



# Child's Play

## November 2016



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# Child's Play!

**Your child is designed to move! Most kids like to climb, crawl, run, jump, swing, tumble, twist, stretch, and peddle. In fact, active play is the “work” of a childhood. By moving more and sitting less, your child also learns to live in a healthful way.**

## Active play can promote:

**Cooperation and sharing** as your child plays and learns to get along with others.

**Curiosity and creativity** as your child explores his or her world.

**Confidence and independence** as your child learns to make choices and control his or her actions.

**Learning** as your child's body and brain develop a better ability to learn.

## Active play can develop body skills:

**Strength, flexibility, and endurance** to explore and experience the world safely.

**Coordination** of small and large muscles, which helps with overall learning.

**Body awareness** as your child learns what his or her changing body can do.

## Active play promotes:

**Stress relief and good sleep** as your child uses up extra energy and learns a healthful way to get rid of stress. It is good for you, too!

**Healthy weight** since moving more and sitting less helps lower the chances of overweight

**Lifelong health** – Keeping your child active now helps protect your child from getting diabetes at a young age. Moving more helps lower the chances of type 2 diabetes and heart disease later in your child's life. Yours, too!

## Active play is fun for your child and you!

When you move more, your child will, too.



# Child's Play!

## Surround your child with active fun!

- **Set aside a play area inside.** Find a safe spot where your child can tumble, roll, jump, and toss things – without breaking something or getting hurt.
- **Have a place outdoors** to run and kick a ball.
- **Turn active play into family time,** maybe after a meal.
- **Ask babysitters to play actively with your child:** perhaps toss a ball, take a walk, or play tag or catch!
- **Gather “active” toys.** A ball or a tri-cycle encourages active play.
- **Join a playgroup** where young children and grownups play together.
- **Pick fast-food restaurants with a play area.** Allow time for play.
- **Make active play a day care priority.** Find day care that offers safe, active play that matches your child's abilities. Visit to see and ask what they do, for how long, and how often.

## Safety Alert! Always stay with your child.

Children do not have life experiences to foresee danger. They may not have body skills or strength to move away from trouble. When kids play, they may not notice when they are cold, wet, overheated, or in possible danger.

*Bonus: By supervising, you also have the fun of playing together – and you stay active, too!*





# Move Together Anytime!

*Incorporate physical activity into your everyday routines with these fun, easy ideas that will help lay the foundation for an active and healthy lifestyle.*

- **Rise and stretch!** Start the day by doing some quick morning stretches together. Say, "Reach your arms up high to touch the sky! Reach down low to tickle your toes."
- **Jump to the car.** Instead of walking to the car, bus, or subway, encourage your child to jump like a frog or hop like a bunny. These movements will strengthen his leg muscles and help your child wake up!
- **Parade to dinner.** As meals are being prepared, use this time to encourage your child to march around the table to celebrate the fun of a family meal.
- **Row, row, row to the bath.** Ask your child to pretend she's rowing both of you toward the bathtub. Sing, "Row, row, row your boat...to the tub with me. Clean, clean, clean, clean... that's what you will be!"
- **Have a pajama party!** Before bedtime, put on your pajamas, turn on some music, and dance!

**TRY THESE MOVES TOGETHER! CUT OUT THE CARDS BELOW AND BRING THEM WITH YOU TO USE ANYTIME, ANYWHERE.**

**Picking Fruit with Elmo:** Reach your hands up and jump in the air. Pick an apple or a pear!



TW10-2012 SESAME WORKSHOP

**Abby's Flying Fairies:** Abby Cadabby flies way up high! You can, too! Stretch your wand up to the sky.



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**Rosita Does a Super Twist:** Twist your torso side to side, with your arms open wide!



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**FOR MORE FUN TIPS, VIDEOS, AND RESOURCES TO HELP KEEP YOUR CHILD ACTIVE, VISIT [SESAMESTREET.ORG/HEALTHYHABITS](http://SESAMESTREET.ORG/HEALTHYHABITS) AND LIKE US AT [FACEBOOK.COM/HEALTHYHABITS4LIFE](https://www.facebook.com/HealthyHabits4Life).**



# Hello, Families!

*We're making our bodies healthier and stronger by keeping them active throughout the day. Join us by showing your child that moving around is something your whole family has fun doing together.*

## TIPS FOR PARENTS

Staying active together as a family is easier than you think! Here are simple ways to incorporate more physical activity into your everyday routines.

- **Park it and walk!** When you go to the store, park at a distance and walk to the entrance and back to the car. Try moving in different ways to get your heart pumping. You can march, skip, or hop!
- **Move and groove in the kitchen!** While you're cooking, put on some of your favorite music. Ask your child to make up a dance for the different foods you're cooking, such as wiggling like pasta or jumping like jumping beans.
- **Play a game of popcorn laundry.** Ask your child to help you match and roll pairs of socks. Spread out a bedsheet and have each family member hold an edge. Put the socks in the middle and flap the sheet up and down to make them "pop" high in the air!
- **Turn TV time into active time.** Try balancing, hopping, or stretching during commercial breaks.
- **Have a family dance party!** Turn up the music and encourage each person to make up a fun move for everyone else to do.

For more fun tips, videos, and resources to help keep your child active, visit [sesamestreet.org/healthyhabits](http://sesamestreet.org/healthyhabits) and like us at [Facebook.com/HealthyHabits4Life](https://www.facebook.com/HealthyHabits4Life).

## Quick Tip!

Fill a box or cabinet with things that get you moving, such as balls to bounce, scarves to wave around, or a CD of fun music you can dance to!

## 3 Reasons to Get Moving:

1. Moving helps keep your muscles, bones, joints, and organs healthy and strong.
2. You'll get into a routine that can help you build a healthy lifestyle.
3. Your child will follow your active lead!



# Nature Treasure Hunt

*Bring nature indoors! This activity can be done anytime during the day to get children moving in different ways.*



**MOVEMENT SKILLS:** bending, reaching, crawling, twisting

## MATERIALS

- “treasures” from nature, such as leaves, rocks, twigs, and pinecones (optional: masking tape)

## HOW TO PLAY

- Collect objects from nature on your own, or let children help you as you take a nature walk together outside.
- Hide the objects around the room. Then let children know that it's time for a “Nature Treasure Hunt.” Together, **reach** high, **bend** low, and search above, under, around, and through the space to find treasures from nature. You can use masking tape to create straight, curved, and zigzag pathways on the ground for them to follow as they search.
- Every 2 to 3 minutes, call out different ways for children to move, such as **jumping** like a kangaroo, **waddling** like a duck, **stomping** like an elephant, or **crawling** like a crab. Help them notice how some of these movements get their hearts pumping very quickly by asking them to put one hand over their hearts before they begin a movement and to keep it there as they move. Do they feel a difference in how fast their hearts beat?

## POSSIBLE VARIATIONS

- Divide children into smaller groups that look for different types of things. For example, one group can look for leaves while another hunts for rocks.
- Expand the search area by taking children outdoors to hunt for the objects, or increase the distance between hiding places.
- Create and hide any kind of “treasures” for children to find: letters written on note cards, cutouts of different shapes, or pictures related to a topic in your curriculum.

## Learning Links



**Math:** After the hunt is over, ask children to count the number of treasures.

How many leaves did they find? How many pebbles? How many treasures are there all together? Have children compare the shapes and sizes of the objects.



**Science:** Extend children's learning by studying the nature items they found.

Ask children to make a hypothesis about which object weighs the most or the least. Explain that a *hypothesis* is a guess based on what you already know.



# Healthy Food Grooves

*Lead this activity to transition children into mealtime or snack time. It's a great way to get them excited about healthy foods through dance and movement!*

**MOVEMENT SKILLS:** jumping, bending, reaching, throwing, grabbing

## MATERIALS

→ children's bodies – and their imaginations!

## HOW TO PLAY

- Announce that it's almost time for a snack or a meal. Talk with children about how they can keep their bodies healthy and strong by eating lots of nutritious foods and by moving their bodies! Ask each child to give an example of a healthy food and make up a move for it! For instance:
  - \* Reach for apples: **Bend** your knees to **jump** high in the air and **reach** for apples in the tree. **Pick** as many as you can, as fast as you can!
  - \* Go strawberry picking: Bend your knees and **squat** down low to pick some strawberries from the patch. Then reach up high and **throw** them into the basket.
  - \* Go food shopping: **Walk** in place and pretend you're at the grocery store. **Swing** your arms as you walk. **Grab** some healthy foods and put them in your cart. What foods are you buying?

## POSSIBLE VARIATIONS

- Cooking together is a great way to help children learn about healthy foods. Have them help prepare simple snacks and meals. They can work on developing their fine motor skills as they **mix**, **spoon**, **pour**, **shake**, **toss**, and **roll** ingredients. Even if you don't have access to a kitchen, children can pretend to cook!
- Divide children into small groups named after healthy foods, such as "jumping beans" or "wiggling noodles," and ask each group to move like that food to the table.

## Learning Links



**Literacy:** Help children in your care develop a rich food vocabulary by introducing categories of foods (fruits, vegetables, legumes, grains, and dairy) and some of the different foods in each group.



**Science:** Explore what fruits and vegetables need in order to grow. A child can imagine being a seed planted underground (by squatting down low), then the rain falling down (hands fluttering from up high to down low), the sun shining bright (making a big circle with arms), and finally the plant growing tall (arms stretching up high)!



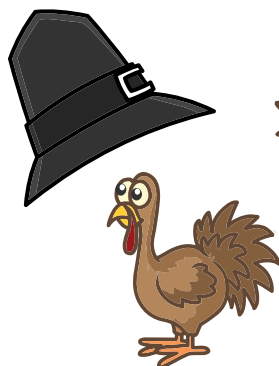
**Nutrition:** Help children make a grocery list of healthy foods using words or pictures, and go on a pretend trip through the grocery store. They can reach up high to get a food item from the tallest shelf and then put it in their carts to push around.



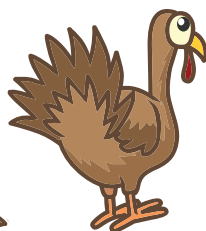
# November 2016



Sunday



Monday



Tuesday



Wednesday

Thursday

Friday



Saturday



1  
Select your cold foods last so they'll stay cold until you get home and prevent food illness.

2  
Parsnips are sweet and are a good source of fiber.

3  
Read food packages carefully. Don't be fooled by marketing claims.

4  
Prevent choking accidents, do not allow children to play or run while eating.

5  
Arrange food in a fun way on the plate.

6  
Kids' need Vitamin D to keep bones strong and fight disease.

7  
A pomegranate is high in vitamin C and potassium.

8  
Enriched grain and dark green, leafy vegetables are high in iron.

9  
An average of only 1 in 6 people washes their hands after using the restroom.

10  
It is important to look at the serving size on the nutrition label.

11  
Praise children when they are active.

12  
Make a funny face out of fruits and vegetables for a cute snack.

13  
Keep a physical activity chart on your refrigerator.

14  
Let the kids enjoy pomegranates this fall.

15  
1/4 cup of dried cranberries counts as a serving of fruit.

16  
Make gravy with broth this year.

17  
Try substituting nonfat plain greek yogurt for sour cream.

18  
Add a few extra fruits and vegetables to those holiday recipes.

19  
Have the kids help pick the fruits and veggies for Thanksgiving.

20/27  
Teach kids to eat slowly and enjoy their food.

21/28  
Take your children to the grocery store to help you shop for food.

22/29  
Make half your plate fruits and vegetables.

23/30  
Go for a brisk family walk.

24  
**Happy Thanksgiving Day!** Start off your holiday with some exercise.

25  
Children like things that are familiar. Repeat favorite activities often.

26  
Serve pancakes using cookie cutters and decorate them with fruit.

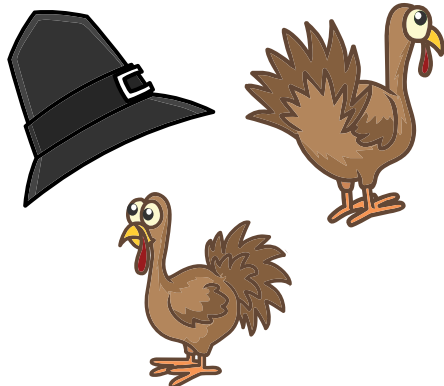




# Noviembre 2016



**Domingo**



**Lunes**

**Martes**

**Miércoles**

**Jueves**

**Viernes**

**Sábado**



**1**  
Para evitar enfermedades, escoja su alimentos fríos para que lleguen fríos a casa.

**2**  
La chirivía es dulce y una buena fuente de fibra.

**3**  
Deles jugo 100% de fruta y cuidado con las reclamas de propaganda.

**4**  
Evite los accidentes de ahogo, no permita que los niños jueguen ni corran cuando coman.

**5**  
Coloque la comida en el plato de una forma divertida.

**6**  
Los niños necesitan la Vitamina D para tener huesos fuertes y luchar contra las enfermedades.

**7**  
Una granada tiene alto contenido de vitamina C y potasio.

**8**  
Los vegetales frondosos verde oscuros contienen mucho hierro.

**9**  
Solo 1 en 6 personas se lava las manos después de ir al baño.

**10**  
Es importante revisar el tamaño de ración en la etiqueta alimenticia.

**11**  
Alabe a los niños cuando estén activos.

**12**  
Hoy vigile bien el colesterol.

**13**  
Mantenga un gráfico de la actividad física en la puerta de su refrigerador.

**14**  
Deje que sus niños disfruten de la granada este otoño.

**15**  
1/4 de una taza de arándanos cuenta como una ración de fruta.

**16**  
Este año prepare la salsa con caldo.

**17**  
Haga la cocina para las fiestas más saludable cambiando la receta un poco.

**18**  
Agréguales un poco más de frutas y vegetales a las recetas para las fiestas.

**19**  
Permita que los niños ayuden a escoger las frutas y vegetales para el Día de Acción de Gracias.

**20/27**  
Enséñeles a los niños a comer despacio y saborear su comida.

**21/28**  
Cuando hornee use spray antiadherente en vez de mantequilla o aceite.

**22/29**  
Salga a dar una caminata vigorosa con la familia.

**23/30**  
Llévese los niños al mercado para ayudarlo con la compra.

**24**  
**¡Feliz Día de Acción de Gracias!**  
Comience su día feriado con ejercicio.

**25**  
A los niños les gustan las cosas familiares, Repita las actividades favoritas a menudo.

**26**  
Sirva panqueques usando moldes para galletas y decórelos con fruta.



Visita [es.ChefSolus.com](http://es.ChefSolus.com) para hojas de trabajo imprimibles para niños, juegos de educación de nutrición, rompecabezas, actividades y más. Derechos de Autor © Nourish Interactive, Derechos Reservados



## 15 Toddler Lunch Ideas for Daycare (That Don't Require Reheating)

Packing lunches is one of those things that many parents dread. And while I loved the lunches that my mom packed for me when I was growing up, I understand how hard it is to keep things interesting (and delicious) now that I have a kiddo of my own. Plus, if your little one goes to daycare and brings a lunch, they may or may not be able to have their food warmed. If they are, you have more options (and I'll have a list for you next month!). If their food has to be able to go straight from fridge to table, then things are a little more challenging.

Here are 15 toddler lunch ideas that you can send to daycare that do not require reheating. Mix and match as you like for your little one, refer to my Master Snack List for help rounding out meals, and try to include fresh veggies and fruit when possible. And keep these things in mind when assembling your child's food for the day

- Try not to send something that your kiddo has never seen in any form or tasted in any variation before. You want lunch to be fun, yummy, and familiar.
- Check any allergy or ingredient guidelines at your center or school to help keep everyone healthy.
- Ask for feedback on how your child ate so you know what they are liking (and not liking...).

### 1. Hummus Sandwich

Spread hummus between slices of soft bread or place into a container and serve with whole grain crackers or sliced soft veggies. There's Butternut Squash Hummus, Black Bean Hummus, Edamame Hummus, Beet Hummus, Pea Hummus, or Regular Hummus to keep things varied.

### 2. Avocado Egg Salad

Mash hard-boiled eggs together with avocado, a little lemon juice, and a touch of salt. Spread into a pita pocket or pair with crackers. Or simply slice or cube hard-boiled eggs and serve alongside whole grain pita wedges as deconstructed sandwich. Include a fruit, a veggie, and perhaps a little treat in the mix too.

### 3. Spinach and Cheese Pizza Rolls

Include a dipping sauce if your kiddo likes dipping (and doesn't just dump said sauce right out...), some fruit, a simple dessert, and/or some cubed meat or beans.

### 4. Toddler Taco Salad

Make a container with brown rice, black or pinto beans, diced veggies, cubed cheese, and some salsa (if your kiddo likes it) for a tot take on a taco salad.

### 5. Pesto Pasta Salad

Either using store-bought or homemade pesto (you can skip the nuts if need be and the flavor will be almost the same), toss into a pasta salad with halved cherry tomatoes, diced cheese or chicken, and thawed peas. Pair with fruit.

### **6. Egg and Cheese Mini Muffins**

These are good at room temperature or heated (and they work well to make-ahead). Include whole grain crackers or pita bread, some fruit, and perhaps some beans or simple veggies.

### **7. Power Packed Fruit and Veggie Muffins**

Pair with yogurt or a cheese stick, a piece of fruit, and maybe a little cubed chicken, turkey, or ham.

### **8. Tortilla Roll Ups**

Spread Sunbutter onto a soft flour or whole grain tortilla and top with a banana or whole-fruit jam. Roll up and slice. Or, spread on cream cheese, add sliced turkey, and serve as a wrap for a simple main course.

### **9. Sandwich Bread Sushi**

Roll soft whole grain sandwich bread flat and thin with a rolling pin. Spread on cream cheese and jelly, hummus, mashed beans and salsa, herbed goat cheese, or nut butter and jam and roll up. Slice and serve as spirals.

### **10. Pancake Sandwiches**

The next time you have pancakes on the weekend, double the batch and place leftovers in the fridge or freezer. Spread nut butter (use Sunbutter if lunch needs to be allergy-free) or cream cheese and jam or honey between for a simple, but unexpected sandwich.

### **11. Soft-Baked Cinnamon Chickpeas**

Pair these flavorful beans with whole grain crackers, diced veggies, cheese, and a piece of fruit. Or place over leftover brown rice and roasted veggies.

### **12. Sweet Potato Yogurt Parfait**

Layer roasted sweet potatoes with plain full fat yogurt and granola. Or, serve all ingredients side-by-side in a container. Or puree everything in the food processor and serve in a reusable pouch. Serve with apple slices (dip briefly in equal parts lemon juice and water to prevent browning) and a favorite green veggie.

### **13. Overnight Oats with Yogurt and Berries**

There's no reason you can't do breakfast for lunch—and you could spoon this yogurt and oat mixture into a reusable pouch if that's easier for your toddler. Include a sliced fresh veggies, some thawed peas or leftover roasted veggies, whole grain crackers, and/or some beans.

### **14. Mini Meat and Cheese Stackers**

Cut cheese and meat slices into small, bite-size shapes and stack with a thin smear of mayo, mustard, or hummus between. Serve with whole grain pita bread, toast, or crackers, and a favorite fruit.

### **15. Creamy Quesadillas**

Spread herbed goat cheese onto soft tortillas. Top with minced spinach, thinly sliced cucumber, mashed roasted sweet potato, or shredded carrot. Slice into wedges for a quesadilla that's great cold or at room temperature.



# 25 Healthy Snacks for Kids

When a snack attack strikes, refuel with these nutrition-packed snacks.

## Easy, Tasty (and Healthy) Snacks

You may need an adult to help with some of these snacks.

1. Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
2. Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins. Enjoy your "ants on a log."
3. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
4. Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
5. Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.
6. Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries.
7. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
8. Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.
9. Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.
10. Spread peanut butter on apple slices.
11. Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
12. Make a mini-sandwich with tuna or egg salad on a dinner roll.
13. Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa.
14. Toss dried cranberries and chopped walnuts in instant oatmeal.
15. Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
16. Microwave a cup of tomato or vegetable soup and enjoy with whole grain crackers.
17. Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.

## Dip it! Bonus Snacks

Dip baby carrots and cherry tomatoes in low-fat ranch dressing.

Dip strawberries or apple slices in low-fat yogurt.

Dip pretzels in mustard.

Dip pita chips in hummus.

Dip graham crackers in applesauce.

Dip baked tortilla chips in bean dip.

Dip animal crackers in low-fat pudding.

Dip bread sticks in salsa.

Dip a granola bar in low-fat yogurt.

Dip mini-toaster waffles in cinnamon applesauce.



**18.** Sprinkle grated Parmesan Cheese on hot popcorn.

**19.** Banana Split: Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal.

**20.** Sandwich Cut-Outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!

**21.** Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.

**22.** Mini Pizza: Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.

**23.** Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.

**24.** Inside-Out Sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.

**25.** Parfait: Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.

Now that you are refueled, take a trip to Planet Power. Play the MyPyramid Blast Off game at [www.mypyramid.gov](http://www.mypyramid.gov).

For a referral to a registered dietitian and for additional food and nutrition information visit [www.eatright.org](http://www.eatright.org).



The American Dietetic Association is the world's largest organization of food and nutrition professionals. ADA is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.



# Menus for Child Care

## Week 2 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup fresh banana slices (½ cup fruit) ¼ cup whole-grain barley cereal with 1 Tbsp raisins <sup>5</sup> (¼ cup cooked cereal) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup fresh cantaloupe cubes (½ cup fruit) ½ Cut Biscuit Using Master Mix A-09B <sup>2</sup> with 1 tsp all-fruit spread (¾ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup mixed fruit (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup pear halves (½ cup fruit) 1 Pancake A-12 <sup>2</sup> (1 slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup fresh orange sections (½ cup fruit) ½ slice cinnamon toast (½ slice bread) <b>½ hard boiled egg (½ egg)</b> ¾ cup 1% milk <sup>1</sup> (¾ cup milk)
<u>Lunch or Supper</u> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	1 oz grilled chicken slices (1 oz cooked poultry) ½ cup Multi-Bean Soup H-04 <sup>2</sup> (½ oz cooked lean meat, ⅛ cup vegetable) ¼ cup fresh pear slices (¼ cup fruit) 1 Corn Muffin A-02 <sup>2</sup> (¾ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	2 Meat Balls D-28A <sup>2</sup> (2 oz cooked lean meat, ⅛ cup vegetable, ½ slice bread) ¼ cup baked sweet potato fries (¼ cup vegetable) ¼ cup peas and carrots (¼ cup vegetable) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	1 slice Broccoli Quiche D-08 <sup>2</sup> (1 ½ oz cooked lean meat, ¼ cup vegetable, 2 slices bread) ¼ cup grape halves (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ turkey sandwich (1 ½ oz cooked poultry, 1 slice bread) ¼ cup steamed spinach with 1 tsp parmesan cheese (¼ cup vegetable) 1 piece Apple Crisp B-19 <sup>2</sup> (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	1 serving Chicken Ratatouille <sup>3</sup> (2 oz cooked poultry, ½ cup vegetable) <b>¼ cup diced apricots (¼ cup fruit)</b> ½ whole wheat roll (½ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)





# Menus for Child Care

<u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	½ cup apple slices with 2 oz lowfat yogurt for dipping (½ cup fruit, 2 oz yogurt) Water <sup>4</sup>	½ oz string cheese (½ oz cheese) ½ cup grape juice (½ cup fruit) Water <sup>4</sup>	1 pumpkin muffin (½ slice bread) ½ cup 1% milk <sup>1</sup> (½ cup milk) Water <sup>4</sup>	2 Tbsp hummus with ½ oz whole wheat pita wedges (½ oz meat/meat alternate, ½ oz grains) Water <sup>4</sup>	½ cup pineapple rings (½ cup fruit) ½ oz whole-grain crackers (4 crackers) (½ oz grains/breads) Water <sup>4</sup>
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<sup>1</sup>Nutritionists recommend serving whole milk for children ages 2 and younger and lowfat milk for children older than 2 years of age.

<sup>2</sup>*USDA Recipes for Child Care*. Available online at [www.nfsmi.org](http://www.nfsmi.org).

<sup>3</sup>*5 a Day Quantity Recipe Cookbook*. Available online at [www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf](http://www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf).

<sup>4</sup>Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

<sup>5</sup> Raisins can be a choking hazard for young children.



National Food Service Management Institute  
The University of Mississippi

# Spanish Chickpea Stew

**SKYLINE HIGH SCHOOL**

Oakland, California

## Our Story

Skyline High School is located on a beautiful 45-acre campus at the crest of the Oakland Hills in California. The recipe challenge team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. After conducting taste tests and receiving approvals by the students, the team eventually submitted not one, but two stew recipes which were selected to be featured in this cookbook: Spanish Chickpea Stew and Sweet Potato and Black Bean Stew.

The hearty Spanish Chickpea Stew will make a delightful addition to your menu. The flavors of this stew are well-balanced by the slight acidity of the tomatoes, creating a delicious main dish when served over brown rice or whole-wheat couscous.

## School Team Members

**SCHOOL NUTRITION PROFESSIONAL:** Donnie Barclift

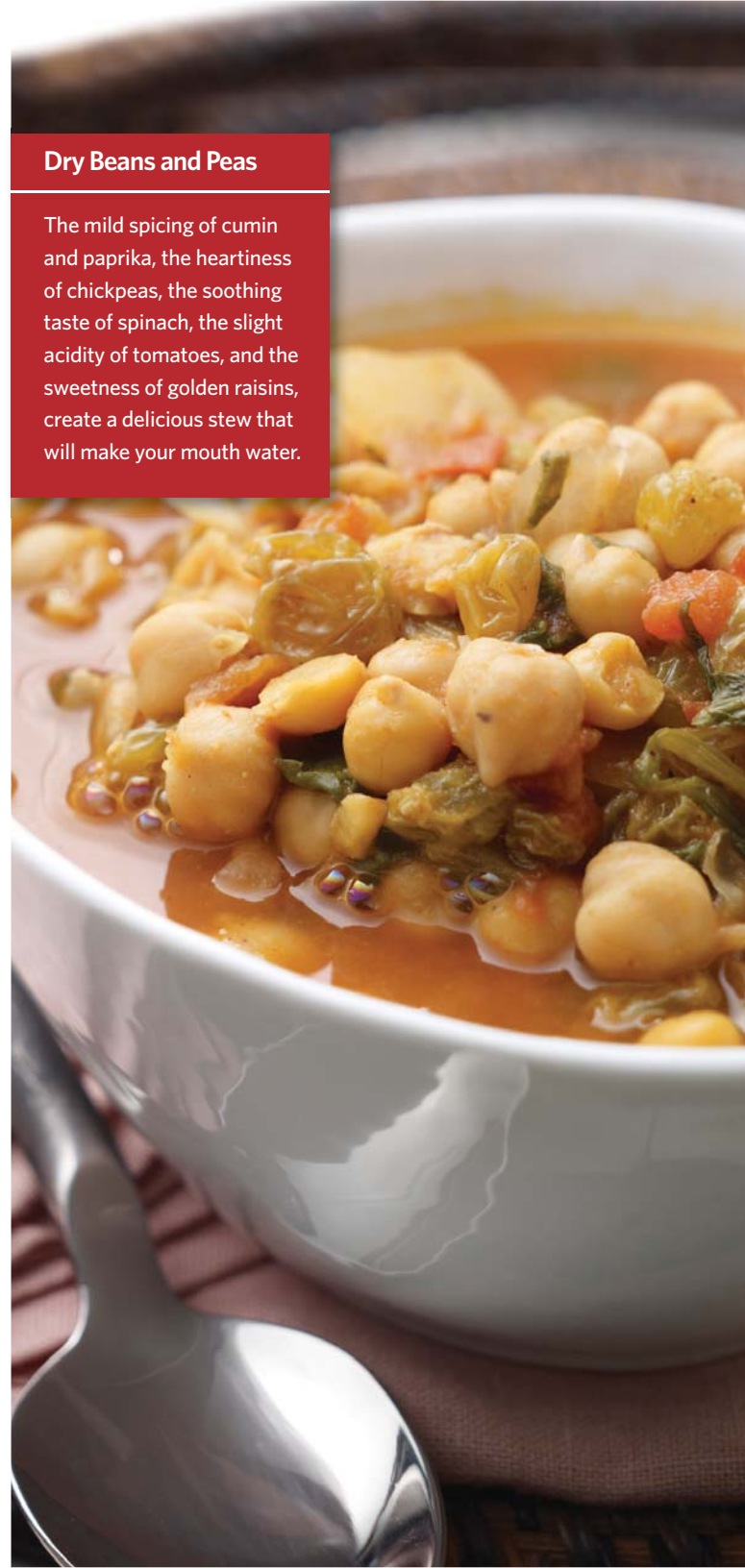
**CHEF:** Jenny Huston

**COMMUNITY MEMBERS:** Rusty Hopewell (Health Center Nutritionist) and Sage Moore

**STUDENTS:** Karen M., Quailyn S., and Rudy R.

## Dry Beans and Peas

The mild spicing of cumin and paprika, the heartiness of chickpeas, the soothing taste of spinach, the slight acidity of tomatoes, and the sweetness of golden raisins, create a delicious stew that will make your mouth water.



## Spanish Chickpea Stew



**Dry Beans and Peas**

### Ingredients

- 3 Tbsp** Extra virgin olive oil
- 2 tsp** Fresh garlic, minced
- 2 cups** Fresh onions, peeled, diced
- 2 tsp** Sweet paprika
- ½ tsp** Ground cumin
- 3 cups** Frozen spinach, chopped
- 2 cups** Canned low-sodium garbanzo beans (chickpeas), drained, rinsed
- ¾ cup** Golden raisins
- 1 cup** Canned low-sodium diced tomatoes
- 1 ½ cups** Low-sodium chicken stock
- 1 Tbsp** Red wine vinegar
- ¼ tsp** Salt
- ¼ tsp** Ground black pepper

**Preparation Time: 15 minutes**

**Cooking Time: 20-25 minutes**

**Makes six 1-cup servings**

### Directions

- 1.** In a large pot, heat olive oil over medium heat.
- 2.** Add garlic and cook for 1 minute. Add onions and continue to cook for 2-3 minutes until onions are translucent.
- 3.** Mix in paprika and cumin.
- 4.** Add spinach and cook for 7 minutes.
- 5.** Add garbanzo beans (chickpeas), raisins, tomatoes, and chicken stock. Bring to a boil.
- 6.** Reduce heat to low and simmer uncovered for 7-10 minutes, or until raisins are plump.
- 7.** Add vinegar, salt, and pepper. Mix well. Serve hot.

1 cup provides:

**Legume as Meat Alternate:** 1 ½ oz equivalent meat alternate, ½ cup dark green vegetable, ¼ cup other vegetable, and ⅓ cup fruit.

OR

**Legume as Vegetable:** ¾ cup legume vegetable, ⅓ cup dark green vegetable, ¼ cup other vegetable, and ⅓ cup fruit.

*Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*

**Nutrients Per Serving:** Calories **241**, Protein **8 g**, Carbohydrate **38 g**, Dietary Fiber **6 g**, Total Fat **8 g**, Saturated Fat **1 g**, Cholesterol **0 mg**, Vitamin A **3325 IU (159 RAE)**, Vitamin C **7 mg**, Iron **2 mg**, Calcium **93 mg**, Sodium **156 mg**