

Spring 2009



for the kids

CHILD NUTRITION PROGRAM OF SOUTHERN CALIFORNIA

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SERVING LICENSED FAMILY DAY CARE PROVIDERS
IN SOUTHERN CALIFORNIA
SINCE 1981

PEANUT BUTTER FOUND TO BE THE CAUSE OF SALMONELLA OUTBREAK

Salmonella are bacteria that can cause infections of the intestinal tract, with symptoms of diarrhea, fever, and abdominal cramps. Though most people recover without treatment, infections can be severe, particularly in the very young and very old. Beginning in early September of last year, health officials noticed an increased number of cases of salmonellosis (as the infection is called), and by January 21 a total of 488 people with this illness had been identified in 43 states.

The source of the infection was unclear, but investigators from various state and federal health agencies have now tracked the cause of the outbreak to Salmonella found in peanut butter and peanut butter paste from one producer – the Peanut Corporation of America (PCA), in Blakely, Georgia. Though the company's products were not sold directly to consumers, they were sold in bulk to more than 70 companies all over the country that used it in hundreds of different products, including those intended both for humans and pets. The company has closed the manufacturing plant in question and recalled its products going back to July, 2008. However, foods containing peanut butter or paste from PCA were distributed widely, and include peanut butter crackers sold under the Keebler and Austin brands.

The list of recalled products is quite long, but the U.S. Food and Drug Administration has created a continuously updated resource which can be found at <http://www.accessdata.fda.gov/scripts/peanutbutterrecall/index.cfm>.

FDA urges consumers to check the website to see if any peanut containing products in their homes are involved in the recall. These could include cookies, crackers, cereal, candy, and ice cream. *Of importance, the FDA notes that "major national brands of jarred peanut butter found in grocery stores are not affected by the PCA recall."*

(For the FDA reports, see www.fda.gov/oc/opacom/hottopics/salmonellatyph.html#update; for the report from the U.S. Centers for Disease Control and Prevention, see: www.cdc.gov/salmonella/typhimurium/)

Comment: Since it's not entirely clear when the contamination with Salmonella began, some products that may have been purchased months ago may be affected; things are made more complicated by the fact that health authorities are adding new items to the recall list as the days and weeks go by. Given the uncertainty about which peanut-butter containing food products may wind up on the list, it's recommended that consumers avoid eating any that may have been purchased in the past few weeks or months (throwing them out would be the most straightforward solution).

In the meantime, it's worth reinforcing that major brands of peanut butter found in jars in grocery stores are not involved in this recall because none of them came from the affected PCA plant, so these are safe to eat.

-"Reprinted from CHILD HEALTH ALERT, P.O. Box 610228, Newton Highlands, MA 02461"

BE SNACK-WISE

Children typically receive an impressive 25% or more of their daily food intake from snacks. Parents and caregivers can make snacks healthy by simply combining two or more foods from the basic food groups to form a “mini meal.”

- Stick with the basics and avoid salty, sugary, highly processed, packaged snack foods and drinks.
- Plan sit-down snack times so that children are hungry, but not too hungry. Don't allow children to graze between scheduled snacks and meals.
- If you don't already serve “family style” where children serve themselves from plates and bowls passed around the table, then snack time is an excellent time to give this wonderful method a try. Children will learn many important skills such as how much food to serve themselves, sharing, scooping, counting and helping their neighbor.

The following snack ideas are sorted by food groups and represent wise snack choices. Combine two or more groups to make a delicious and nutritious mini meal.

SNACKS FROM THE MILK GROUPS

- Smoothies made with frozen fruit and milk
- Milk flavored with chocolate, vanilla extract or strawberry flavoring
- Milk poured over low sugar cereal
- Hot cocoa made with milk

SNACKS FROM THE GRAIN GROUP

- Cracker stacks-whole wheat crackers spread with cheese or peanut butter
- Ready to eat whole grain cereal
- Flavored mini rice cakes
- Breads of all kinds: multi-grain, rye, whole wheat
- Corn tortillas, whole grain bagels or whole wheat pita bread
- Trail mix-ready to eat cereals mixed with pretzels, raisins and nuts
- Hot oatmeal



Be snack-wise continued . . .

SNACKS FROM VEGETABLE/FRUIT GROUP

- Raw or lightly steamed veggie sticks with dip
- Celery stuffed with peanut butter
- Cherry tomatoes stuffed with cottage cheese
- Microwaved potatoes topped with grated cheese
- Frozen green peas
- Apple ring sandwiches-peanut butter spread on apple rings, sliced crosswise
- Tangerine or orange sections
- Canned fruit packed in juice
- Dried fruits
- Frozen banana on a stick
- Fresh fruit kabobs

SNACKS FROM THE MEAT GROUP

- Wedges of hard cooked eggs or deviled eggs
- Peanut butter on crackers
- Bean dip such as hummus, with crackers or veggies
- Cheese slices on thin apple wedges
- String cheese or cheese sticks
- Yogurt or yogurt and fruit parfaits
- Cottage cheese with fruit
- Toasted almonds, sunflower or pumpkin seeds
- Tuna salad on crackers

Plan a delicious and nutritious mini-meal snack combining foods from two or more food groups.

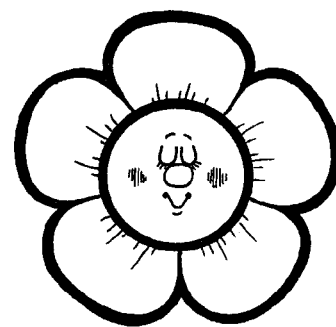


-Nutrition Edition, January 2009

SPRING RECIPES

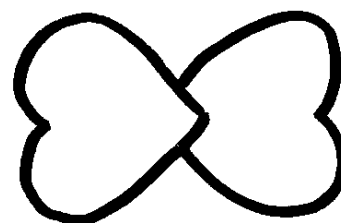
Flower Biscuits

Make flower biscuits by cutting 5 small cuts around biscuits with kitchen scissors before baking. Do not cut all the way to the center. Use a spatula to lift the flower biscuit onto a cookie sheet. Using your thumb press in the middle of each biscuit. Fill the middle with ½ tsp. jelly before baking. Bake biscuits according to the biscuit package directions.



Butterfly Cookies

Prepare your favorite sugar cookie recipe. Cut out heart shapes with a heart shaped cookie cutter. Connect the two hearts together on the cookie sheet to form a butterfly shape. Bake according to the cookie recipe instructions.



Strawberry Patch Sauce

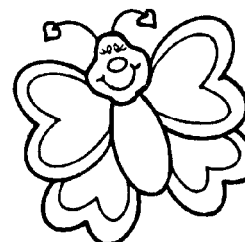
Blend 4 cups (2 lbs) strawberries (washed and hulled) and ¼ cup apple juice concentrate in a blender or food processor until smooth. Serve as a topping on toast, pancakes, or waffles. Makes 8 servings.

-Children's Choices, CA Dept of Education

BUTTERFLY ART IDEAS

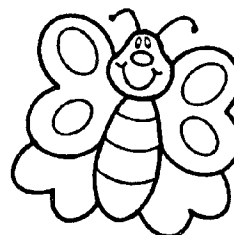
Butterfly Placemats

Cut several butterfly patterns from decorated gift wrapping paper. Have the children glue the butterfly shapes onto a 11" X 14" sheet of white construction paper. Cover with clear contact paper.



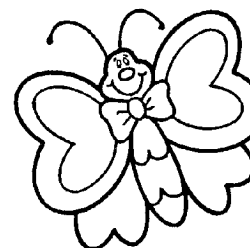
Butterfly Art

Cut a large butterfly shape from an 8 ½ " X 10" sheet of paper. Pour 3-4 colors of paint into individual containers. Have the children dribble colors of paint onto one side of the butterfly. Fold in half, press and smooth across with your hand. Open up the butterfly and let dry.



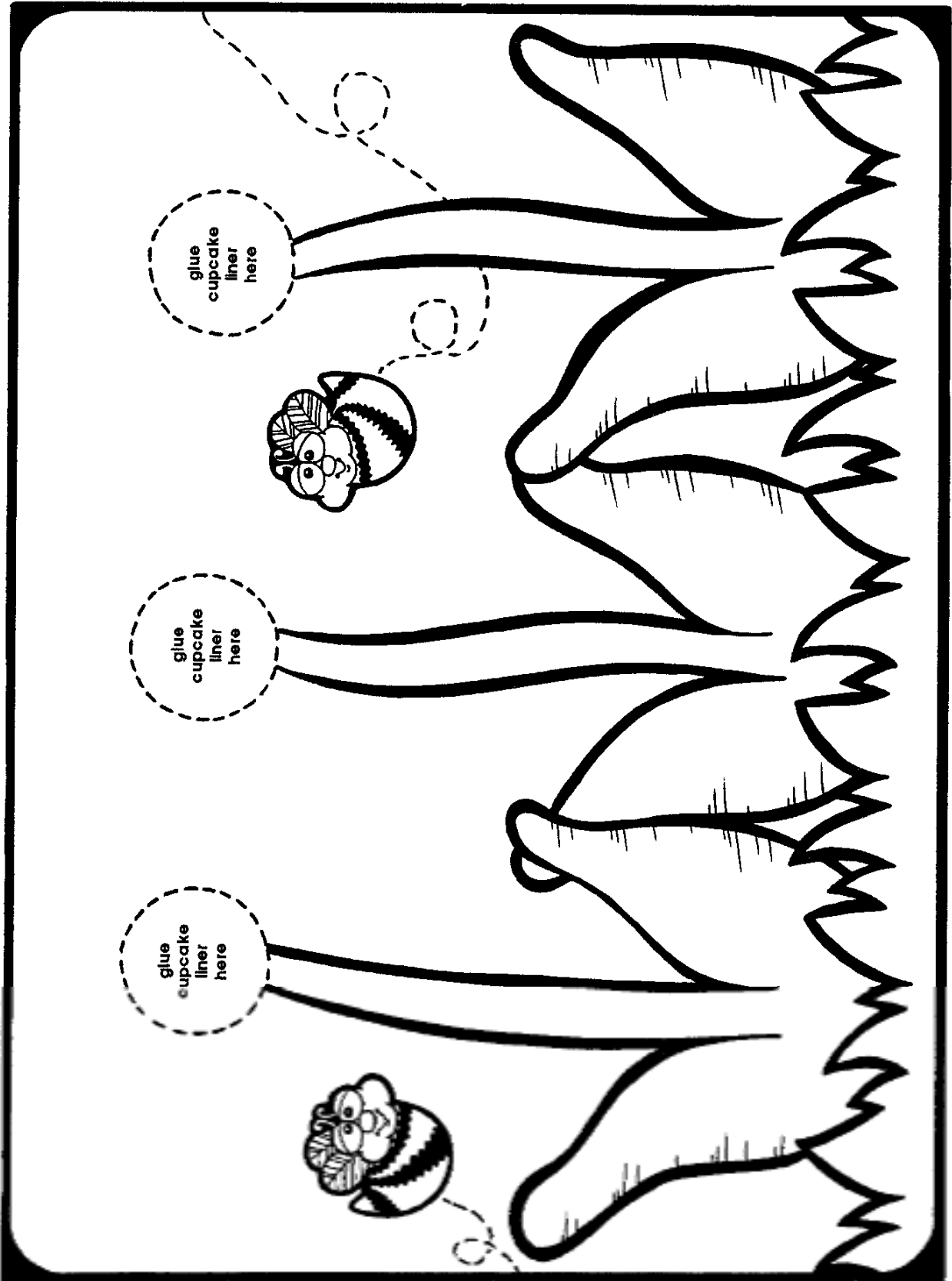
Tissue Paper Butterfly

Cut one large butterfly shape from construction paper for each child. Cut colored tissue paper into 1-inch squares. Crumble the tissue paper squares and glue onto the butterfly.



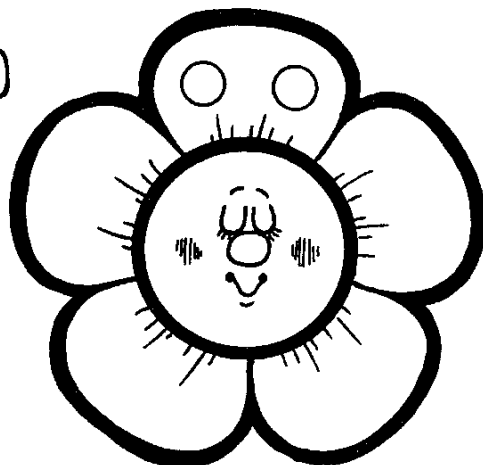
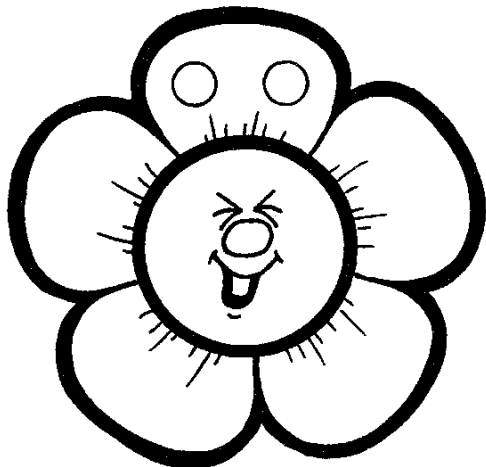
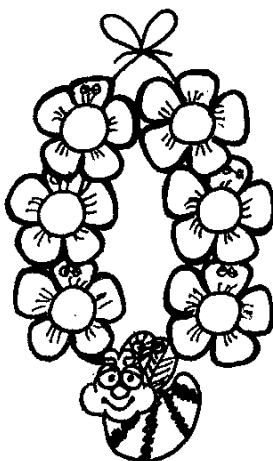
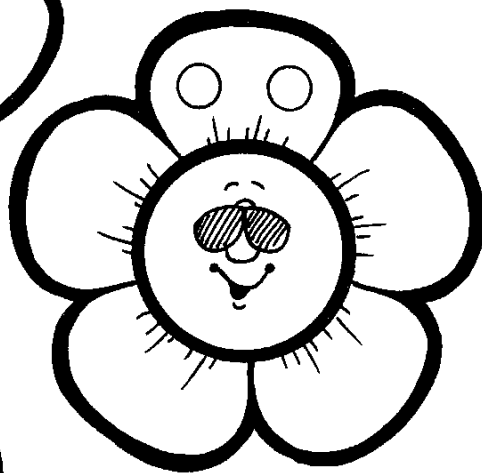
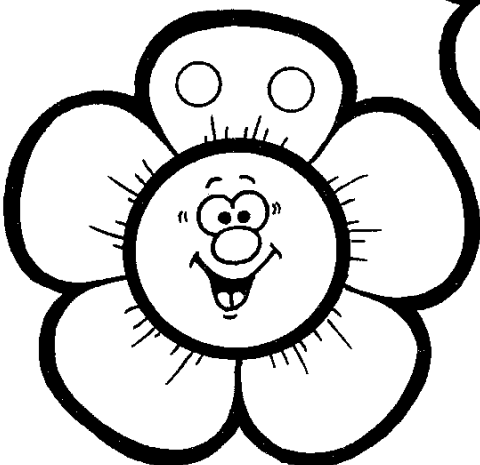
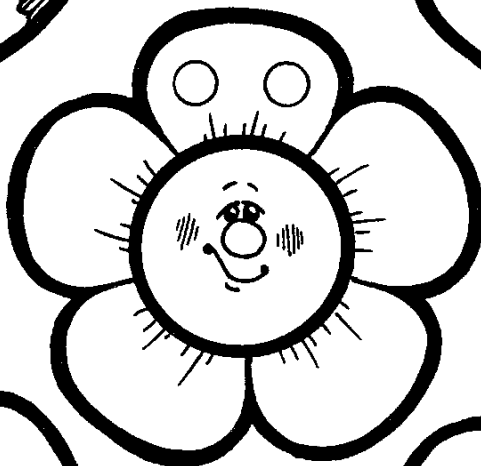
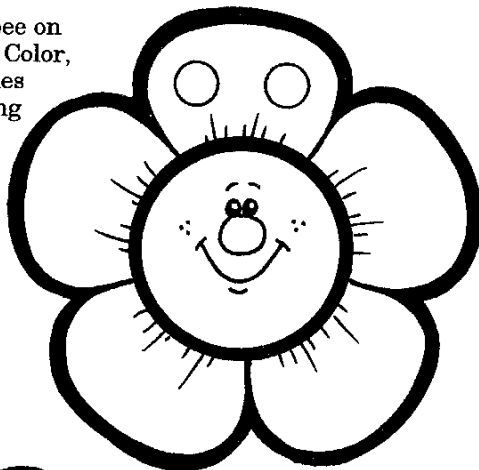
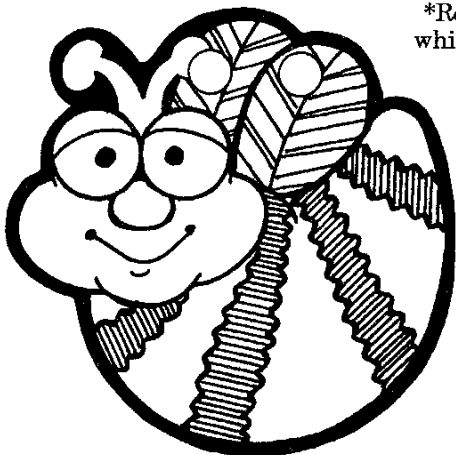
"BUZZY FLOWERS"

Make copies for the class to color and then have them glue cupcake liners where indicated.



"SPRING NECKLACE"

*Reproduce flowers and bee on white construction paper. Color, cut out, and punch holes where indicated. String necklace using yarn.

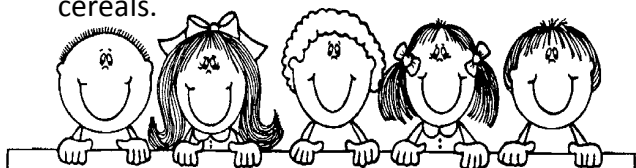


NUTRITION FOR YOUR CHILD: 10 STEPS TO A HEALTHY WEIGHT

1. **Limit time spent in sedentary activities**, including television, videos, electronic games and computer play. School age kids already spend a significant portion of their day sitting down in school.
2. **Encourage your child to be involved in active play** at least one hour a day. You will notice better behavior too, when children are allowed to “spend their energy.”
3. **Be an advocate for daily physical activity** at school. Encourage school personnel to promote active play at recess and daily physical education classes, if possible. Kids who can release energy through activity perform better in the classroom.
4. **Does your kitchen need an overhaul?** Take a close look at pantry shelves, cupboards, the refrigerator and freezer. What are the first foods you see? Are you tempted by high calorie, low nutrition “snack” foods or are there plenty of nutritious choices? Can you look around your kitchen and easily find ingredients for four or five healthful meals? After you do this visual inventory, make a list of staple ingredients needed to stock a healthful kitchen.
5. **“Merchandise” healthy food choices.** What you see is what you will eat. Set out a bowl of fruit or cut-up veggies, display finger sandwiches and lowfat yogurt in a visible place in the refrigerator and stock the snack cupboard with whole grain crackers, pretzels and low sugar cereals.
6. **Plan weekly menus.** It may sound boring but putting a little thought and planning into mealtime generally yields big health (and economic) advantages.
7. **Make better choices when eating out.** Many of the major restaurant chains publish nutrition information about their menu items. Either ask for a nutrition brochure or access information on-line. In most cases, simply type in www. and the restaurant’s name.com and you will be directed to the restaurant’s website.
8. **Tempt hungry kids with healthy snacks.** Kids often have extra large appetites after school, before bed or following sports practice. Be sure to set out nutritious “grab foods” such as cut-up veggies and fruit, home-made tortilla crisps with bean dip and salsa or string cheese and whole-grain crackers.
9. **Limit the amount of “liquid calories” available** such as soda pop, fruit drinks and other sweetened beverages. Encourage kids to drink water, and milk as the beverage of choice and limit 100% fruit juices to one serving a day.
10. **Resist the temptation of making every activity an eating activity.** Food is available virtually everywhere you go these days, whether it is a sporting event, movie or a trip to the gas station! Eat before you go out or pack your own healthy snacks.

#1 Tip for Parents – kids are watching you! By role modeling positive nutrition and activity habits you are sure to improve your family’s health.

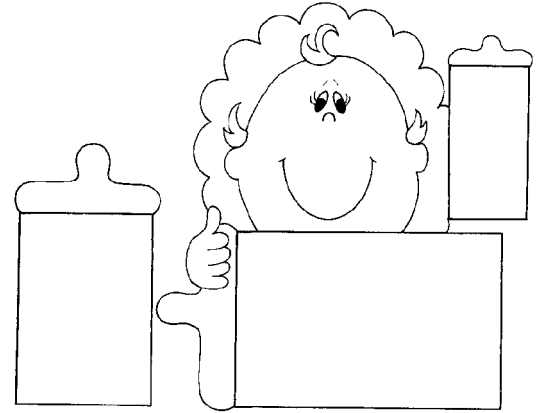
*Nutrition Edition, December 2008
-Connie Evers M.S. R.D.*



INFANT FOOD SAFETY TIPS

BREAST MILK

- Label each container with child's name, contents, date, and time the breast milk was received.
- Refrigerate or freeze promptly.
- Use within two weeks, if frozen.
- Thaw frozen breast milk by placing container under cool running water.
- Use breast milk within 24 hours after thawing.
- Warm bottle in warm water.
- Throw away breast milk left in a bottle after feeding.

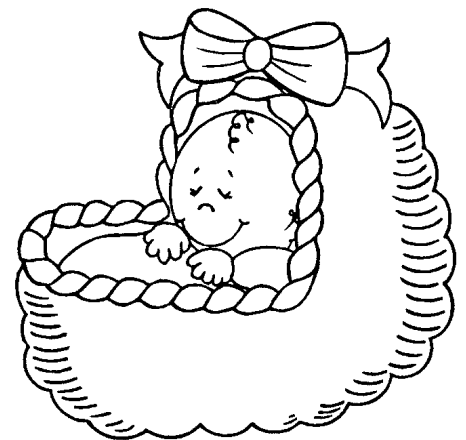


BOTTLE FEEDING

- Remember to wash hands.
- Sterilize bottles and nipples.
- Label each bottle with child's name, contents, date, and time received.
- Refrigerate prepared bottles.
- Warm bottles in warm water.
- Throw away leftover breast milk or formula after feeding.

SAFE HANDLING OF BABY FOOD

- Read and follow directions on the baby food jar.
- Wash the lid and jar of baby food before opening.
- Serve baby food only from a dish.
- Use clean utensils.
- Use a clean spoon if more food is needed from the jar.
- Refrigerate and date after opening.



THROW IT OUT . . .

- If the use-by date on the jar has passed.
- If the safety button does not pop when the jar is opened.
- If there is any leftover food in the dish.
- If opened jar has been stored longer than two days.

FUN WITH GREEN

Serve green seedless grapes at snack time.

Mix yellow and blue paint.

Look for green clovers in the grass.

Read books about turtles, frogs, and lizards.

Walk around the block and look for green objects.

Discuss what the green light in a traffic light means.

Serve lunch on green paper plates and green napkins.

Add green food coloring to mashed potatoes.

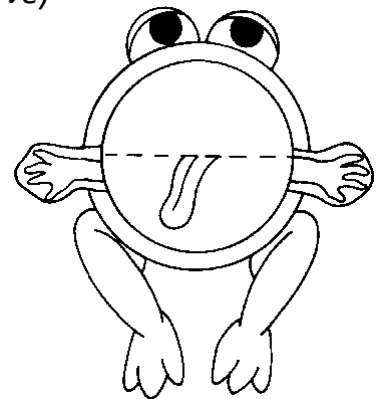
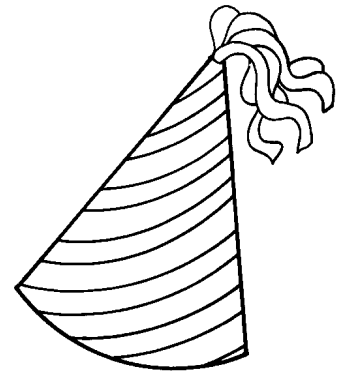
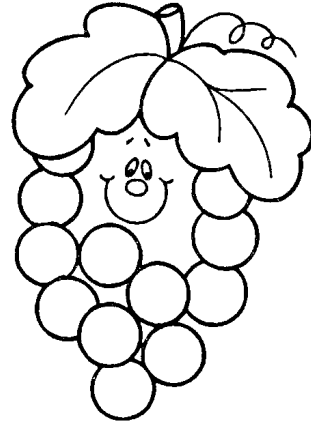
Make green cone-shaped party hats.

Let your children help snap green beans for steaming.

Blend 1 cup milk with $\frac{1}{4}$ cup lime sherbet for a Shamrock Soda.

(not reimbursable on the food program, but a fun drink to serve)

Help your children make the frog puppet on page 10.



Green Foods to Serve

green apples

lettuce

baby spinach

cabbage

green peppers

cucumbers

peas

green olives

green beans

pickles

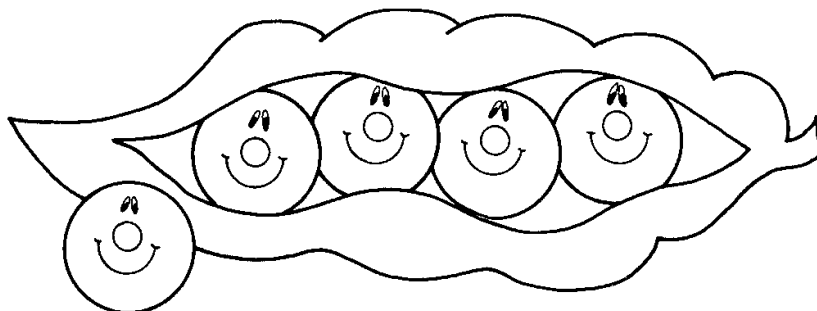
celery

broccoli

zucchini

avocado

green grapes



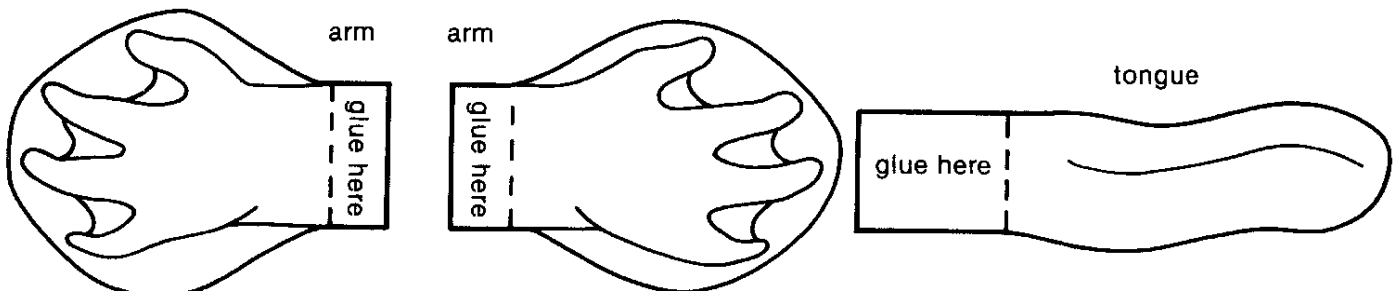
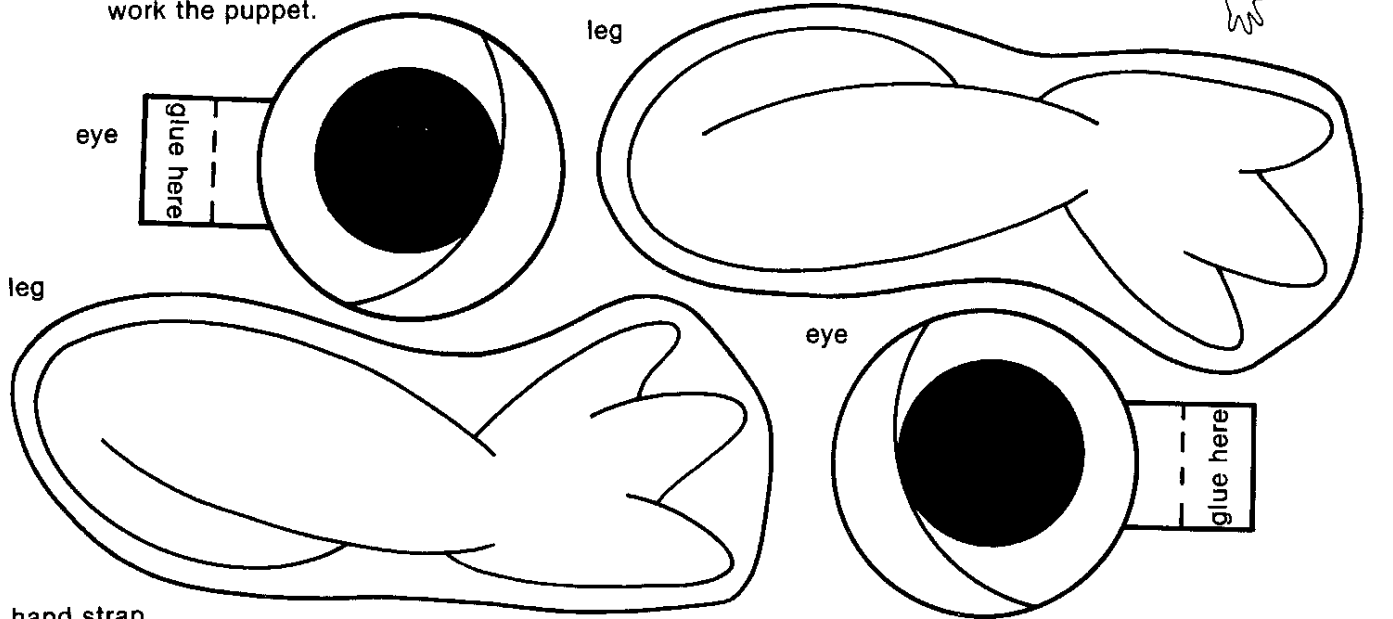
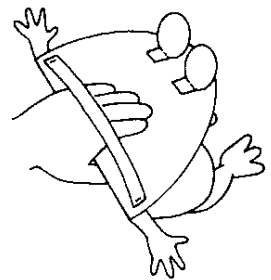
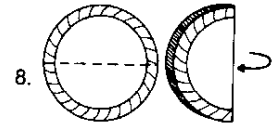
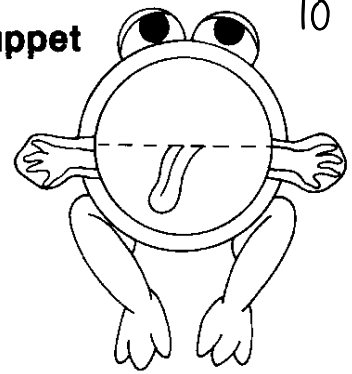
Frog Puppet

10

Materials: paper plate, crayons, scissors, glue, tape or stapler

Directions:

1. Color the bottom of the paper plate and the hand strap green.
2. Color the top center of the plate red.
3. Color the top rim of the plate green.
4. Color the eyelids yellow.
5. Color the legs and arms green.
6. Color the tongue red.
7. Cut out all of the pieces.
8. Fold the paper plate in the middle so that the red side doesn't show.
9. Fold the tongue back on the dotted line and glue it to the middle of the red circle.
10. With the red side open, glue the arms to the plate by placing them between the two halves of the plate.
11. With the red side open, glue the legs to the plate by placing them beneath the bottom of the plate.
12. Fold the eyes back on the dotted lines and glue them to the plate by placing them behind the top of the plate.
13. Staple or tape the hand strap to the plate by placing the strap several inches behind the eyes.
14. Slide your fingers under the strap and put your thumb below the fold to work the puppet.



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CREAMY STRAWBERRY COOLER

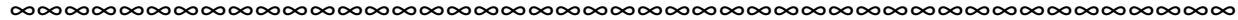
- 1 ½ cups strawberries, sliced
- 1 cup ice cubes
- ½ cup yogurt, plain
- ½ cup orange juice
- 2 tsp sugar
- 1 tsp vanilla extract
- 1/8 tsp almond extract
- 3 fresh strawberries (optional garnish)



1. Combine first 7 ingredients in container of an electric blender. Process until smooth.
2. Pour into glasses; garnish with strawberries if desired.

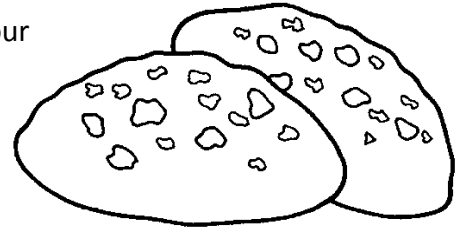
Yield: 4 servings Meets requirement for fruit/vegetable

-Cooking Light



OATMEAL APRICOT COOKIES

- ¼ cup canola oil
- ¼ cup applesauce
- 2/3 cup light brown sugar
- 1 egg
- 2 tsp vanilla
- ½ cup dried apricots, chopped
- ½ cup flour
- ½ cup whole-wheat flour
- 1 cup oats
- 1 Tbsp cinnamon
- 1 tsp baking powder
- ½ tsp salt



1. Preheat oven to 375°F. Spray cookie sheets with nonstick spray.
2. In a small bowl, whisk together oil, applesauce, sugar, egg and vanilla. Stir in the apricots.
3. In a medium bowl combine all the dry ingredients. Add wet ingredients and stir until combined.
4. Drop batter by spoonful and flatten slightly. Bake for 15 minutes.

Yield: 2 ½ dozen cookies Meets requirement for grains/breads at snacktime

-American Institute for Cancer Research



EASY 3-CAN CHILI

- 1 (15 oz) can pinto, kidney or red beans
- 1 (15oz) can corn
- 1 (15 oz) can tomatoes, chopped
- 1 tsp chili powder

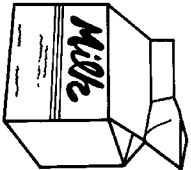
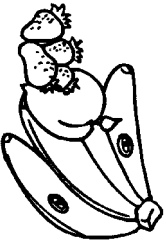
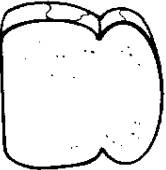
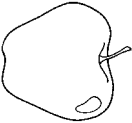
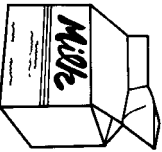


1. Place the contents of all three cans (do not drain) into a pan. Cooking in a cast iron pan will add extra iron to this recipe.
2. Sprinkle with chili powder and heat thoroughly.
3. If desire, you can also add chopped cooked meat, onions or green peppers.

Yield: 4 servings Meets requirement for fruit/vegetable & protein/meat alternate

-U.C. Cooperative Extension

A Month of Snack Ideas

Choose 2 of the 4 food groups:	Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> ◆ Milk ◆ Fruit or Vegetable ◆ Meat or Meat Alternate ◆ Bread or Bread Alternate 	Yogurt Orange slices	Milk Tuna salad on celery sticks	Orange juice Soft pretzel	Milk Home-made oat meal cookies
  	Cottage cheese Canned Peach slices Cheese cubes Sliced strawberries	Pineapple juice Wheat toast	Mozzarella cheese sticks Apple wedges 	Applesauce Peanut butter cookies	Milk Baked potato with shredded cheese
	Pineapple-orange juice Toasted English muffin	Broccoli and cauliflower Ranch dressing Wheat crackers	Cheese sticks Cantaloupe slices	Kiwi fruit Graham crackers	
Milk Small green salad 	Pita bread with egg salad	Apple juice Cinnamon raisin bagel	Scrambled eggs in a flour tortilla	100% mixed berry juice Cheese quesidilla	

EARTH DAY

Earth Day is not a designated holiday, but a time set aside in April to emphasize the importance of protecting and conserving our natural environment. The first Earth Day occurred on April 22, 1970 and was organized by Gaylord Nelson.

Earth Day is an international event marked by festivals and information fairs, community cleanup efforts, and grassroots demonstrations for environmental protection.

Peat Pot People

Things you will need

- 3" peat pot
- Potting soil
- Gravel
- Grass seed
- Water
- Construction paper scraps
- Glue
- Scissors



What to do

1. Cut out construction paper eyes, nose, and mouth and glue the pieces to a peat pot.
2. Fill the peat pot one-fourth full of gravel.
3. Fill the pot with soil, leaving $\frac{1}{4}$ " at the top of the pot.
4. Sprinkle the soil with grass seed, then cover the seed with more soil.
5. Place the pot in a sunny place and water each day. After about a week, "hair" will begin to sprout. In about two weeks, the hair will be ready for a trim.



Australia



Traditional Australian cuisine is an adaptation of British cuisine. The most popular breakfast is muesli, a combination of fruit, cereal and nuts. It is often served with toast and a beverage.

Pasties are “fast food” for Australians and are ideal for a quick lunch. These hot meat pies are made of dough and stuffed with meat and vegetables.

The tradition of afternoon tea at 4 p.m. continues in Australia. Tea is usually served with sandwiches, scones (biscuits), cookies and cakes.

Dinner is usually the largest meal of the day. In Australia, an entree means a dish served before the main course. An entree may be a small serving of fish or a small serving of pasta. The main course is usually a larger portion of meat or fish served with vegetables. Fruit salad or stewed fruit are favorites for dessert.

Brazil

Just like many people in the United States, Brazilians start their day with steaming hot coffee. For breakfast, milk coffee is usually served with fresh fruit and biscuits or bread. During the day, Brazilians may drink up to twenty or more tiny thimblefuls of coffee at one of the many small coffee stands throughout the country.

Both lunch and dinner are large meals, however, dinner is served late in the day.



Beans are very popular in Brazil and are served often. Traditional dishes include black beans, white rice, and shredded greens served with steak, chicken or fish.

Chocolate is a favorite of Brazilians and is frequently served as hot chocolate or used in desserts.

CHILD
NUTRITION
PROGRAM
OF SOUTHERN CALIFORNIA
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