



November 2015

Gobble Gobble!

www.communitybridges.org

Sleep and Children: The latest research suggests that sleep is essential to good health. When children get the sleep they need, they may have a lowered risk of becoming overweight and developing diabetes, as well as fewer learning problems and attention issues.

What's the Big Deal about Sleep?

- Sleep promotes growth.
- Sleep increases a child's attention span.
- Sleep affects weight. Tired children tend to be more sedentary and crave higher fat or higher carb foods.
- Sleep helps the heart.
- Sleep helps beat germs.
- Sleep boosts learning.
- Sleep reduces injury risk.

What Are the Consequences of too Little Sleep?

- Major Meltdowns.
- Weight Gain.
- Trouble Focusing.
- Extra Sick Days.

Just How Much Sleep Do Children Need? The National Sleep Foundation suggests these guidelines:

When Kids Are...

- Up to 2 months
- 3-12 months
- 1 to 3 years
- 3 to 5 years
- 5 to 12 years

They Need...

- 10.5 to 18 hours
- 9.5 to 14 hours
- 12 to 14 hours
- 11 to 13 hours
- 10-12 hours

How can you help?

- Encourage self-soothing for infants - try not to let infant fall asleep while eating. Instead swaddle & swing.
- Create a solid routine - establish a consistent bedtime routine; include a story, dim lighting, & a cool space.
- Remove tech temptations - restrict all screen time, the blue light emitted from tv's, smartphones, computers disrupts the body's ability to sleep.
- Talk to parents about how much sleep their child(ren) are getting each night and in your daycare.

Source: Scholastic.com, Parent's Magazine

Program Reminders/ Updates

Documenting School Breaks

- CACFP can only reimburse meals for normal hours of enrollment for any child. If you want to be reimbursed for a time a child is on a school break (e.g. Thanksgiving break, Holiday/Winter break, Spring break, Summer break), you must document start and end dates to the break. If school breaks are not documented or no end-date was noted, we will not be able to pay for those dates after a claim has been processed.

Minimum Days

- If you have a school aged child, that has a minimum day, you could be reimbursed for serving them lunch if:
 - They arrive within your meal times (1st or 2nd serving), and
 - You provide CACFP with a school calendar that clearly documents minimum days for that child, and
 - You keep a copy of minimum day calendar in your home for visits, and
 - You document the child's minimum days on the CIF.

Closures for CACFP

- We will be closed for Thanksgiving on 11/26/15-11/27/15. Let consultant know of any closures for your daycare.



Menu Ideas – Meatless Mondays

Breakfast

WW English muffin	WW bagel & crm chz	Cheerios	WW pancake	Biscuit
Fresh fruit cup	Sliced Peaches	Bananas	Blueberries	Sliced Pears
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Lunch or Dinner

Vegetable Frittata	Chicken Alfredo *	Tuna salad	Chicken in pita	Baked ham
Rye bread	Pasta	WW bread	WW pita bread	Corn bread (HM)
Mixed vegetables	Broccoli	Lettuce & tomatoes	Peas and carrots	Sweet potato
Sliced persimmons	Papaya	Peaches	Pineapple bits	Oranges
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Snack Am or Pm

Apples	Low fat yogurt	Fruit cocktails	Granola bar	Peanut butter dip
Graham crackers	Green & red grapes	Soft bread sticks	Low fat chocolate milk	Banana slices

Chicken Alfredo with a twist **



Ingredients:

- 2 ½ cups Rotini pasta, whole-wheat, dry (10 oz.)
- 2 cans low-fat, reduced-sodium cream of chicken soup
- 1 1/3 cups Fat-free half and half
- ¼ tsp ground white pepper
- 1/8 tsp garlic powder
- 1/3 grated parmesan cheese
- 3 cups cooked diced chicken, ½” pieces (12 oz.)



Instructions:

1. In a large pot, bring 2 quarts of water to a boil. Gradually stir in pasta and bring to boil. Cook uncovered about 8-10 minutes or until tender. Do not overcook. Drain well.
2. Mix soup, half-and-half, pepper, garlic powder, parmesan cheese, and chicken in a large pot. Cook for 5 minutes over medium heat, stirring often. Heat to 165° F or higher for at least 15 seconds.
3. Combine noodles and sauce right before serving. Serve hot.

Serves: 1 cup provides 2 ¼ oz. equivalent meat/meat alternative & 1 ¼ oz. equivalent grains

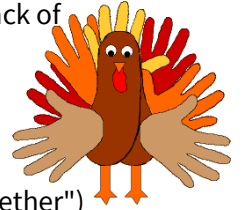
Source: *Recipes for Healthy Kids*. TeamNutrition.usda.org

Activity Corner – Thanksgiving

Art: Hand and Foot Turkey

Materials: Brown, red, orange, and yellow construction paper. Pencil, scissors, glue, & eyes.

1. Trace around the child's feet using brown construction paper. These two pieces will be the turkey's body.
2. Trace around the child's hands using red, orange, & yellow construction paper. These 6 pieces will be the turkey feathers.
3. Glue the 2 footprints together to make the turkey's body. (The heels make the head).
4. Cut out a round wattle and an orange beak. Glue the wattle, beak, and eyes to the turkey's head.
5. Make two legs from paper and glue them to the back of the body (or use pipe cleaners and tape them to the back).
6. Glue the handprint "feathers" to the back of the turkey.



Song: Have you ever seen a turkey?

(Sing to the tune of "The more we get together")

Have you ever seen a turkey, a turkey, a turkey?
 Have you ever seen a turkey with feathers so bright?
 There's red ones and brown ones, and yellow ones and orange ones
 Have you ever seen a turkey with feathers so bright?

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