



September 2014

Whooping Cough

www.communitybridges.org

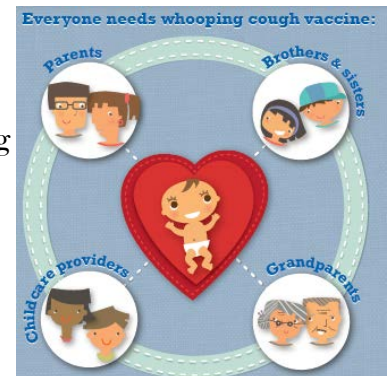
Did you know that whooping cough is on the rise in California? According to the California Department of Public Health (CDPH), the state has had more illnesses and deaths due to pertussis, also known as whooping cough, than in the past 60 years.

What is it? Whooping cough (also known as pertussis) is a highly contagious bacterial disease that can be spread from person to person through contact with respiratory secretions. Whooping cough is very contagious and dangerous for infants. People with pertussis have severe coughing attacks that can last for months. It is treated with antibiotics. It can be prevented by immunization. All children attending a child care program should be up to date on vaccinations. Adults caring for infants should also receive a booster dose of the vaccine (Tdap) so they do not pass the illness to infants in their care who are too young to be vaccinated.

What Are the Symptoms? Symptoms generally include those of a cold, such as runny nose and a cough that gradually worsens. Violent coughing spells frequently end with vomiting. The coughing can lead to severe episodes or fits of coughing in which children gasp (or whoop) for breaths of air. The initial symptoms of pertussis in small infants are often deceptively mild for a few days and then suddenly get worse and cause severe respiratory distress.

How Can I Limit the Spread of Whooping Cough?

- Require up-to-date immunization certificates for all children in your care
- Licensing requires that child care providers report cases of whooping cough to their local Public Health Department and Community Care Licensing
- Notify all parents/guardians whenever there is a case of whooping cough (be sure to maintain confidentiality)
- Vaccinate yourself and encourage your staff to get booster vaccine for whooping cough



Source: CDC & UCSF, California Childcare Health Program



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http://www.training.minutemenu.com/Portals/0/Documents/Articulate/web_kids/WebKidsStartupGuide/player.html or sign-up for our group training sessions.

Note: For every 10 providers that sign-up and submit a claim online for 3 months, we will be holding a raffle! (Prizes include: Disney dresses, a blender, gift cards, etc...)



Menu Ideas

Breakfast				
Oatmeal	W.W. French toast	High fiber cereal	Raisin oatmeal	Quesadilla
Peach slices	Banana	Orange slices	Banana	Melon slices
Milk	Milk	Milk	Milk	Milk
Lunch/Dinner				
Baked chicken breast	Navy Bean & Ham Soup (HM)	Porcupine Sliders*	Lemon fish	Chicken Fajitas
Brown rice pilaf	Cornbread	Porcupine Sliders*	Seven grain bread	W.W. Tortillas
Steamed broccoli	Spinach Salad	Green beans	Corn on the cob	Bell peppers/onions
Cherries	Apricots	Watermelon	Apples	Banana
Milk	Milk	Milk	Milk	Milk
Snack Am/Pm				
Yogurt	W.W. Pita bread	Grapes	Pumpkin bread	W.W. Pancakes
Animal crackers	Hummus	Cottage cheese	100% Orange Juice	Watermelon

Activity Corner – Food Games

Nutrition education games can reinforce healthy eating concepts in an entertaining way.

Healthy Food Creations

This game helps kids think beyond the usual healthy meals and snacks. From a variety of food pictures let kids create a healthy meal by placing the pictures on a paper plate



Chef Relay

Divide the kids into two teams. Each team needs an apron, chef's hat and a pair of tongs. The first child from each team puts on the apron and hat, runs to the other end of the room, picks up a healthy food picture or plastic play food item with the tongs and brings it back and drops it in a bowl. The remaining players take turns until the food is gone.

Did you know?

*More than 23 million Americans, including 6.5 million children, live in food deserts—areas that are more than a mile away from a supermarket.

* Nearly 45% of children living in poverty are overweight or obese compared with 22% of children living in households with incomes 4 times the poverty level.

* The average child gets less than 15 minutes of vigorous activity a day

Source: Journal of Endocrinology & Metabolism, President's Council on Fitness, Sports and Nutrition, Catchusa.org

Porcupine Sliders *

Brown Rice	1/8 Cup	Canola Oil	1 tsp	Worcestershire sauce.....	1 tsp
Fresh diced onions.....	1 ½ Tbsp	Fresh diced celery.....	¼ Cup	Chopped baby spinach	¾ cup
Fresh minced garlic	1 ½ tsp	Ground turkey.....	1 lb.	Salt.....	½ tsp
Egg, beaten.....	1	Dried cranberries.....	5 Tbsp	Ground black pepper.....	½ tsp
6 - (1oz each) Mini whole-wheat rolls (small dinner roll size)					



1. Preheat oven to 350° F.
2. Combine brown rice and ½ cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled. A rice cooker may be used with the same quantity of brown rice and water.
3. Heat canola oil in a small skillet. Add onions, celery, and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.
4. In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and sautéed vegetables. Mix well. Shape into 6 patties.
5. Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties on sheet.
6. Bake uncovered for 20-25 min. at 350° F to an internal temperature of 165° F or higher for at least 15 seconds. Do not overcook. Remove from oven and serve on a mini whole-wheat roll. Serve immediately.
7. May be served with onion, lettuce, tomatoes, ketchup, and mustard.

Yields: 6 servings

1 slider = 2 oz. for **meat/meat alternative** and 1 oz. **grain/bread**

Source: Recipes for Healthy Kids, Team Nutrition

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