

# NUTRITION FIRST NEWS



June. 2014



Kids' Health & Safety -

## Helpful Ways to Reduce Screen Time

*Here are a few simple tips to help children reduce their screen time and increase physical activity in order to maintain a healthy lifestyle.*

### • Know how much screen media & physical activity a child is getting.

Screen time includes TV, DVD, video games and computer use (not related to school or work) and the goal is to have no more than 2 hours of screen time a day. Physical activity includes active games, outdoor time, recess and sports and the goal is for children to have at least 60 minutes of moderate-intensity physical activity each day. Help children maintain a healthy balance with these activities.

#### • Talk about health.

Explain to your children that it's important to sit less and move more. If they move more they will have a healthy lifestyle, be more energized, have a chance to practice certain skill sets (such as riding a bike or shooting hoops) and socialize with friends and peers.

#### • Have rules to limit screen time.

Set and enforce rules that limit children to no more than 2 hours of screen time a day. You may want to check into devices or internet programs that set limits on the TV and/or the computer.

#### • Minimize the influence of TV in the home.

Do not put a TV or computer in a child's bedroom. This tends to physically isolate family members and decrease interaction. Also, children who have TVs in their room tend to spend almost 1½ hours more in a typical day watching TV than do their peers without a TV in their room.

#### • Make meal time, together time.

Turn off the TV during meal time. Better yet, remove the TV from the eating area if one is visible. Meal time is a good time to talk to one another. Research has shown that families who eat together tend to eat more nutritious meals than families who eat separately. Make eating together a priority and have sit-down meals together as often as possible.

### • Provide other options & alternatives.

Watching TV can become a habit. Provide alternative ways for children to spend their time, such as playing outside, art projects, games, toys, learning a hobby or sport or spending time with family & friends.

### • Be a good role model.

Adults should limit their screen time to no more than 2 hours per day also. If children see adults following the screen time rules, then they will be more likely to follow them. Instead of watching TV or surfing the internet, spend time together doing something fun and active.

### • Don't use TV to reward or punish a child.

Practices like this make TV seem even more important to children.

### • Make screen time, active time.

Stretch, do yoga or lift hand weights while watching television; challenge each other to see who can do the most push-ups, jumping jacks or leg-lifts during a commercial break.

### • Be a savvy media consumer.

Advertising of snack foods can influence children's food preferences. Help children develop healthy eating habits and become media savvy by teaching them to recognize a sales pitch. Ask children why their favorite cartoon character is trying to get them to eat a certain brand of cereal. Explain to them that this is a way for advertisers to make children want the cereal so that they will ask their parents to buy it. Companies advertise to children to make money. — Adapted. For more see [wecan.nhlbi.nih.gov](http://wecan.nhlbi.nih.gov)

- Reducing screen time can help prevent childhood obesity.
- Screen time for children under 3 is linked to delayed language acquisition.
- Between their 2nd and 3rd birthday, 64% of toddlers are watching TV and videos averaging over 2 hours.
- On any given day, 29% of babies under age 1 are watching TV and videos for an average of about 90 minutes.
- Limiting exposure to television during the first 4 years of life may decrease children's interest in it in later years.
- Even the most conservative findings show that preschoolers spend as much as 4.6 hours per day using screen media.

DID YOU KNOW??



[www.commercialfreechildhood.org](http://www.commercialfreechildhood.org)

## About The Buzz: Flavor Pairing Gets Kids To Eat Veggies



### → WHAT THEY'RE SAYING

New research suggests that *flavor pairing*, serving veggies with favorite foods) encourages children to eat more veggies.

### → WHAT WE KNOW

Children develop food preferences at an early age. While many children are drawn to certain foods, vegetables can be a different story. A good way to introduce children to veggies is to serve them with their favorite foods. **Research has shown that children are more likely to develop a taste for veggies when they are offered with foods they know & like.**

### → HOW DO WE KNOW THIS

A recent study published in the *Journal of the Academy of Nutrition and Dietetics* reports that pairing veggies with something a child already likes can be an effective way to get her/him to eat more vegetables. Working with preschoolers, researchers at Arizona State University introduced children ages 3-5 to Brussels sprouts served with cream cheese. **The findings?** The children were more likely to say that they liked the sprouts and ate more of them, even when the sprouts were served later without the cream cheese. According to the researchers of this study, such a flavor-pairing strategy can work, not only for Brussels sprouts, but for other bitter vegetables.

### → OUR ADVICE

If your child is a picky eater and doesn't seem interested in trying veggies, combine them with her/his favorite foods. For example, try serving broccoli with a tasty, low-fat dip. Research has shown that offering a dip with vegetables increases veggie consumption in children by 80%. (Kids also like celery sticks paired with peanut butter!) *fruitsandveggiesmorematter.orgs May 14, 2014*



## Wow-Y Mavi Pasta Salad

- 2 cups (8 oz) whole wheat rotini (spiral) pasta
- 1 cup fresh snow peas, sliced thinly on an angle (julienned)
- ½ cup cucumber, peeled and diced
- ¼ cup carrots, peeled and diced
- 1 cup fresh pineapple chunks
- ½ cup plain yogurt, fat-free
- ¼ tsp salt
- ¼ tsp black pepper
- 1 Tbsp rinsed fresh chopped chives,
- 1 Tbsp rinsed fresh chopped parsley

In a 4-quart saucepan, bring 3 cups of water to a boil over high heat. Add pasta and cook until tender (about 8 minutes). Drain, cool, and set aside. Meanwhile, place peas in a microwave dish, add enough water to keep moist, and microwave for 1-2 minutes, or until warm. Meanwhile, combine the remaining ingredients together in separate bowl and toss gently. Add cooked pasta and peas and toss to coat the pasta. Serve immediately or refrigerate for later use. *fruitsandveggiesmorematter.orgs*



## Nutritional Information on Crediting Smoothies

Per recent guidance from USDA, providers serving smoothies may claim the milk and the fruit in a smoothie (both components must be written out – not just the word “smoothie”). The smoothie may be claimed at any meal or snack as long as there is the required amount of both milk and fruit served. Remember that the proper percentage of milk must be used (1% or skim). Yogurt in a smoothie is **not** creditable, and neither are vegetables, although you are welcome to use a juicer and make vegetable juices. They just can't be claimed in a smoothie. USDA recommends that providers serve extra (whole) fruits in addition to the fruit in a smoothie, although this is not **required**.

## Ensalada Rápida De Brócoli

- $\frac{2}{3}$  taza e mayonesa de aceite de olivo
- $\frac{1}{2}$  taza de yogurt sencillo
- 2 cucharadas de semillas de girasol
- $\frac{1}{2}$  taza de queso rallado reducido en grasa
- 1 cucharada de eneldo (dill)
- 1 cucharada de paprika
- 1 bolsa de brócoli rallado de (12 onzas)

En una charola revuelva todos los ingredientes menos el brócoli. Y después ponga la revoltura sobre el brócoli, y menee bien, refrigere por un par de horas. Crédito a: More Matters

**IMPORTANTE:** Por nueva instrucción de USDA. Cuando sirva un smoothies o licuado solo se puede cobrar la fruta y la leche, si le está poniendo yogurt esto no cuenta, y en su menú no puede decir smoothie tiene que escribir los componentes que usted quiere cobrar por ejemplo [Leche / plátano]. Recuerde que la cantidad correcta tanto como de leche y plátano tendrían que estar en el licuado. Y esto solo cuenta a la hora de las botanas no a las horas de comidas fuertes. USDA recomienda que en adición a la fruta incluida en el licuado también les o fresca fruta entera. **Las verduras en un Smoothie o licuado no cuentan para el programa de la comida.**

## Быстрый салат из брокколи

- $\frac{2}{3}$  чашки майонеза с оливковым маслом
- $\frac{1}{2}$  чашки йогурта
- 2 ст л семечек подсолнуха
- $\frac{1}{2}$  чашки натёртого сыра
- 1 большое яблоко, нарезанное кусочками
- 1 ст л нарезанного укропа
- 1 ч л паприки
- 1 (12 унций) пакет натёртой брокколи

Смешать все ингредиенты, за исключением брокколи. Полить получившейся смесью брокколи и поставить в холодильник на несколько часов, что бы салат успел пропитаться соусом перед подачей. Рецепт сайта More Matters



## Информация о коктейле типа Smoothie

Соответственно последнему указанию USDA, воспитателям будет оплачиваться молоко и фрукты, входящие в состав коктейля типа Smoothie. Оба компонента должны быть указаны на меню, - не просто слово "Smoothie". Коктейль можно подавать на любое питание или перекусу с условием, что порционные требования о количестве молока и фрукт соблюдены. Помните, пожалуйста, что молоко должно быть обезжиренное либо 1%. Йогурт в таких коктейлях не подлежит оплате, так же как и овощи. При этом мы хотим отметить, что выжатый в соковыжималке сок из овощей оплачивается как овощ (но не в коктейле Smoothie). USDA рекомендует сервировать дополнительно к коктейлю целые фрукты, хотя это и не является требованием.

## Broccoli Quick Salad

- $\frac{2}{3}$  cup olive oil mayonnaise
- $\frac{1}{2}$  cup plain yogurt
- 2 tablespoons sunflower seeds
- $\frac{1}{2}$  cup reduced-fat shredded cheese
- 1 large green apple, chopped
- 1 tablespoon dill weed
- 1 teaspoon paprika
- 1 (12-oz) bag pre-shredded broccoli slaw

Mix together all ingredients except the shredded broccoli. Then pour mixture over the broccoli, mix well, and refrigerate for several hours.

Credit: More Matters



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Nutrition First USDA Child Care Food Program is a program of the Mid-Willamette Valley Community Action Agency

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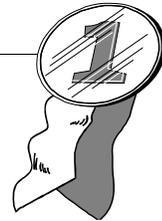


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## ***MENU WINNERS***

➤ The menu winners for May are **Juana Jaquez of Woodburn & Joann Tompkins of Newberg**

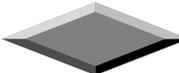
- Keep those menus coming in on time -- you might be next!
- Remember -- to enter, menus need to be in an envelope with your name and address on the outside.



*Thanks and Good Luck!!*

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**"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](http://www.oregonchildcaretraining.org) will let you search by county, as well as by training category and date. *Check it out!*

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