



October 2014

Preventing Bullying

www.communitybridges.org

October is National Bullying Prevention Month. We invite you to take action in creating awareness. In recent years bullying has evolved and become more persistent among younger children. Bullying can be verbal, physical, occur through gossip, and on the internet. It is important to know how to distinguish the behaviors that lead to bullying and be able to recognize them when they are occurring.

Bullying is defined as any behavior that hurts or harms a person physically or emotionally. It is used as a means of displaying power over another person. Bullying can lead to academic, emotional, and social difficulties in children and adolescents. It is critically important to intervene when bullying occurs.

Here are 10 helpful tips to recognize when or if a child is engaging in or being bullied.

1. Bullying is repetitive. A bully will pick on their target routinely.
2. The target of a bully is often smaller, younger, or less able to socially cope with emotional stress.
3. A bully enjoys seeing their target afraid or upset.
4. Children/students are bullied most often when they are considered different from their peers or stray from social norms. A child's/student's weight, gender, perceived sexual orientation, or mental/physical disability can be the focus of a bully.
5. Appearances of unexplained bruises or cuts.
6. Fear of day care/school or participate in social activities.
7. Decline in performance at school.
8. Appearing sad, moody, teary, or distressed.
9. Change in appetite or eating patterns.
10. Increased anxiety and low self-esteem.



Source: <http://www.pacer.org/bullying/nbpm/>

Switch to Online Claiming!



Congratulations Maria Paniagua for winning a Disney Princess Dress. She won this for successfully switching to online claiming.

Do you want your chance **to win a Disney Princess Dress** and to **increase your reimbursement?** Switch to online claiming.



Want to learn more? Call our offices or visit: http://www.training.minutemenu.com/Portals/0/Documents/Articulate/web_kids/WebKidsStartUpGuide/player.html or sign-up for our group training session on Oct. 15th, 6:45-7:30 pm. in Aptos.



Refer a Friend!



Congratulations Rocio Ortiz for winning a **\$20 gift card** to Bed Bath & Beyond. She won this for successfully referring a friend to join the CACFP.

Do you know someone that is eligible to join CACFP? For each provider you refer to the program, your name will be entered into a drawing for a \$20 gift card.

Program Rules: New provider must identify the referral source. CACFP provider will be entered into drawing after new provider begins claiming.

Menu Ideas

Breakfast				
Oatmeal	WW French Toast	HM Muffins	Whole Grain Cereal	Mini Bagel
Blueberries	Banana	Apple	Pear	Grapes
Milk	Milk	Milk	Milk	Milk
Lunch/Dinner				
Honey Lemon Chicken	Marinated Beef	BBQ Chicken	Scrambled Eggs	Turkey Bolognese
Quinoa	Mash Potat., toast	Brown rice	Corn bread	Whole grain pasta
Tossed green salad	Mixed Vegetables	Steamed Vegetables	Kale Salad	Spinach salad
Nectarine	Orange	Watermelon	Cantaloupe	Pear
Milk	Milk	Milk	Milk	Milk
Snack Am/Pm				
String Mozzarella cheese	Yogurt	Apple sauce	Chicken salad	Apple Tarantulas
Tangerine pumpkins & banana ghosts*	Yummy granola	Cheddar gold fish	HM rye roll	Pretzels & PB

Activity Corner – Healthy Halloween Treats

Tarantula Snack

Cut apples crosswise into thin slices and remove seeds. Spread a layer of peanut butter and position eight pretzel sticks for the legs and two raisins for the eyes.



Edible Vampire Eyeballs

Slice hard boiled eggs in half. Remove yolks and mix with a little mayonnaise and mustard. Fill the egg white and place a green olive slice on top for the pupil.



Did you Know!

World Food Day is a day of action against world hunger. This year it is on October 16th 2014. Did you know?

- It is estimated that there are 842 million hungry people in the world.
- The number increases during seasonal food shortages
- An estimated 26 % of the world's children are stunted due to malnutrition and 2 billion people suffer from one or more micronutrient deficiencies.
- Want to help? Support a local farmer (they make up 98% of farmers bringing us our daily food) and/or support your local CACFP or food bank.

Source: Food and Agriculture Organization of the United Nations; 2013

Tangerine pumpkins and banana ghosts*

4 bananas

24 chocolate chips, regular size and/or mini

4 tangerines

1 stalk celery

1. Peel the bananas and cut them in half. Please cut the side down so the banana halves stand up.
2. Use small chocolate chips to make ghost eyes and large chocolate chips to make ghost mouths.
3. Peel the tangerines.
4. Cut the celery lengthwise into thirds and then across into ½ in pieces. Insert the celery pieces the tops of the peeled tangerines to resemble pumpkins.

Yield: 4 servings

Meets requirement for fruits



Source: Weelicious

Visit us online: www.cbridges.org

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