



# Family Day Care Food Program

## Positive Energy

### Fall 2021

## Grocery Store Tips & Tricks

*Before even leaving out of your home, prepare a list to make trips to the grocery store more fun, efficient, and within your budget.*

### While at the store you can let your children:

1. Push the cart.
2. Read the next item and cross it off the list. For younger children, you may want to include a picture and a number, such as a pear with the number 5.
3. Find prices for your items.
4. Teach them how to choose various produce.
5. Challenge them to find a fruit or vegetable they would like to try.

6. Give them coupon duty — they match the coupon to the correct item.

7. Make the store visit a game — you & your children can play a game of “Guess the weight” in which you pick a produce item, then ask your child how much they think it weighs; once you’re both ready for the answer, just place it on the scale.

8. Use baskets in a cart — Use baskets to compartmentalize your grocery cart. It’s great for when you’re stocking up on

meat or produce and need to keep those ingredients separate from bulk or canned items. It helps keep bulky greens, like collards

or kale, from getting crushed, too.

9. Do not go to the store hungry! Schedule

the trip to be after your child has eaten, so that distractions will be minimal.

Children will enjoy being included, plus shopping can be a great way for them to practice their reading and math skills.



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*A child’s life is like a piece of paper on which every person leaves a mark.*

∞

### Upcoming Holidays:

- **October 1—**  
*World Smile Day*
- **October 23—**  
*Make a Difference Day*
- **November 18—**  
*Great American Smokeout*
- **December 1—**  
*Eat a Red Apple Day*

## Cooking for Your Family

*You can easily prepare foods for a large family without spending a lot of money. Try these tips to save time, money, and stress when making meals for your friends or family.*

### 1. Keep it simple.

Healthy and creative meals don't have to be complicated. A simpler menu will usually cost less money and will be easier to prepare in the end.

### 2. Allow your family to help.

Divide jobs among family members. Remember — kids love to be in the kitchen! With help, you can get more done and have more time to enjoy with your family.



### 3. Stretch recipes by adding ingredients.

Get more servings out of your favorite recipes! Add rice to soups or stews, frozen vegetables to favorite pasta dishes, or beans to burgers to serve more meals.

### 4. Options for the holidays.

Try having a holiday brunch. Breakfast foods like eggs are inexpensive and make a great protein for the main dish; or try a yogurt parfait bar, where everyone can add their favorite toppings.

### 5. Make it a potluck.

Potlucks are a great option for large families. If you are hosting, prepare the main dish and leave the sides to the rest of the family. It creates less work for you and allows everyone to make and sample each other’s creations.

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~ **ATTENTION** ~  
**PLEASE MAKE SURE WE HAVE AN EMAIL ADDRESS ON FILE FOR YOU!**  
**WE HAVE SOME EXCITING PLANS AHEAD!**



## Make a Splash with Milk!

As we all know, our nutritional needs change as we grow; and we don't expect toddlers to eat the same foods as a teenager. One thing they both require are the nutrients available in milk!

Infants under the age of 1 year need to be breastfed or offered an iron fortified infant formula. Thanks to research, we know that an infant requires a higher amount of fat in their diet to help their brain and nerve development; breast milk and infant formula that is iron fortified provide that

proper balance of nutrition for an infant.

Between the ages of 1 to 2 years, toddlers and older infants should be offered whole milk. After the age of 2, children should be switched to a low-fat option, such as 1% or skim milk, because of the saturated fat content being lower. One gallon of whole milk has the same amount of fat as a stick of butter!

Nutrition experts worry that children (older than 2 years) drinking whole milk

could get  $\frac{1}{2}$  of their recommended daily fat intake from milk alone, which would contribute to a higher fat diet in general, when you include the amount of fat in other "everyday" foods.



**One gallon of whole milk has the same amount of fat as a stick of butter!**

## Helping Kids Develop A Healthy Relationship with Food

Whether you have a toddler or a teen, here are four of the best strategies to improve nutrition and encourage smart eating habits. Sure, eating well can be hard — family schedules are hectic and 'grab & go' convenience food is readily available. These steps can help your children develop a healthy relationship with food.

### 1. Family Meals

Family meals are a comforting ritual for both parents and kids. Children like the predictability of family meals and parents get a chance to catch up with their kids. Kids who take part in regular family meals are also:

- more likely to eat fruits, vegetables, and grains
- less likely to snack on unhealthy foods
- less likely to smoke, use marijuana, or drink alcohol

Also, family meals are a chance for parents to introduce kids to new foods and to be role models for healthy eating.

Teens may turn up their noses at the prospect of a family meal — not surprising, because they're busy and

want to be more independent. Yet studies find that teens still want their parents' advice and counsel, so use mealtime as a chance to reconnect.

### You might also try these tips:

- Let kids invite a friend to dinner.
- Involve your child in meal planning and preparation.
- Keep mealtime calm and friendly: no lectures or arguing.

### What counts as a family meal?

Whenever you and your family eat together. Strive for nutritious food and a time when everyone can be there. This may mean eating dinner a little later to accommodate a teen who's at sports practice. It also can mean setting aside time on the

weekends when it may be more convenient to gather as a group, such as for Sunday brunch.

### 2. Stock Up on Healthy Foods

Kids, especially younger ones, will eat mostly what's available at home. That's why it's important to control the supply lines — the foods that you serve for meals and have on hand for snacks.

### Follow these basic guidelines:

- Work fruits and vegetables into the daily routine, aiming for the goal of at least five servings a day. Be sure you serve fruit or vegetables at every meal.
- Make it easy for kids to choose healthy snacks by keeping fruits and vegetables on hand and ready to eat. Other good snacks include low-fat yogurt, peanut butter and celery, or whole-grain crackers and cheese.
- Serve lean meats and other good sources of protein, such as fish, eggs, beans, and nuts.
- Choose whole-grain breads and cereals so kids get more fiber.
- Limit fat intake by avoiding fried foods and choosing healthier cooking methods, such as broiling, grilling, roasting, and steaming. Choose low-fat or nonfat dairy products.
- Limit fast food and low-nutrient snacks, such as chips and candy. But don't completely ban favorite snacks from your home. Instead, make them "once-in-a-while" foods, so kids don't feel deprived.
- Limit sugary drinks, such as soda and fruit-flavored drinks. Serve water and low-fat milk instead.

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**Keep mealtime calm and friendly. This is not a time for lecturing or arguing.**

## Tips for a Healthier School Year

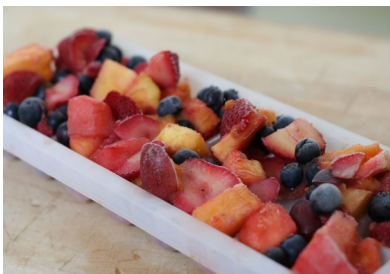
With Fall just around the corner it's important to keep making healthy choices and that doesn't mean the grill has to be packed away. Here are some tips that can help throughout the school year.

### 1. Although it's important to stay hydrated, watch what is in your drink of choice.

Drinks like soda, sweet tea, and alcoholic beverages can be high in calories and sugar. Instead, drink water or calorie-free drinks, such as unsweetened tea (sweeten it yourself, so you know the amount of calories and sweetener), to stay hydrated.

### 2. Choose healthy, refreshing snacks.

Instead of potato chips which can be high in saturated and trans fats, choose raw vegetables, like cucumbers,



carrots, and celery sticks with a low-fat dip or hummus to eat as a snack or appetizer.

### 3. Choose lean, grilled meats instead of fried meats.

— Choose white, skinless chicken or turkey breasts.  
— Choose "loin" and "round" cuts of red meat and pork. Buy "choice" or "select" grades of beef instead of "prime." USDA select is the leanest cut of meat and has the least amount of fat "marbling."

USDA Choice is the second leanest, while USDA Prime cuts have the most marbling (fat). No matter what cut of meat you buy, always trim the fat when you get home.

— Buy lean (93% lean) or extra lean (96% lean) ground beef or ground turkey breast for your burgers.

### 4. Choose whole grain buns for burgers, like whole wheat, whole rye, or buckwheat.

They add flavor to your meals and are good for you, too.

### 5. Eat fruit for dessert.

Grilled pineapple or peaches can be a healthy treat. Their natural sugars caramelize in the heat from the grill and give them a great flavor. They are also high in vitamins, minerals, and fiber.

### 6. Watch your portion sizes.

Is your plate mostly meats and starches? Try putting grilled vegetables or salad on your plate first. This will leave less room for the high calorie meats and starches. Stop after your first plate and enjoy the company of the people you are with rather than the food.

## Healthy Food Relationship Cont'd...

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### 3. Be a Role Model

The best way for you to encourage healthy eating is to eat well yourself. Kids will follow the lead of the adults they see every day. By eating fruits and vegetables and not overindulging in the less nutritious stuff, you'll be sending the right message.

Another way to be a good role model is to serve appropriate portions and not overeat. Talk about your feelings of fullness, especially with younger children. You might say, "This is delicious, but I'm full, so I'm going to stop eating." Similarly, parents who are always dieting or complaining about their bodies may foster these same negative feelings in their kids. Try to keep a positive approach about food.

### 4. Don't Battle Over Food

It's easy for food to become a source of conflict. Well-intentioned parents might find themselves bargaining or bribing kids so they eat the healthy food in

front of them. A better strategy is to give kids some control, but to also limit the kind of foods available at home.

Kids should decide if they're hungry, what they will eat from the foods served, and when they're full. Parents control which foods are available to their kids, both at mealtime and between meals.



Here are some guidelines to follow:

—Establish a predictable schedule of meals and snacks. It's OK to choose not to eat when both parents and kids

know when to expect the next meal or snack.

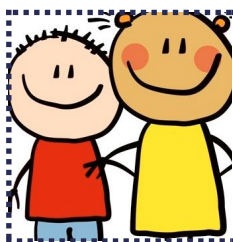
—Don't force kids to clean their plates. Doing so teaches kids to override feelings of fullness.

—Don't bribe or reward kids with food. Avoid using dessert as the prize

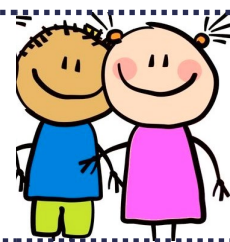
for eating the meal.

—Don't use food as a way of showing love. When you want to show love, give kids a hug, some of your time, or praise.

↓↓ You can cut this out and use it as a bookmark or put it on the fridge as a reminder of just how important you are! ↓↓



**~PARENTS~**  
**You are the most important  
celebrity in your child's eyes!**





## Giving the Bottle (and Sippy Cups) the Boot!

Babies rarely give up their bottles easily — which is one reason why so many tots continue to use one for long past the recommended 12 months of age.

But as comforting and mess-free as bottles are, there are good reasons to kick the habit by the age of 1. Older babies who are still drinking from bottles may be filling up on liquids and skipping solids — something that could hinder their



ability to take in important nutrients. If your baby takes the bottle to bed with her, she may also sip from it while lying down, which can increase her risk of ear infections.

Still, convincing your little one to kick the habit can be a struggle, especially because, like many other attachment objects, the bottle has been a source of comfort for many months. Just remember that the weaning process is, well, a process — and that starting it when she's 1 year old will be much easier than trying it when she's closer to 2.

Once you think your child might be ready, you can use these strategies to help smooth the transition.

### *When should you wean baby off the bottle?*

Pediatricians and pediatric dentists say that babies should break the bottle habit at 12 months — and the American Academy of Pediatrics (AAP) recommends complete weaning from the bottle by 15 months at the latest.

### *How to wean a baby off the bottle—*

Quitting the bottle cold turkey may work for a few babies, but for most, a gradual transition is best. That means phasing out one feeding session at a time (morning or midday bottles may be easier to drop than evening ones) as you encourage your baby

to drink from a sippy cup or open training cup. Then wait a few days or a week before you replace the next bottle.

### *Next Moving from the Sippy Cup to a Big Kid Cup*

Even if your baby didn't mind giving the bottle the boot, he may not be ready to let go of his sippy cup. Alas, like all good things — and the time-saving, mess-sparing sippy cup was one of them — this phase, too, must come to an end.

Besides, now that your little one is more coordinated than he used to be, he's ready to move on and master the open cup. The catch: You have to be ready to let the milk fall where it may.

### *Why should my child stop using a sippy cup?*

Some experts believe that prolonged use may interfere with proper speech development. But perhaps the more important reason to give up the sippy cup — including the sports-type bottles and cups with built-in straws — is that kids often tote their trusty sippy around with them and suck on liquids all day long.

This wouldn't be a concern if kids just sipped water, but when baby teeth are constantly bathed in sugar (from cow's milk or juice, for example), it can lead to a mouthful of cavities. (Keep in mind that babies under the age of 1 shouldn't drink juice at all; tots between the ages of 1 and 3 should drink no more than 4 oz. a day of 100 percent fresh juice.)

### *When should my child stop using a sippy cup?*

There's no absolute "best time" for a child to give up the sippy cup, but most tots are usually able to sip from an open cup by the age of 2. Plus, the older your child gets, the more defiant they might be about giving up their sippy.

In fact, some experts advise against getting into the sippy-cup habit in the first place, and instead recommend introducing the open cup around 9 months, letting your baby take some tentative sips from it (while you keep a firm grip, of course).

### *How do you transition to a regular cup from a sippy cup?*

If sippy cups have become a firm fixture in your home or your day care/nursery school requires them to cut down on spillage, don't worry that your child has missed a milestone.

...Continued on page 5...

## Stretch Your Food Budget

Here are some ways that can help you make your food go further, eat well on a budget, and avoid waste...

1. Frozen vegetables and fruits have the same (or even higher) nutrient levels as fresh produce and are a great way to add nutrition to pre-packed noodle or rice mixes. Frozen foods, also, cut down on spoilage and waste.
2. Mix different forms of fruit to make a salad to add variety. You can even add frozen fruits to yogurts as healthy treat or dessert; you can blend them together to make a smoothie, too!
3. A true "super food," dried beans are underrated and under-utilized. In fact, beans are such a nutrient

powerhouse, they are recognized in two food groups — both vegetables and protein. Besides being rich in protein, fiber, iron, potassium, and a whole host of nutrients, they are extremely affordable, shelf stable and versatile.

4. In addition to beans, affordable protein sources include eggs, tuna, canned chicken, peanut butter, plain yogurt in quart tubs and sunflower seeds.



5. At around ten cents per serving, oatmeal from a canister is a nutritious, high fiber whole grain that makes an ideal breakfast, especially when combined with low-fat milk and dried or frozen fruit.

6. Milk is a low-cost option that fills several important nutrient gaps, including protein, calcium, potassium, vitamin D and five additional key nutrients, but make sure it is low-fat to keep your saturated fat level down.

7. Growing fresh produce in containers or a garden plot is a great way to add inexpensive, organic produce to your diet.

Written by: Connie Liakos, MS,RDN,CSSD,LD

## American Beef Goulash

If you would like to make it more like Hungarian Goulash or to stretch it for more than one meal, use carrots, green peppers, stew meat (in place of ground beef), beef broth, paprika, caraway seeds or sour cream. You can also make extra sauce mix and freeze the ingredients and reheat and add freshly cooked pasta, when you're ready to eat.

### Ingredients:

- 2 lbs ground beef
- 1 yellow onion chopped
- 3 cloves garlic minced
- 30 oz diced tomatoes undrained
- 30 oz tomato sauce
- 3 cups water
- 2 tbsp Worcestershire sauce
- 1 tbsp Italian seasoning
- 2 tsp seasoned salt
- 16 oz elbow macaroni

### Instructions —

1. In a Dutch oven or large saucepan, brown ground beef over medium heat. Drain grease. Add onion and garlic and cook for 3 minutes, or until soft and fragrant.

2. Add diced tomatoes, tomato sauce, water, Worcestershire sauce, Italian seasoning, seasoned salt and elbow macaroni to the pan. Mix well and bring to a boil. Reduce to medium-

low heat, cover pan and simmer for 25-30 minutes or until pasta is cooked through.

3. Remove from heat and serve immediately!

### Possible Additions or Alterations

- The seasoned salt in the recipe might seem odd, but don't skip it! It adds the perfect amount of seasoning. When I've skipped this ingredient in the past, I've noticed a difference in overall flavor of the dish.
- Replace all or a portion of the water in the recipe with *LOW SODIUM* beef broth for an even more flavorful meal.



- Try replacing the ground meat (or a portion of it) with ground pork for an added kick of flavor.

- For a healthier version of this comforting meal, replace the beef with ground turkey or chicken.

• Sprinkle shredded cheddar cheese or Parmesan over the top just before serving for an extra cheesy version of this dish.

- Add 2 bay leaves and/or a splash of red wine to the pot before cooking for extra flavor.

### Nutrition per Serving (8 servings)

Calories: 554  
 Carbohydrates: 55g  
 Protein: 29g Fat: 24g  
 Saturated Fat: 9g  
 Polyunsaturated Fat: 1g  
 Monounsaturated Fat: 10g  
 Trans Fat: 1g  
 Cholesterol: 81mg | Sodium: 1275mg  
 Potassium: 1051mg  
 Fiber: 5g | Sugar: 10g  
 Vitamin A: 599IU | Vitamin C: 19mg  
 Calcium: 102mg | Iron: 6mg

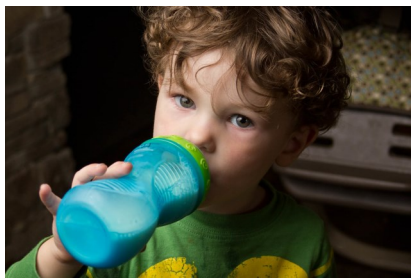
## Giving the Bottle (and Sippy Cups) the Boot!

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### Here's how to make the transition to a big-kid cup easier.

- Make a big deal out of drinking from a regular cup. "See? This is how Mommy drinks. Now you try it." Toddlers want to do what their parents are doing, so if you point out that you're drinking from an open cup, chances are your tot will soon follow suit.

- Take your toddler shopping to pick out their own big kid cup. If they have control over which cup belongs to them, they'll be more inclined to take the matter (or cup) into their own hands.



- Have your tot toss out the "baby cups" himself. This symbolic gesture might help them understand that they're a big kid now who deserves big kid cups.

- Allow for some leeway. If your day care/preschool requires sippy cups in the classroom, explain to your toddler that there are "school" cups and "home" cups, and at home, they drink from the big-kid cups.

- Only serve their favorite drink in an open cup. If your toddler is reluctant to give up the sippy cup, go ahead and let them use it for water. But reserve the open cup for their milk. When they really, really want that drink, they'll start using the open cup.

### How to limit messes when transitioning from a sippy cup:

To minimize the mess when starting a tot on an open cup, stay in the kitchen, fill the cup with water rather than milk, and put a towel under the high chair. Or, put them in an empty bathtub or outside in an empty wading pool and let them experiment. **(Always supervise ANY kind of water play; a small child can drown in as little as an inch of water.)**

If all else fails, try not to stress — after all, your little one won't! Part of learning to drink from an open cup is learning how to clean up the spills. And believe it or not, toddlers actually enjoy cleaning up (there's a reason why mops and brooms are popular toddler toys).

So don't cry over spilled milk. Hand your little housekeeper a dish towel and let 'em at it!



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Mary Turner, Executive Director  
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Amanda Hall, Program Assistant

### **Hello Parents & Guardians!**

You are receiving this newsletter from CASEWV's Family Day Care Food Program, because your child is enrolled in our food program. Your day care provider is reimbursed by the United States Dept. of Agriculture for serving your child nutritious foods that meet the USDA's guidelines. We are sending you this newsletter to share various healthy and fun ideas, recipes, crafts, etc. for you and your child(ren) to enjoy.

Sincerely,  
The Food Program Staff  
Michelle & Amanda

*"Empowering Caregivers to ensure optimal care for children."*

## To the Parent(s)/Guardian(s) of:

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**MAIL:**

USDA Office of the Assistant for Secretary for Civil Rights, 1400 Independence Ave. SW, Washington, D.C. 20250-9410

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