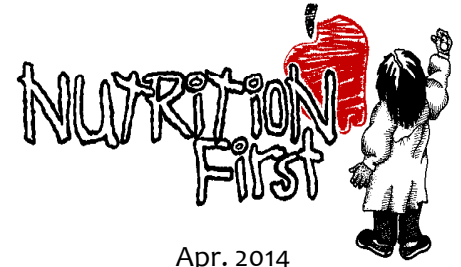


NUTRITION FIRST NEWS



Apr. 2014



Making Peace With A Picky Eater

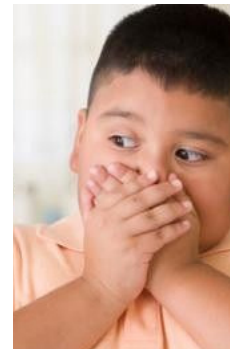
Nearly every child is a picky eater at one time or another, especially between the ages of two and six. Sometimes emotional issues get played out at mealtimes. A child may be trying to say, "I need more independence" or "I'm not getting enough attention."

It is important to remember the basic rules of a good feeding relationship:

Adults are responsible for... what is presented to eat and the manner in which it is presented.

Children are responsible for... how much and even whether they eat.

- Consider if the child is a picky eater or just a light eater.
- Don't compare the amount of food eaten by one child to another.
- Focus less on what a child eats at a particular meal or snack and look at the foods eaten over several days. Recognize that appetites vary from meal to meal & day to day.
- Don't pressure a child to take "just one more bite" to please you. Allow children to respect their own feelings of hunger and satiety.
- Do not beg, bribe or threaten a child to eat and do not be their short-order cook.
- Understand that some children may be extra sensitive to tastes, textures and smells.
- Serve small portions so a child will not be overwhelmed.
- Don't make a big deal about a child's picky eating. Calmly explain that this is the meal that is being served now and let them know when the next meal or snack will be served.



Making mealtime a battleground can affect a child's relationship with food. Make peace with your picky eater. When a child rejects food, she is not rejecting you. A relaxed attitude will encourage the development of healthy eating habits. CCFPRoundtable.org

Chicken Taco Soup

- | | |
|---|--|
| ✓ 1 pound chicken breast, boneless and skinless | ✓ 2 cups frozen corn |
| ✓ 1 Tbsp canola oil | ✓ 4 ounce can green chilies, diced |
| ✓ 1 onion, chopped | ✓ 15 ounce can tomatoes, diced |
| ✓ 2 celery stalks, chopped | ✓ 3 cups chicken broth |
| ✓ Chili powder, to taste | ✓ Cilantro, tortilla strips, shredded cheese, avocados, optional |

Sauté chicken in oil until cooked through. Remove chicken from the pot and shred. Add onion and celery to the same pot and sauté until golden brown. Add all other ingredients, including the chicken, and simmer 10-15 minutes, until vegetables are soft and flavors are blended. Sprinkle with cilantro, tortilla strips, avocado and cheese, if desired. Yield: 6 servings, meets requirements for fruit/vegetable and protein/meat alternate



Butternut & Kale Quesadillas

- ✓ $\frac{1}{2}$ whole butternut squash, peeled, seeded and diced
- ✓ 1 bunch kale leaves torn, stems discarded
- ✓ 2 Tbsp butter
- ✓ 1 Tbsp olive oil
- ✓ $\frac{1}{2}$ tsp salt
- ✓ Black pepper to taste
- ✓ $\frac{1}{4}$ tsp chili powder
- ✓ 8 small flour tortillas
- ✓ 2 cups Monterey Jack cheese, shredded
- ✓ 4 tsp canola oil

Heat 1 Tbsp butter and olive oil in a large skillet over high heat. Add squash, sprinkle with salt, pepper and chili powder. Cook for several minutes stirring gently until squash is tender. Remove to a plate and set aside. Melt remaining butter in pan over medium high heat and add kale. Cook 3-4 minutes, tossing with tongs. Add squash and mix together. Set aside.

Build the quesadillas one by one with 1 tortilla, a layer of cheese then squash/kale mixture, and topped with a second tortilla. Using 1 tsp oil for each quesadilla, brown on both sides. When cheese is melted, serve sliced into wedges. *Yield: 8 servings, meets requirement for grains/bread and fruit/vegetable.*



Cheesy Broccoli & Rice

- ✓ 1 10-oz package frozen chopped broccoli
- ✓ 1 cup quick-cooking rice
- ✓ 1 cup water
- ✓ $\frac{1}{4}$ teaspoon salt
- ✓ 1 cup reduced-fat shredded cheese

In a medium saucepan, combine all ingredients except cheese. Bring to a boil and stir frequently to break up frozen broccoli. Remove from heat; cover and let stand for 5 minutes. Return pan to burner and over low heat add cheese, stirring just until cheese is melted. Serve and enjoy! *Makes 6 servings and meets the grain/bread component and the fruit/vegetable component. Credit: National CACFP*



- **Non-dairy beverages which meet the fluid milk standard:** In addition to 8th Continent Soy Milk (plain and vanilla), Pacific Soy Ultra (plain and vanilla), Kikkoman Pearl Smart Organic Soy Milk (8.25 ounce individual pack only, Smart Creamy Vanilla and Smart Chocolate), and Kirkland Organic Soy Milk (plain). The Oregon Department of Education has approved another brand, which is Wal-Mart Great Value Soy Milk (original).
- **Postage due menus:** We are once again receiving way too many mailed menus that are postage due. Please remember that each three pages require another stamp. Thank you!
- **Lead paint testing on toys:** A house inspection company in Salem has acquired an XRF machine which can test levels of lead on toys. I am trying to gauge interest in this from providers. The company has offered to do free lead testing if we provide the space. Providers could bring in several toys at a time for testing. Please let me know if this is something in which you'd be interested.
- **Mealtime Spacing on Menus:** Many of you have begun to use our newest menus which ask for your mealtimes. The reason for this is so we can get a better idea of when to do our visits. Do remember that there must be, at a minimum, one and one-half hours between meals and snacks. Breakfast served at 8:30 and snack at 9:30 would not be creditable as there is not enough time between the two meals. However, we know that some kids get to your house before breakfast is over (by 9:00) and others might not get there until 9:30, in which case you would want to serve them a snack. In this instance, it might look as though you're serving breakfast at 8:30 and snack at 9:30. Just put a little note by the time for that meal that has the child's initials. This way, it will be easier for us to see that one child might arrive later so he really isn't having both breakfast and snack so close together.



- Las bebidas no lácteas que cumplen el estándar de leche fluida: son 8th Continent Soy Milk (la sencilla o de vainilla), Pacific Soy Ultra ((la sencilla o de vainilla), Kikkoman Pearl Smart Organic Soy Milk (las individuales de 8.25 de onzas Smart Creamy Vanilla y Smart Chocolate), and Kirkland Organic Soy Milk (simple), El departamento Educacional aprobado otra nueva es Wal-Mart Great Value Soy Milk (original).

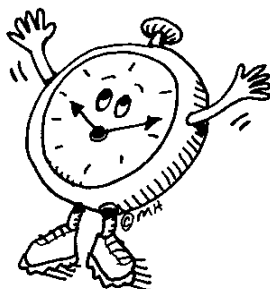


- Falta de estampillas: una vez más estamos recibiendo muchos menús por correo que no le están poniendo suficiente. Por favor, recuerde que cada tres páginas requieren otro sello. ¡Gracias!
- Pruebas de plomo en juguetes: una compañía de inspección en Salem ha adquirido una máquina XRF que puede probar los niveles de plomo en los juguetes. Yo estoy intentando evaluar el interés entre los proveedores. La empresa ha ofrecido evaluar los juguetes de a gratis, si nosotros proveemos el espacio. Favor de avisarme si esto es algo en lo que usted podría estar interesado/a.

- El horario entre las comidas. Recuerde que tiene que haber un total de una hora y media entre comidas en los horarios que esta anotando el su menús. Y también recuerde que ya es requisito que anote los horarios en el menú.



- Заменители молока, эквивалентные ему по своему составу: 8th Continent Soy Milk(обычное или ванильное), Pacific Soy Ultra (обычное или ванильное), Kikkoman Pearl Smart Organic soy Milk (только индивидуальные пакеты по 8.25 унций, Smart Creamy Vanilla и Smart Chocolate), Kirkland Organic Soy Milk (обычное), а так же недавно утверждённое Wal-Mart Great value Soy (обычное).
- Тестирование игрушек на содержание в них свинца (Lead paint testing on toys). Специализирующаяся на тестировании домов на предмет вредных веществ компания в Сэйлеме согласна провести бесплатное тестирование игрушек у нас в офисе в случае если достаточное количество воспитателей подтвердят свою заинтересованность в этом.
- Время сервировки питания на меню. Многие воспитатели начали отмечать время сервировки питания на меню. Пожалуйста помните, время между питаниями не должно быть меньше, чем полтора часа. В случае если, к примеру, сервирована перекуса для ребёнка, пришедшего в сад после положенного завтрака, и возможно время этой перекусы раньше чем полтора часа, сделайте пометку на меню, что эта перекуса сервирована только для пришедшего позже ребёнка, который не присутствовал на завтраке.



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MENU WINNERS

- The menu winners for March are **Maria Munoz of Salem & Jesse Carrillo of Tillamook**
- Keep those menus coming in on time -- you might be next!
- Remember -- to enter, menus need to be in an envelope with your name and address on the outside.



Thanks and Good Luck!!

"Good nutrition is the right of all children."

Looking For More Training?

Child care providers can now access information on trainings that are happening all over the state of Oregon. The on-line training calendar at www.oregonchildcaretraining.org will let you search by county, as well as by training category and date. *Check it out!*

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