

Food Allergies!

Children and Food Allergies: Over 3 million kids in the U.S. have food allergies! Like any allergy, a food allergy is caused when your immune system treats a certain type of food as though it is a danger to your body.

What are the most common foods that children are allergic to?

- Peanuts and other nuts
- Eggs
- Shellfish
- Soy products
- Milk and other types of dairy
- Some wheat products

What does a food allergy look like?

If your child exhibits some of the following symptoms then it is important to consult a doctor:

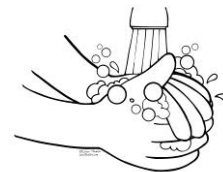
- Vomiting
- Wheezing
- Hives break outs
- Some symptoms are more obvious than others.
- Tightness in throat or trouble breathing
- Stomach pain or diarrhea
- Excessive coughing

What to do if a child you take care of has a food allergy?

Many children will outgrow allergies to eggs and dairy. However, some allergies such as peanuts or shellfish allergies can be life threatening if ignored and your child eats them. If your child or the child you take care of exhibits these symptoms then it is important to alert their parents.

Allergies are not harmful unless they are left unknown! How can you help?

- Be on the lookout- Keep an eye out for any symptoms for a food allergy.
- Make sure to consult parents about any pre-existing allergies their child might have.
- Be encouraging- Let your children speak up about any allergies they might have. It is important they practice saying no to foods that might make them sick.
- Be accommodating- Offer alternative foods to children with allergies. For example substitute almond butter for peanut butter if a child is allergic to peanuts.



Source: *Kidshealth.org*

Program Reminders/ Updates

Child Enrollment Renewals:

- It's that time of year again to update the enrollment forms for the children attending your daycare. We will be sending out renewal packets very soon so be on the lookout. A child's enrollment must be renewed annually in order to avoid disallowances. If you do not receive a packet by the end of February, please call your consultant.

Menu Ideas – Meatless Mondays

Breakfast

Spiced WW pancakes	WW bagel & crm chz	Oatmeal w. cinnamon	WW Toast	Apple muffin
Sliced pears	Strawberries	Banana	Avocado	Fresh fruit cup
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Lunch or Dinner

Vegetarian chili	Chicken Alfredo	Egg Salad	Grilled Chicken	Salmon or fish fillet
Crispy Corn Bread**	Pasta	WW bread	Bowtie pasta	Brown rice
Red bell pepper	Grilled asparagus	Lettuce & tomatoes	Carrots	String beans
Grapes	Apple slices	Peaches	Oranges	Corn
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Snack Am or Pm

Apples	Toast w. cream cheese	Baby carrots	Cherry tomatos	Peanut butter dip
Graham crackers	Cucumber slices	Soft bread sticks	WW Pita chips	Banana slices

Crispy Corn Bread**



Ingredients:

- 1 cup corn (fresh from the cob)
- 1 cup all purpose flour
- 1 cup yellow cornmeal
- ¼ cup sugar
- ¼ cup vegetable oil
- ½ cup sour cream (regular or light)
- 2 eggs, large (beaten)
- ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt



Instructions:

Grease a 9" x 13" pan and set aside. Cut corn from the cob. Place half of the corn in a blender and process until as smooth as possible. Combine the processed corn and whole kernel corn in a large mixing bowl. Add remaining ingredients and stir until just combined. Pour batter into the greased pan. Bake 40–50 minutes at 350 degrees or until corn bread is golden brown around the edges. Serve warm.

Serves: Serves 20. Portion size is a 1"x1" square to meet the bread/grain component.

Source: <http://www.k12.wa.us/ChildNutrition/Programs/CACFP/MealPatterns.aspx>

Activity Corner – Valentines Garlands

What you need:

- Assorted Paper
- Needle and Thread
- 2" Scalloped Shaped or Regular Hole Punch

1. Fold 3" to 6" paper squares in half and cut a half heart from the fold.
2. Thread needle and string hearts together through the top center of the folded paper hearts.
3. Using scalloped hole punch, make shapes from paper. Thread needle and string through the opposite sides of each scalloped paper.
4. Add as many hearts and scallops as it takes to reach your desired length.



<http://www.realsimple.com/holidays-entertaining/holidays/valentines-day/diy-valentines-crafts/paper-heart-garland>

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