendo tap, tap, corre, corre mientras haces lo mismo con tus pies y pelota. 	Usa esponjas mojadas y practica tus habilidades de lanzar. Lanza esponjas hacia una meta grande como un edificio o una puerta de garaje.	Pretende ser una flor que está creciendo. Primero eres una semilla pequeña en la tierra y luego creces lentamente en una flor grande y alta que se mueve en el viento.
Llena un vaso con agua. ¿Puedes correr alrededor de tu edificio con el vaso sin perder mucha agua?	¿Puedes caminar mientras balanceas un libro sobre tu cabeza? 	Camina y corre al rededor de tu casa cuatro veces. Cada vez trata de ir un poco más rápido.	Trata de lanzar bien lejos. Recuerda traer la pelota hacia tu oreja y toma un paso bien grande hacia adelante.	Crea un baile chistoso, demuéstralos a alguien y luego pídele que lo haga contigo. 	Dibuja una rayuela afuera y practica saltando de un pie. 	Estira tu cuerpo en la forma de cada letra en tu nombre. Estírate en una manera grande y pequeña.
Trata de moverte en diferentes direcciones – hacia adelante, hacia atrás, hacia un lado.	Pon varios blancos alrededor de una habitación y practica tus habilidades de lanzar o rodar una pelota hacia los blancos para hacerlos caer. 	Da un paseo de tres patas con alguien en tu familia. Párense lado a lado, con las piernas interiores tocándose - estas dos piernas deben moverse como una sola pierna.	Pídele a tu padre que te lleve al parque, trata de mantenerte en movimiento por 15 minutos sin parar. ¡Corre, trepa, salta, columpia!	Haz que tus brazos se pongan más fuertes caminando como diferentes animales al rededor de tu patio - como un oso, cangrejo, foca, etc.	Pon una camiseta en el piso, dobla tu cuerpo y pon tus manos en la camiseta, ahora empújala por todo el espacio. 	Dibuja círculos, cuadrados y triángulos en tu acera y practica lanzando calcetines enrollados dentro cada forma.
Encuentra una pequeña colina y rueda por ella, vuelve a correr a la punta de la colina y hazlo de nuevo. 	Practica tus habilidades de patear. Trata corriendo hacia la pelota, trae tu pierna hacia atrás y patéala.	Práctica tus habilidades de volley. Encuentra un globo y trata de mantenerla en el aire. Trata de golpearla con diferentes partes de tu cuerpo.	Jugar a la pelota con un globo de agua. Haz una casa suave y agradable con tus manos para el globo y "da" con tu cuerpo mientras lo agarras.	Dibuja diferentes formas con tiza y practica moviéndote por encima, al rededor de y dentro de cada forma.	Practica dribbling una pelota con tus pies. Trata diciendo tap, tap, corre, corre mientras haces lo mismo con tus pies y pelota.	Vuelve a hacer tu actividad favorita de este mes!

Pack a Family Picnic!

A picnic is fun family time: Indoors or out.

City or county park	Playground	Beach, pool, riverside
Local fair	Your yard	Community center
Relative's home	Parade route	Pick-your-own farm
Community garden	Zoo	Family idea: _____



What's in Your Picnic Basket?

No-chill Foods

- Whole fruit
- Dried fruit (raisins, apples, apricots), juice boxes, canned fruit
- Tortillas, bagels, pocket bread, pretzels, crackers, bread, and buns (Remember to choose more often those brands that list whole wheat as the first ingredient.)
- Nuts, peanut butter, unopened canned meat



Cooler Foods

- Cooked and uncooked chicken, meat, shrimp, fish; hard-cooked eggs; deli meat
- Salads that contain cut-up meats, or vegetables, or fruits
- Lowfat or fat-free cheese, string cheese, yogurt, milk
- Single-serving pudding

Warm-Up Foods

(in an insulated container with the cover closed)

- Soup, hot cocoa with milk
- Baked beans, hot dishes (eat within 1 hour).

Keep Family Picnics Safe at the Plate!

- **Bring** water and soap to wash hands, surfaces, cutting boards.
- **Bring** food thermometer. Use it to grill to safe internal temperature: 160 °F for burgers; a minimum internal temperature of 165 °F for chicken.
- **Store** chilled foods in a cooler with ice or ice packs.
- **Store** uncooked meat, poultry, or fish for grilling in a well-sealed container. Pack it in the bottom of the cooler so juices will not leak onto other foods.
- **Put** grilled foods on a clean plate, not the plate used for uncooked foods. Disposable paper plates are great!
- **Keep** coolers in the car as you drive, not a hot trunk. At the picnic, keep them in shade under a tree or bench.
- **Return** chilled foods to the cooler right after serving.
- **Discard** leftover meat, chicken, fish, eggs, and foods made with them if left out for 1 hour or more in temperatures over 90 °F.



Pack a Family Picnic!

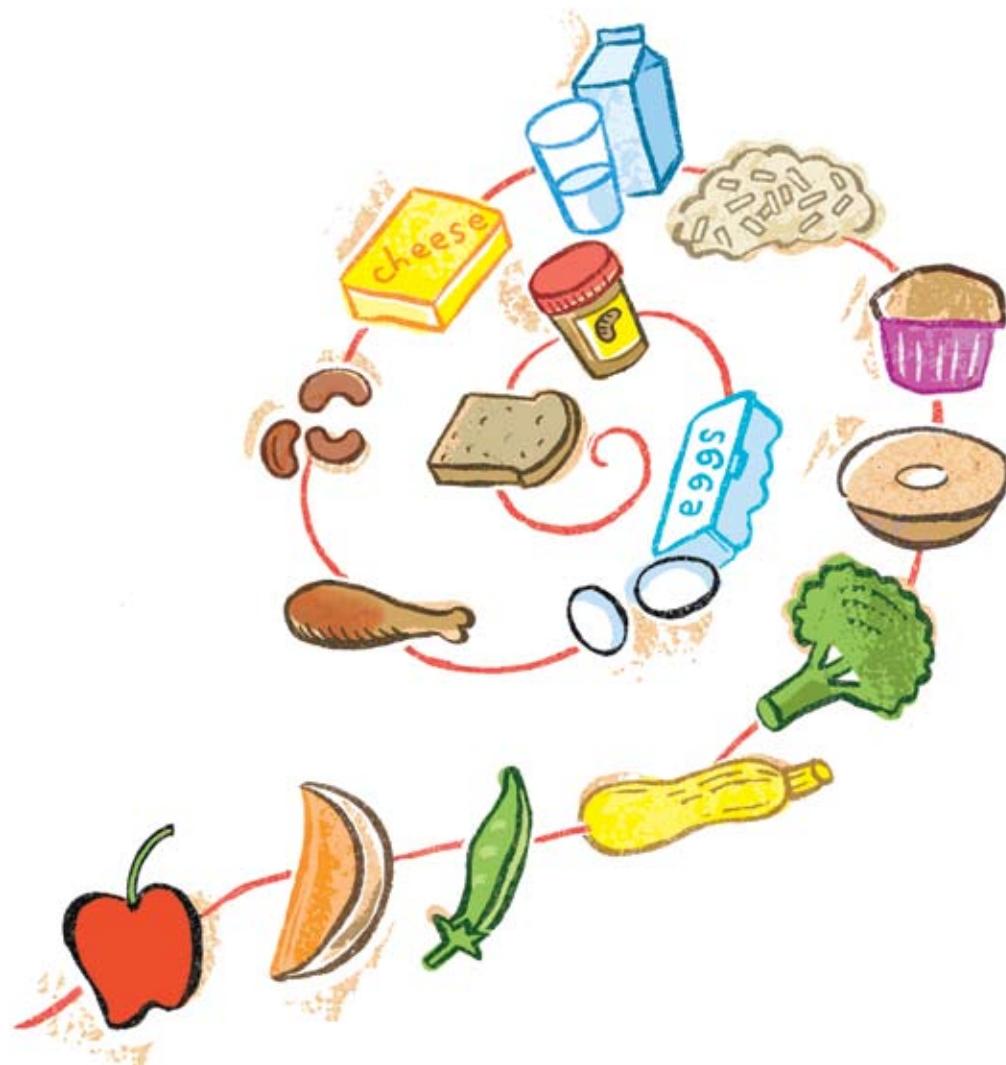
Turn Family Picnics Into Active Family Fun

- Explore with a nature scavenger hunt.
- Walk or ride bikes on a nature trail.
- Sled or ice skate on a winter picnic.
- Play water catch at the beach or pool.
- Bring a rubber ball, Frisbee, or jump rope.
- Do a city “walk around” to explore.
- Kids like to dance. Ask your child to pick music CDs. Pack along a player!

Enjoy a Pretend Picnic!

Young children like to play “pretend.”

Make an everyday meal into an indoor pretend picnic. Let your child pick the menu and set the table with colorful napkins, plastic utensils, and paper plates. Let your child invite a teddy bear, too.



Provided by _____

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