

# NUTRITION FIRST NEWS



## Helping Children Through Divorce

*According to the American Academy of Child and Adolescent Psychiatry, one in every two marriages ends in divorce. The changes that occur from separation and divorce can cause stress, uncertainty, confusion and sadness for children. As a child care provider, you can be a valuable source of stability and reassurance for children. Working with families can form a network of support to promote their healthy development.*

**Watch for signs of stress:** Every child handles stressful situations differently. Some may withdraw while others may behave aggressively. It is also common for young children to lose new skills for a brief time, such as reverting to crawling or talking like a baby. Watch for serious problems like self-injury, violence, severe depression, and drug or alcohol abuse. Share your concerns with children's parents as symptoms may require the help of a professional.

**Encourage children to express their emotions:** Ask open ended questions and listen to the answers attentively. Acknowledge children's feelings and remind them that both of their parents love them unconditionally, no matter what. Keeping in mind children's age and stage of development, only provide as much detail as they can handle.

**Continue your established routines:** Children feel safe when they know what is going to happen next. This includes following your established rules and consequences for breaking them, so discipline as you always have – children need structure and guidelines.

**Keep two-way communication open with both parents:** Ask parents what their children know about the divorce and how they would like you to talk about it with their children. Inform parents about their children's behaviors while at your child care home so they can address problems before they escalate. Also, avoid using negative words such as "broken home" or "real parent".

**Keep the children's favorites close at hand:** A loved stuffed animal, blanket, or toy may provide comfort and reassurance, especially during challenging times.

**Read books together about children and divorce:** Some suggestions are "Always, Always" by Crescent Dragonwagon, "Why are we getting a Divorce?" by Peter Mayle, and "It's not your Fault, Koko Bear" by Vicky Lansky.

**Focus on the positive:** Children of single parents can develop a strong sense of independence and self-confidence when encouraged to take on a reasonable amount of new responsibilities. If parents remarry, the children's network of caring individuals increases and they gain multiple adult role models. Children of divorce also learn flexibility and conflict resolution if parents are able to successfully navigate through the transition.

**According to child psychologists, it is typical for children to experience adjustment for one or two years following a divorce. Be patient as children work through their feelings.** Potpourri March 2015

## Heart Healthy Recipes:

### *Mediterranean Couscous Salad*



1  $\frac{3}{4}$  cups whole wheat couscous  
1  $\frac{1}{2}$  cups cucumber, peeled, and sliced  
1  $\frac{1}{2}$  cups grapes, halved  
 $\frac{1}{4}$  cup green onions, chopped  
 $\frac{1}{3}$  cup olives, sliced

1 15.5 oz can garbanzo beans, drained & rinsed  
 $\frac{1}{2}$  cup fresh parsley, chopped (or 2 Tbsp dried)  
1  $\frac{1}{2}$  tablespoons olive oil  
1 tablespoon lemon juice  
4 tablespoons reduced-fat feta cheese

Cook couscous according to package directions. Add cucumbers, grapes, and green onions into a large bowl. When couscous is cooked, fluff with a fork and add to the bowl along with the olives, garbanzo beans, parsley, oil, and lemon juice. Stir to combine. Top the salad with feta cheese. *Counts as a grain/bread and fruit/vegetable group.*





## Tex-Mex Pinto Beans & Rice

- 1 cup bell pepper, diced
- 1 14.5 ounce can fire-roasted diced tomatoes, undrained
- ½ cup onion, chopped
- 1 15.5 ounce can pinto beans, drained & rinsed
- ½ cup carrots, thinly sliced or matchstick cut
- 4 ½ cups hot cooked brown rice
- 3 garlic cloves, minced
- ½ cup shredded reduced-fat cheddar cheese
- ¼ cup cilantro, chopped

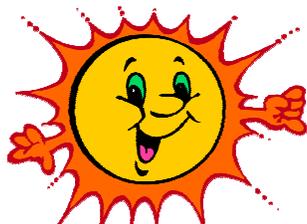
Cook bell pepper, onions, carrots and garlic in a large saucepan coated with cooking spray over medium heat 8 minutes. Add tomatoes and heat to a boil. Reduce heat; simmer 5 minutes or until vegetables are tender. Stir in beans; heat through, about 5 minutes. Serve mixture over hot cooked rice topped with cheese and cilantro.

*Counts as a grain/bread and a vegetable/fruit group.*

## Lemon Blueberry Oatmeal

- 1 cup low-fat milk or water
- 3 tablespoons fresh lemon juice or ½ teaspoon lemon extract
- ½ cup regular rolled oats
- Pinch of salt
- ½ cup banana, mashed
- 1 cup fresh blueberries

Bring milk or water to a boil, add oats, and reduce heat to medium. Stir the banana into the oatmeal. Once more of the liquid has absorbed, add lemon juice or extract and salt. Stir and cook until the oatmeal reaches desired consistency. Serve topped with blueberries and a splash of milk. *Counts at any meal (serves 3) as a grain/bread and a fruit/vegetable group. Potpourri February 2015*



## Better Breakfasts – Breakfast does a body good!

We all know that breakfast is the most important meal of the day, and literally “breaks the fast”. This early morning offering should be high in protein and fiber as well as low in fat and sugar. Try one of the recipes in this newsletter for a healthy take on a traditional breakfast. Or, consider preparing dishes the day before; such as breakfast casseroles or whole grain waffles that only need toasting.

Eggs are a powerful protein often associated with breakfast but many kids claim not to be big fans. Try out new ways to cook this versatile protein and you might be surprised. Breakfast quesadillas, French toast, hard-boiled eggs and the old fashioned egg-in-a-bread-slice hole are just a few to try. USDA has listened to the nutritional experts and is preparing to authorize eggs as a claimable breakfast item. *National CACFP Association* Other wholesome breakfast options include whole-grain bagels, peanut butter, and oatmeal. Make it a game and have fun. Try a new breakfast idea every day this week!

Family-style meals, especially breakfast, are a great time to sit down and join the kids. Ask them about the fun they had over the weekend or use this time to discuss the upcoming day’s schedule. Breakfast is just as important for adults. Who couldn’t benefit from more energy when trying to keep up with active kiddos all day?

## Oatmeal in Apple Bowls

- 6 apples
- 1 teaspoon cinnamon
- 2 cups 100% apple juice
- 1 teaspoon nutmeg
- 2 cups water
- 2 cups uncooked, quick cooking rolled oats
- ½ teaspoon salt (optional)

Slice the tops off the apples. Using a melon baller, remove the inside of each apple to create 6 bowls. Be careful not to cut too close to the sides or the bottom. Remove the seeds from the scooped centers and dice the remaining apple chunks. In a pot, combine the diced apples, juice, water, and seasonings. Bring to a boil. Stir in the rolled oats and cook for 2 minutes. Turn heat off, cover, and let stand several minutes before serving the oatmeal in the apple bowls.





# Notas

## Las inscripciones anuales de

**Marzo:** Por favor ayúdenos con entregar todas sus inscripciones renovadas – llenadas por el padre – en nuestra oficina mas tardar el 23 de Marzo. Los padres deben fecha la aplicación durante el mes de Marzo para que las inscripciones puedan contar como renovación.

Esperamos renovaciones para miles de niños que participan en el programa de comida, y es por esto que las necesitamos antes del envío de sus menús de Marzo. Si usted necesita más inscripciones, por favor llámenos. Recuerde que todos los niños se borran del sistema con la fecha de Marzo primero, así que sólo las personas con una nueva aplicación actualizada se contarán para el reembolso. **Si cobra a sus propios hijos favor de reinscribirlos también. ¡Gracias!**

**Hora de servir la cena:** la mayoría de ustedes probablemente sepa. que las cenas pueden ser reclamadas tan temprano como las 5 PM pero antes de las 7:00. Esto **no** significa que tengas que cambiar el horario en el que estas sirviendo la cena, si el que tienes ahorita está funcionando para ti así lo puede dejar. Esto es sólo una opción para aquellas/os de ustedes que deseen servirles a los niños antes que sus padres pasen por sus niños. **Favor de avisar le a su representante si piensan cambiar su horario.**

# Заметки

**Время ужина:** Обращаем ваше внимание на то, что время сервировки ужина изменено. Отныне допустимо сервировать ужин во временных рамках с 5.00 до 7.00 вечера.

**Мартовское обновление Вступительных форм:** Пожалуйста, проследите за своевременным обновлением и поступлением Вступительных форм к нам в офис до 23 Марта. Формы должны быть датированы Мартом месяцем.

Наша программа обслуживает сотни детей. Поэтому своевременный, **до 23 Марта**, возврат форм очень важен для внесения данных в систему до того, как начнут поступать ваши меню.

# Nutrition First Notes

**Dinner meal time:** Most of you are probably aware that dinners may be claimed anytime between the hours of 5PM and 7PM. This certainly does not mean you have to serve dinner – it's only an option for those of you who may like to feed the children dinner prior to their parent's picking them up.

**March annual enrollments:** Please help us by having all of your enrollments – filled out by the parent only – in to our office by the 23<sup>rd</sup> of March. Parents must date them in March in order for them to count. We have hundreds of these forms to enter, which is why they need to be sent **prior** to the mailing of your March menus. If you need more enrollments, please call us.

Remember that all children are deleted from the computer program in March, so only those with a new updated enrollment will be counted for reimbursement. Thanks!

NEW UPDATE

Nutrition First  
Programa de Comida Para Niños en Cuidado de USDA

F.O. Box 2316  
Salem OR 97308-2316  
503-581-7563 o 1-800-288-6368

Coloreada  
hija/a / 1  
dos años

DEBE DE COMPLETARSE POR LOS PADRES/GUARDIANES ÚNICAMENTE. Esta información será tratada confidencialmente para determinaciones de elegibilidad y verificación de información para el Programa. Forma para participación en el programa de comida.

Nombre de Proveedor / Número de Teléfono: \_\_\_\_\_  
? Si el padre no completa esta aplicación, no será procesada. ?

Deseo registrar a mi hijo(s) en el Programa de Comida USDA, el cual reembolso a los proveedores por el servicio de comidas nutritivas que participan en este programa.

Nombre completo del Niño(s): \_\_\_\_\_

Días normales de \_\_\_\_\_ de \_\_\_\_\_

El niño(s) es familia \_\_\_\_\_

Selección de Form Este Proveedor o \_\_\_\_\_  
Marque una:  \_\_\_\_\_ or el pr  
Yo entiendo que \_\_\_\_\_ provee  
materna o fórmula \_\_\_\_\_ i de fo  
aprobadas para que la proveedora pueda ser reembolsada.

**IDENTIDAD RACIAL O ÉTNICA (no requerida)**

Por favor, marque la identidad racial o étnica de su niño.

Marque una identidad étnica: Marque una o más identidad racial, si aplica:

<input type="checkbox"/> Hispano o Latino	<input type="checkbox"/> Americano Nativo / Nativo de Alaska	<input type="checkbox"/> Nativo Hawaiano / de las Islas
<input type="checkbox"/> No Hispano o Latino	<input type="checkbox"/> Asiático	<input type="checkbox"/> Blanco
	<input type="checkbox"/> Negro o Afro Americano	<input type="checkbox"/> Otro: _____

Yo entiendo que mi hijo(s) puede recibir comida sin precio adicional durante los horarios y días mencionados anteriormente. He recibido una copia con sujeción para el Futuro que explica el objetivo del Programa de Comida para Niños. Entiendo que si la guardería o cuidadora no discrimina a los niños por edad, origen nacional, sexo o impedimento mental o físico, o religión. Si es necesario ponerse en contacto conmigo por teléfono o para verificar esto prefero que me llamen Alá: \_\_\_\_\_

Casa  Trabajo  Al que sea

Nombre en Letra de Molde \_\_\_\_\_ Firma: \_\_\_\_\_

Dirección Postal: \_\_\_\_\_ Ciudad: \_\_\_\_\_

Comeo Electrónico: \_\_\_\_\_ Fecha: \_\_\_\_\_

Renovación

## Nutrition First News Staff

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### Nutrition First

PO Box 2316  
Salem, OR 97308-2316  
503-581-7563 or 1-800-288-6368  
Nutrition First USDA Child Care Food Program is a program of the Mid-Willamette Valley Community Action Agency

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Mid-Willamette Valley Community Action Agency, Inc.  
2475 Center St. NE  
Salem, OR 97301

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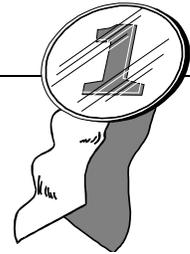
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## **MENU WINNERS**

➤ *The menu winners for Feb. are **Josie Emmrich of Salem & Kim Irvin 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!!*

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**"Good nutrition is the right of all children."**

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### **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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