

NUTRITION FIRST NEWS



December 2016



Physical Activity Policy

Some of you may be looking for written policies to use in your business. This policy on physical activity is from the Child Care Food Program Roundtable. Feel free to copy or change as desired.

To create a healthy activity environment, I have instituted the following policies in my child care program:

Daily Physical Activity

- * I provide all children with numerous opportunities for physical activity throughout the day.
- * Preschoolers have at least 60 minutes of structured physical activity and at least 60 minutes of unstructured physical activity daily with several opportunities for “breathless” moderate to vigorous physically active (MVPA) play.
- * All children are provided outdoor time at least twice daily, weather and air quality permitting.
- * In the case of severe weather, similar activities are provided inside.
- * I provide equipment and materials for active play and movement that support the development of gross motor skills appropriate for all children. During outdoor play, children practice gross motor skills with a variety of activities, such as running, skipping, kicking and throwing.
- * Children with special needs have opportunities to

participate in physical activity routinely with their peers.

- * My facility is regularly inspected to ensure the safety of all children. I ensure the outdoor environment is safe by discarding broken materials, cleaning contaminated areas, sweeping/raking areas regularly and picking up large branches.
- * I participate in physical activity with the children to increase child participation and model healthy levels of activity.
- * Parents are asked to dress their children for safe outdoor playtime.
- * Children should come to child care wearing sunscreen for morning outdoor play, and sunscreen will be reapplied for afternoon outdoor activities with parent consent.

Screen Time

The American Academy of Pediatrics recommends that children under two years old do not engage in any screen time at all, and older children watch no more than 1-2 hours per day. Because children watch television and play on the computer outside my care, I do not offer any screen time in my child care.



Lessons From The Very Hungry Caterpillar

Talk, sing, and read with children from the beginning of this wonderful and well-loved book by Eric Carle. Point to words as you read them, to show children that the print carries the story. Ask them to name things in the pictures and ask how the picture relates to the story.

- ✓ Teach children that apples, pears, plums, strawberries and oranges are fruits and good for the body. Can they name other fruits?
- ✓ When the caterpillar overeats, he gets a stomachache – so it is important to stop eating when you feel full.
- ✓ Talk about how some foods are “sometimes” foods – like cake and ice cream – and why it is not good to eat them all the time.
- ✓ After reading the page where the caterpillar eats the green leaf and feels better, talk to the children about how we eat green leaves like lettuce, spinach and cabbage. It is important to eat nutritious foods, so we can grow up healthy and active like a butterfly.





Back-to-School Breakfast Burritos

Using a whole-grain flour tortilla, you can roll up a nutritious, tasty breakfast in a jiffy! If the tortillas are large, roll them up and slice them in half for two meals in half the time. Start with fresh, soft tortillas and add your favorite filling:

- Ham and cheese slices
- Peanut butter and banana
- Cream (or cottage) cheese and strawberries
- Scrambled eggs
- Ricotta cheese with apples and cinnamon
- Refried beans and cheese
- Turkey slices and avocado
- Hummus and tomatoes
- Tuna or egg salad

Unfried Fish Sticks

- ✓ 1 pound cod or halibut fillets
- ✓ Salt and pepper to taste
- ✓ 2 Tbsp. vegetable oil
- ✓ 2 cups Panko breadcrumbs
- ✓ 3 eggs, beaten
- ✓ Lemon wedges

Cut the fish into fingers about $\frac{3}{4}$ inches wide. Season with salt and pepper. Rub the oil on a sheet tray and preheat it in a 450-degree oven. Have two shallow bowls set up, one with the Panko crumbs and one with the beaten eggs. First dip the fish in the Panko crumbs, then in the egg, and finally back in the Panko to coat. Arrange the fish on the preheated baking sheet. Bake for 5 minutes, then turn fish and continue baking 5 minutes more. Serve with lemon wedges.



Spicy Creamy Sweet Potato Hummus Soup



Swap hummus for cream or whole milk to add more flavor and veggies to your favorite soup recipe. Made mostly with chickpeas and tahini, hummus is an easy way to get more beans into many meals and even creamy soups!

- ✓ 2 tbsp olive oil
- ✓ 1 medium yellow onion, chopped
- ✓ 2 garlic cloves, minced
- ✓ 5 cups vegetable stock
- ✓ 3 medium sweet potato, peeled and chopped into 1-inch cubes
- ✓ 2 tsp cumin
- ✓ 1 (10oz) container of spicy hummus
- ✓ 1/2 tsp salt
- ✓ Optional: avocado slices and/or plain Greek yogurt for garnish

In a large pot, add olive oil over medium heat. Add onions and let cook for about 5 minutes, or until translucent. Add garlic and cook for another minute, until fragrant. Add vegetable stock, sweet potatoes, and cumin and bring to a boil. Reduce heat to simmer and cook for 30-45 minutes, or until sweet potatoes are tender. Stir in hummus and remove from heat. Use an immersion blender to puree soup until smooth and creamy (alternatively you could transfer soup to a blender to puree). Season with salt. Optional: Garnish with avocado slices and/or plain Greek yogurt.

Pasta With No-Cook Tomato Sauce

- ✓ 1 pound ripe tomatoes, chopped
- ✓ $\frac{1}{4}$ cup fresh basil, chopped
- ✓ 4 garlic cloves, finely minced
- ✓ 2 tablespoons extra-virgin olive oil
- ✓ 2 teaspoons balsamic vinegar
- ✓ 12 ounces penne pasta (whole wheat if preferred)
- ✓ 1/4 cup grated Parmesan cheese (optional)

Combine the chopped tomatoes, basil, garlic cloves, olive oil and balsamic vinegar in a large bowl. Season to taste with salt and pepper, then let stand at room temperature for 1 hour to let flavors meld together. Bring a large pot of salted water to a boil. Add the penne and cook until al dente according to package directions. Drain and toss hot pasta with the chopped tomato sauce. Stir in parmesan cheese, if using, and toss to combine. <http://www.fruitsandveggiesmorematters.org/>





Autumn Apple Salad

A sweet, tart, crunchy side dish that is perfect served with fall meals or as a snack.

- ✓ 4 Granny Smith apples, cored and chopped
- ✓ $\frac{1}{4}$ cup blanched slivered almonds, toasted
- ✓ $\frac{1}{4}$ cup dried cranberries
- ✓ $\frac{1}{4}$ cup chopped dried cherries
- ✓ 1 (8 ounce) container of vanilla low-fat Yogurt or Greek Yogurt

In a medium bowl, stir together until all is coated with yogurt and serve.
<http://www.fruitsandveggiesmorematters.org/>

Cranberry Pumpkin Muffins

- ✓ 2-1/4 cups all-purpose flour
- ✓ 1 teaspoon baking soda
- ✓ 1 teaspoon pumpkin pie spice
- ✓ 1/2 teaspoon salt
- ✓ 2 large eggs
- ✓ 2 cups sugar
- ✓ 1 cup canned pumpkin
- ✓ 1/2 cup canola oil
- ✓ 1 cup fresh or frozen cranberries, chopped

In a bowl, combine the first four ingredients. In a bowl, beat the eggs and sugar; add the pumpkin and oil and mix well. Stir into the dry ingredients just until moistened. Fold in the cranberries. Fill foil- or paper-lined muffin cups three-fourths full. Bake at 400° for 18-22 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks. **Yield:** 2 dozen.

Courtesy: Taste of Home



Apple Whole Wheat Stuffing

- ✓ 8 slices of whole-wheat bread, cut into $\frac{1}{2}$ " cubes
- ✓ 2 Granny Smith apples, organic, peeled, cored, diced
- ✓ 2 $\frac{1}{2}$ cups vegetable broth
- ✓ $\frac{1}{2}$ tsp dried sage
- ✓ black pepper to taste

Bake cubes of bread at 350° for 15 minutes until dried and brown. Place vegetable broth, onion, celery, apples, sage, thyme and pepper in a saucepot with a lid and simmer for 10 minutes until apples are soft. Toss with the dried bread cubes, bake at 325°, covered for 15-20 minutes. Amount of liquid can be adjusted to your preference. <http://www.fruitsandveggiesmorematters.org/>



Nutrition First News Staff

Susan Maxwell	Director/Editor
Kathy Derr	Program Mgr.
Carmen Romero	Program Rep.
Yelena Chesnokova	Program Rep.
Jackie Johnston	Program Rep.
Nancy Cain	Program Rep.
Laura Daberkow	Support Spec.
Sally Youell	Artwork/Layout

Nutrition First

PO Box 2316

Salem, OR 97308-2316

503-581-7563 or 1-800-288-6368

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2475 Center St. NE
Salem, OR 97301

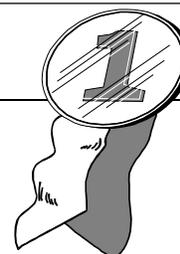
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MENU WINNERS

➤ The menu winners for November are **Tatyana Shkopu of Woodburn**
& Kelly LaChapelle of Aumsville

- 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!



Thanks and Good Luck!!

"Good nutrition is the right of all children."

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