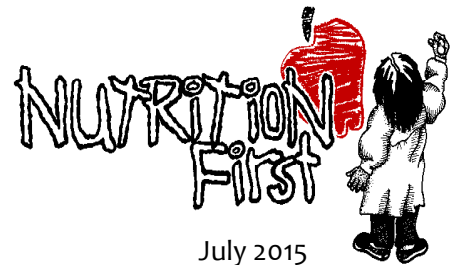


NUTRITION FIRST NEWS



July 2015

Choosing Better Beverages For Better Health

Limit Juice: Most children love juice and why not? After all, it's tasty and sweet. Unfortunately, excessive juice intake has been linked to childhood over-weight and obesity as well as tooth decay. Pediatricians, dietitians and child health advocates are all advising parents and caregivers that too much juice is unhealthy for children. Research shows that children should not have more than 4-6 ounces of 100% juice a day, and in fact, they do not *need* juice at all. A diet which includes plenty of whole fruits and vegetables is best. Children will enjoy drinking plain water if juice is not introduced.

Children who drink a lot of juice are swallowing extra sugar and calories they may not need. When children are given juice to drink instead of water, they are drinking more calories than they may have eaten at a meal time. Over time, those extra calories can add a significant amount of weight on a child who may not be overeating.

If children drink juice between meals, they may not be hungry for other foods at meal time. Juice reduces their hunger but does not supply enough nutrients to nourish them well. When children come to the table not very hungry they may only pick at their meal and eat less of the foods they need to grow and stay healthy.

Sipping on juice throughout the day can also lead to dental cavities. Watered down juice is not the solution because even watered down juice coats the teeth in sugar which leads to dental cavities. Especially bad for teeth is juice offered in a bottle or sippy cup. Bottles and sippy cups tend to go with the child and are sipped on over an extended period of time. If a child takes a bottle or sippy cup to bed with them it should be filled with water only.

Skip Sugar Sweetened Beverages: Sugar sweetened beverages should be limited to an occasional treat and are not allowed in child care. Do not serve soda, including diet soda or *juice drinks* such as cocktails, punch, lemonade, Sunny Delight, Hi-C, Kool-aid and most Capri Sun. Juice drinks have little or no juice in them and contain mostly water with sugar and flavoring.

Children who drink sweet drinks may be too full to eat healthy foods, gain too much weight, get cavities and be at greater risk for developing diabetes. Drinking just one 12 ounce can of soda a day can result in a 15-pound weight gain in a year.

Milk for Health: Milk builds strong bodies, bones and teeth. Milk contains calcium, protein, B vitamins and vitamin D. Children need about 16-24 ounces a day. It can be difficult for children to get an adequate amount of calcium if milk is not part of their daily diet. On the Child Care Food Program, milk must be served with each main meal.

Non-fat milk and 1% low-fat milk are as nutritious, with the same amount of Vitamins A and D, as whole milk but with less fat. Non-fat milk and 1% milk are recommended and required for all children 2 years old and older. Whole milk is recommended (but not required) for children ages 12 to 24 months.

If you serve a milk substitute, check nutrition facts label/ingredient list to be sure the product is fortified with nutrients comparable to milk, and has no sugar added.

Drink Water: Water helps your child stay cool and be healthy. Tap water is inexpensive, convenient and does not stain when spilled. In hot weather we all need to drink extra water to keep our bodies adequately hydrated.

Tap water tastes better cold; serve it up for a convenient, refreshing drink anytime. Tap water helps prevent tooth decay because it is likely to have fluoride which helps keep teeth strong. Bottled water is less regulated than tap water and is significantly more expensive.

Did You Know?

- Seventy-five percent of Americans are chronically dehydrated.
- In 37% of Americans, the thirst mechanism is so weak it is mistaken for hunger.
- Water makes up 83% of your blood, 75% of your muscles, 75% of your brain and 22% of your bones.
- You can refill a glass of water 300 times for the same cost as purchasing one bottle of water.
- Drinking one 20 ounce soda a day adds up to 58 pounds of sugar in a year.
- Drinking one soda a day can cost about 300 dollars in a year.





Serve up Healthy Drinks!

- Drink tap water. Keep a clean container of cold water in the refrigerator.
- Make water “handy” for children to serve themselves. Fill cups and bottles of water “to go”.
- Serve water with ice and/or fruit slices or frozen fruit.
- Set a good example by drinking water with the children.
- Serve milk at meal times.
- Try not to add chocolate or strawberry flavors to milk. Blend with fresh or frozen fruit instead.
- Don’t purchase sodas, sports drinks and juice drinks; if it’s not readily available, kids won’t drink it.
- Check labels for 100% juice and serve no more than once per day.

Reprinted from Nutrition Edition, CCFP Roundtable

Blueberry & Chicken Pasta Salad W/Field Greens

Blueberry Vinaigrette

- ½ cup fresh blueberries
- 2 Tbsp extra virgin olive oil
- 2 Tbsp balsamic vinegar
- ½ tsp Dijon mustard
- 2 tsp honey
- ¼ tsp salt

Salad

- 1½ cup fresh blueberries
- 3 cups cooked whole grain penne pasta, cooled
- 12 oz. cooked chicken breast, sliced
- 4 cups field greens
- ½ cup red onion, chopped
- 1 medium red bell pepper, chopped

Blend vinaigrette ingredients in a blender; set aside. In a medium size bowl, toss all ingredients with dressing



Banana Pops

Children will enjoy making and eating these easy, healthy, frozen treats. You will need Popsicle sticks, a cookie sheet, wax paper, a large zip lock food storage bag, a rolling pin, bananas, peanut butter or sunflower seed butter & graham crackers.

1. Have children peel bananas and cut them in half with a butter knife.
2. Help children insert a Popsicle stick one inch into the end of each banana.
3. Place banana pops on a cookie sheet lined with wax paper and freeze for several hours or until hard.
4. Have children crush graham crackers by placing the graham crackers in a zip-lock storage bag and rolling a rolling pin over the bag. Pour crumbs onto a large plate.

After demonstrating, give the children butter knives to spread the peanut or sunflower seed butter onto each banana pop and roll it in the cracker crumbs.

Mango Shake

- 2 cups (16 oz) low-fat milk (1%)
 - 1 medium fresh mango, pitted
 - 1 medium banana
 - 2 ice cubes
- Put all ingredients into a blender.
Blend until mixed. Serve immediately



Tropical Sunrise Parfait

- 2 cups canned pineapple tidbits or chunks in 100% fruit juice, drained
- 1 cup (1/2 pint) raspberries (fresh or frozen)
- 1 cup low-fat vanilla yogurt
- 1 medium banana, sliced
- 1/3 cup dates, chopped
- 1/4 cup whole almonds, toasted & chopped

Heat oven to 300°F. Put almonds on a non-stick baking pan. Place in oven for 5-6 minutes, shake pan several times during toasting. Remove from oven, cool and coarsely chop. While almonds are toasting, layer the pineapple, raspberries, yogurt, banana, and dates in parfait glasses. Sprinkle the almonds on top and serve. *fruitsandveggiesmorematters.org*





- ✓ 4 de Julio - Sábado 4 de Julio es día festivo recuerde que necesitan los padres firmar una nota del día festivo para que se le pueda reembolsar por ese día.
- ✓ Tarifa de reembolso - La nueva tarifa de reembolso toma efecto el primero de Julio, se les enviara las nuevas tarifas en cuanto las tengamos. Atraves de Facebook, y nuestra pagina web
- ✓ Depósitos directo – Estamos recomendando que si actualmente reciben su reembolso en cheque cambien a depósito directo, el correo se está tardando más tiempo, y se están perdiendo varios cheques. Si tiene depósito directo recibe su dinero más pronto que si se lo enviamos por correo.
- ✓ Renovación de ingresos anuales – Las hojas confidenciales de ingresos fueron enviadas el primero de julio recuerde que estas formas tienen que ser regresadas mas tardar el 24 de Julio al junto con su comprobante de ingresos para seguir recibiendo el mismo reembolso que hasta ahora. Recuerde que si cobra a sus propios hijos y no envía esta forma para atrás con su comprobante de ingreso no los puede cobrar desde el primero de Julio.
- ✓ Carta informativa en línea – favor de tomarse un poco de tiempo y mirar nuestra página de Facebook, en la cual encontrara su carta infamativa mensualmente, al junto con cambios importantes, nuevas tarifas, recetas y actividades en la comunidad.
<https://www.facebook.com/NutritionFirstOregon>



- ✓ July 4th (Суббота) – День Независимости. Для получения оплаты за питание детей в этот день пожалуйста, не забудьте прислать форму 'Посещения в праздничный день' подписанную родителем.
- ✓ Новые тарифы – с 1 Июля 2015 г. в силу вступают новые компенсационные тарифы. Как только USDA опубликует новые тарифы, мы поместим их на нашей страничке.
- ✓ Прямой депозит – мы рекомендуем вам подписаться на прямой депозит (Direct Deposit). В этом случае вы будете получать деньги быстрее и ваш чек никогда не потеряется. Пожалуйста, позвоните нам, если у вас есть вопросы.
- ✓ Проверка доходов за год – эта форма была отправлена по почте первого июля для тех воспитателей которые получают компенсацию за своих детей и для тех кто относится к Территории 2 (Tier 2) но из за низкого дохода может получать компенсацию Территории 1 (Tier 1). Эту форму вместе с подтверждением вашего дохода необходимо прислать в наш офис ДО 24 ИЮЛЯ.



- ✓ July 4th (Saturday) – holiday note needed, signed by the parents, if you provide care today.
- ✓ New Reimbursement Rates – effective July 1st. These will be posted as soon as USDA releases the new rates.
- ✓ Direct Deposit – We recommend signing up for direct deposit. You have access to your money sooner, and there's no chance of your check being lost! Ask us for the direct deposit form.
- ✓ Annual Income Statement Verification – these forms were mailed July 1st. They were only sent to those of you who wish to claim your own children, or those of you living in a Tier 2 school district and hoping to qualify for Tier 1 rates through your own income or that of your day care parent's income. These forms, along with proof of income, are due in our office July 24th in order to be approved effective July 1st.
- ✓ Online Newsletter – Please take a look at our Facebook page – Nutrition First Oregon. We post recipes, activities, important announcements, and our monthly newsletter (in color!) to our Facebook page.

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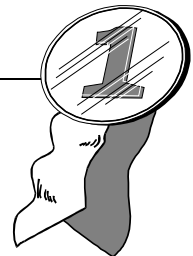
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MENU WINNERS



➤ The menu winners for June are **Irene Barajas of Tillamook**
& Bridgett Highley of McMinnville

➤ *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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