

## HAPPENING NOW!

As a sponsoring organization, we at CASEWV'S Family Day Care Food Program conduct Household Contact interviews with parents and guardians and will be doing so in the coming weeks. We will be calling from one of these numbers: 304-324-0452; 304-324-0453; or 304-320-2855 and the interviews only take approximately 5 minutes of your time. This is your time to brag on your provider or discuss any problems or questions you have regarding your provider or the food program.

## Did You Know...




- You are allowed to check your day care provider's menus daily, weekly, or whenever you feel it appropriate.
- Your provider is regularly monitored by our staff at the Family Day Care Food Program,

where we review their menus, attendance records, and more.

- That as a participant of the Family Day Care Food Program, you're day care provider is reimbursed for the food that is served to your children. You don't have to take food to any of our providers, unless you have an infant that needs formula.

- If you have any questions or concerns, please don't hesitate to call Michelle or Amanda at: 304-324-0452.

 If you would rather receive this as an email instead, please send an email that includes your child's name and day care provider's name to [ahall@casewv.org](mailto:ahall@casewv.org)

## Children Enjoy the Kitchen, Too

Cooking with your kids is a great way to spend quality time together. It can also be a great learning experience. Instead of sending children off to watch a show or play a video game, while you cook, consider letting them help. Cooking can improve children's self-esteem. When kids help prepare a family meal, they have a sense of worthiness and see themselves as valuable members of the family.

Bringing children into the kitchen can create a culture of healthy eating. Children can assist with buying, planning, and preparing food, which is more meaningful than just being served a plate of food.

Cooking together can be a great hands-on opportunity for all kinds of learning. Through the process of cooking, children can learn about science, math, and art. They can also learn

about botany, if you choose to plant a family garden together.

Cooking together is a great way to spend time with each other.

As you cook, you can talk and find out a little more about what is important to them, how their day went, and start building the communication that will be important in the future.

Enjoy the pleasures and quality time of cooking with your kids!



## What is a nutrient dense food?

Nutrient-dense foods and beverages are naturally lean or low in solid fats and have little or no added solid fats, sugars, refined starches, or sodium.

Come to think of it, nutrient dense foods are those foods that are usually found around the perimeter of the store.

Foods like lean meat, produce, whole grains and low-fat dairy. For example, fresh or frozen peaches without added sugar is a nutrient dense food, whereas canned peaches in heavy syrup are not. Whole baked chicken with herbs is nutrient dense, but fried chicken is not.

To inform customers on the nutrient density of a food item some grocers use

a nutrient score on a shelf tag. For example, white flour may have a nutrient score of 35 whereas the score of whole wheat flour is 60.

Stock your home shelves with as many nutrient dense foods as possible.

Source: [U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 - 2020 Dietary Guidelines for Americans. 1<sup>st</sup> Edition. December 2015.](#)

### High-nutrient dense food

- Fruits/vegetables with no added sugar or salt
- Fat-free milk
- Pork chops

### Low-nutrient dense foods

- Chips
- Ice cream
- Bacon

## How to Clean Your Fruits & Veggies

It won't be long and farmers markets with fresh fruits and vegetables will be popping up around the area. Here are some tips from the FDA for how to properly wash your fruits & vegetables.

1. Wash your hands for 20 seconds with warm water & soap, before and after preparing

fresh produce.

2. If damage or bruising occurs before eating or handling, cut away the damaged or bruised areas before preparing or eating.

3. Remove the outermost leaves of a head of cabbage or lettuce.

4. Rinse produce BEFORE you peel it, so dirt and bacteria aren't transferred from the knife.

5. Gently rub produce under running water.

No need to use soap or a produce wash.

6. Use a clean vegetable brush to scrub firm produce, such as melons & cucumbers.

7. Dry produce with a clean cloth or paper towel.



Family Day Care Food Program  
355 Bluefield Avenue  
Bluefield, WV 24701

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

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**Please confirm you have received this newsletter by sending a text message with your child(ren)'s name(s) and the name of your provider to 304-320-2855.**

### 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 children nutritious foods that meet the USDA's guidelines. We are sending you this newsletter to enlighten you on what we do for your child(ren) and day care provider, and will be doing so quarterly, so that you are aware of what is happening with the Food Program and to share various ideas, recipes, crafts, etc. for you and your child(ren).

Sincerely,  
The Food Program Staff  
Michelle & Amanda

This organization is an equal opportunity provider.

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