



November 2014

Healthy Eating During the Holidays

www.communitybridges.org

During the holidays, yummy food and tasty treats are everywhere. It would be easy to let healthy eating habits slide, but holidays can still be healthy.

Here are some tips to help you stay on track with good eating habits:

- Nibble on healthy snacks like whole grain crackers, fruit, or raw vegetables before the big feast. It may help you to eat less.
- When you are at a party or having a holiday meal, look for the foods that are healthier, like veggies or fruits, and make sure to eat more of those.
- It takes your brain some time to signal you are full. Wait 10-15 minutes before eating seconds. This may keep you from overeating!
- It's not rude to say no to food. Don't be pressured to eat, if you aren't hungry.
- Eating holiday goodies like fudge, peanut brittle, cookies, and other baked goods is fine, but eat them in small portions.



You can help make healthy holiday food using low-fat recipes that substitute butter and oil with non-fat ingredients like applesauce or pumpkin. (See this month's Recipe).

Source: <http://kids.usa.gov/articles/healthy-eating/index.shtm>



Program Reminders



Avoiding Overcapacity Errors:

Repeated Overcapacity errors on your claim can put you into serious deficiency and require us to report it to licensing. It is important that you understand capacity rules for school agers, preschoolers and infants.

If you are licensed for 8: you may care for up to 3 preschoolers and 3 infants* (6 children) but if you take two additional children they must be of school age (6 years or older -one of the two children can be 5 years old as long as attending kindergarten) and then your infant capacity drops to 2 infants*.

If you are licensed for 14: you may care for up to 8 preschoolers and 4 infants* (12 children) but if you take two additional children they must be of school age (6 years or older -one of the two children can be 5 years old as long as attending kindergarten) and then your infant capacity drops to 3 infants*. If you have no helper you must abide by the license for 8 capacity regulations.



Carefully review your attendance records to be sure that you are operating within your license capacity and claiming accurately before you save your meal record for that day. Remember to notify us when a 5 year old starts kindergarten so that we can make sure they are entered in Minute Menu as a school ager and not a preschooler.

Note: *Infants are defined as children under age 2

Holidays



Are you claiming holidays? If you plan to claim on any Federal Holiday please send us a note with the days you plan to operate. (Upcoming Federal Holidays: 11/11/14, 11/27/14, 12/25/14, 1/1/15, 1/19/15, 2/16/15, 5/25/15, 9/7/15)

Remember, if we come to visit you on a holiday that you have stated you would claim and you are closed without notifying us the day before, you will no longer be able to claim holidays.

Closures for CACFP

We will be closed for Thanksgiving on 11/27/14-11/28/14.



Our office will be closed to the public 12/22/14-1/4/15. Please note this does not mean we won't be conducting visits. We will be closed on 12/25/14 and 1/01/15.



Menu Ideas – Introducing Meatless Mondays

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
French Toast	Granola	WW Toast, Egg	Muffins	WW Tortilla - beans
Banana & PB	Strawberries	Tomatoes	Apples/Cinnamon	Bell Peppers
Milk	Milk	Milk	Milk	Milk
Lunch/Dinner				
Ricotta Cheese	Tuna salad	Roast beef	BBQ chicken	Ground beef
<i>*Pumpkin Pasta Bake</i>	WW Pita Pockets	Brown Rice	WW Burger bun	WW Spaghetti
Zucchini & Broccoli	Baby Carrots	Roast Cauliflower	Spinach & Broccoli	Lettuce & tomato
Pears	Tomato & Cucumber	Oranges	Pineapple Guava	Grapes
Milk	Milk	Milk	Milk	Milk
Snack Am/Pm				
Mango Berry Shake	Tortilla rolled with	<i>Pumpkin Muffins*</i>	WW Pancakes	HB egg
WW crackers	PB & Banana	Pears	Persimmons	Cucumber & Carrots



* *Baked Pumpkin Pasta* *

12 oz. uncooked penne pasta (ww)
 1 medium onion, finely chopped
 4 zucchinis, halved lengthwise, then sliced
 ½ tsp. dried thyme
 1, 15 oz. can pumpkin puree
 ½ C water reserved from pasta pot

2 tsp. Olive Oil
 2 Cloves of garlic, finely chopped
 1 head of broccoli, chopped large
 1 tsp. dried sage
 1 ½ Cups part skim Ricotta Cheese
 1 Cup shredded Parmesan Cheese



1. Preheat oven to 400°.
2. Cook pasta in a large pot of boiling water according to package directions, less than 2 minutes, and reserve 1/2 cup of cooking water when done.
3. Meanwhile heat oil in large skillet. Sauté onions and garlic for 5 -6 minutes, until softened. Stir in zucchini and herbs, and sauté for 3 - 4 minutes. Stir in pumpkin and ricotta cheese. Empty drained pasta plus 1/2 cup of reserved cooking water into skillet and mix well. Top with parmesan cheese and serve.

Serves 8: 3-5 years.

Source: www.lowfatcooking.about.com; Nov. 2013 Choices for Children newsletter.



* *Pumpkin Applesauce Muffins* *

1 ½ Cups Whole Wheat flour
 1 large egg, beaten
 ¼ Cup unsweetened applesauce
 1 tsp. cinnamon

1 Cup fresh cranberries chopped
 1 Cup nonfat milk
 ¼ tsp. nutmeg
 1 tsp. baking soda

1 Cup pumpkin puree
 ½ Cup sugar
 ½ tsp. ginger
 ¼ tsp. salt

1. Pre-heat oven to 350 °F. Spray a muffin pan with nonstick, low-fat cooking spray.
2. Mix all dry ingredients in a large bowl.
3. In a medium bowl, mix milk, pumpkin puree, egg and oil.
4. Make a hole in the center of the flour mixture, add pumpkin mixture and stir well.
5. Blend in chopped cranberries and fill muffin cups.
6. Bake 22-25 minutes. Enjoy!



Source: Adapted from <http://lowfat.answers.com/holiday-recipes/harvest-moon-pumpkin-muffins>

Community Bridges CACFP

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