



July & August 2015

Help Children Stay Healthy in Child Care

www.communitybridges.org

Avoid Illness

- Have children wash hands with soap and warm water when they arrive at child care and before eating.
- Teach children to cover their mouths with their elbow when they cough or sneeze.

Sleep - Have a regular nap time and/or rest time for all young children.

- Most children under age six need at least ten hours of sleep a night. Ask parents when children go to bed and get up each morning.

Exercise - Encourage children to live an active lifestyle. Schedule plenty of indoor and outdoor active-play.

- Limit or eliminate television, videos and computer time.

Eat Nutritiously - Limit all sweets, chips and other “junk food”.

- Give children a variety of healthy foods every day.
- Encourage but do not force children to eat and do not use food as a reward or punishment.

Be Safe Outdoors

- When children go out to play in the sun, use sunscreen with an SPF of 15 or higher and when possible have children wear hats, sun glasses and long sleeves.

Observe Dental Health - Have children brush their teeth daily. Teach them not to swallow toothpaste.

- Check with parents that children brush at home and visit the dentist on a regular basis.

Create a Healthy Environment - Use only non-toxic cleaning and art supplies.

- Lock up or get rid of any poisons including medicines, garden products, cleaning supplies, make-up and plants.

Support Emotional Health - Encourage children with positive statements and give hugs.

- Establish a routine and be consistent. Children behave better when they know what to expect.

Immunizations - Check with parents to be sure children are getting their scheduled immunizations.

- Encourage parents to get the flu shot for all children over 6 months of age, every year.

Don't Smoke - Smoking is not allowed in or near child care facilities.

Source: Roundtable Nutrition Edition #48

Program Reminders/ Updates

Monthly Reimbursement Checks

- Please cash your checks within 60 days of receipt to avoid bank blocking checks after.
- June on-time reimbursements will be 1 week late due to computer problems. We apologize for the inconvenience.



Minimum Serving Sizes

- Please remember that in order to claim a meal/snack you must serve at least the minimum portion size of all components at the beginning of meal/snack.

Audit

- Thank you to everyone who participated in this years' audit. You did great. Keep up the good work.

Annual Training

- Last chance for the in-person mandatory annual training is August 19th 2015. Call to sign-up.

Menu Ideas – Meatless Mondays

Breakfast

Whole grain cereal	HM Apple Muffin	Mini Wheat Bagels	WW Pancakes	Nut-free granola
Raspberries	Strawberries	Bananas & cinnam.	Blueberries	Peaches
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Lunch or Dinner

Bean soup - HM	Baked chicken	Turkey	Tuna	Chili w/ground beef
Tortillas	Bread rolls	Brown rice	WW Pita bread	Corn bread
Carrot sticks	Peas & Carrots	Scalloped potatoes	Lett. & tomato	Spinach
Cantaloupe	Apples	Summer squash	Sweet pot. fries	Pear
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Snack Am or Pm

Banana pops *	Carrot sticks	Tuna Boats**	Apple	Fruit kabobs
Peanut butter	Yogurt	Cucumbers	Quesadillas-tortilla	Cinn. toast

Activity Corner – Banana Pops *

Children will enjoy making these fun, easy, healthy frozen treats.

Materials: Popsicle sticks, cookies sheet, wax paper, large zipper bags, rolling pin, bananas, peanut butter, graham crackers.

1. Have children peel and cut in ½ bananas
2. Help children insert popsicle stick 1 inch into bananas
3. Place on cookie sheets and freeze for several hours
4. Have children place graham crackers in zip-lock bags & roll pin over crackers. Pour crumbs onto a large plate.
5. After demonstrating, give children butter knife to spread peanut butter onto each banana pop & roll in graham cracker crumbs.



Source: Roundtable Nutrition Edition #48

Tuna Boats **

Ingredients:

4 Large cucumbers	1 (6 oz. low-sodium) cans tuna	1 Tbsp Dijon mustard
1 lemons	1 (15 ½ ounce) can white beans	Salt and pepper to taste
2 green onions	1 Tbsp. canola oil	



Instructions:

1. Rinse cucumbers. Peel off skin every ¼ inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon.
2. Rinse lemon. Zest using the small holes of a box grater. Cut in half. In a small bowl, squeeze juice. Discard seeds.
3. Rinse and chop green onions.
4. Drain tuna. In a colander, drain and rinse beans.
5. In a medium bowl, mash beans lightly with a fork.
6. Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 Tablespoons of the lemon juice to beans. Mix with a fork.
7. Fill each cucumber half with ¼ tuna mixture. Serve.

Source: <http://cookingmatters.org/recipes/tuna-boats>

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Visit us online: www.cbridges.org

Twitter: @puentes_sc

Facebook: [communitybridgessc](https://www.facebook.com/communitybridgessc)



(c) 2015. The Community Bridges Child and Adult Care Food Program. All rights reserved. CACFP. ID# 201507MS