



# National Fresh Fruits & Vegetables Month

wwww.communitybridges.org

**June 2014** 

## Getting kids to eat more fruits & vegetables!

Statistics show kids aren't getting nearly enough fruits and veggies. Only 22% of children ages 2 to 5 meet government recommendations for vegetable consumption (2009, OSU).

While there's no magic trick that will get your kids to eat more fruits & veggies, here are some tips straight from moms.

1. Get them while they're hungry. If they're hungry, they'll eat.

2. Make up cute names. Marketers do this, so why shouldn't you?

E.g. call Brussels sprouts "hero buttons", or "dinosaur spinach", or "magic fairy beans".

**3. Visit store or farmers market.** Let them pick out the fruits and vegetables. Talk about the produce and admire the colors.

4. Get kids involved. Have kids mix, stir, measure, and even cook fruits/veggies.

**5. Plant a vegetable garden.** This will help engage kids and show them where food comes from.

6. Hide the veggies. Try shredding them into a quesadilla or onto spaghetti.

**7. Let them play with their food.** Encourage kids to make a mini broccoli and celery forest out of broccoli. Have a contest as to who can spell their name fastest w/ veggies.

**8. Let them use fun gadgets.** What kid doesn't love gadgets? Let them use a blender, juicer, and food processor to make smoothies and other recipes with fruits and vegetables. Use proper supervision, of course.

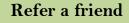
9. Add healthy dips. Peanut butter, hummus, homemade bean dip, vanilla yogurt, etc...



### **Program Reminders**

#### <u>Are you going to be away?</u>

Spring is in the air which means you may be planning more outside events/activities with the kids. If you plan to be away from your home during a meal time\*, remember you must call/email the office to let us know in advance (7CFF 226.10(d) and 226.18). The more notice you provide, the better. For Webbers, your on-line calendar can be a wonderful tool (under "Tools", then "Manage Calendar"). Last minute notices must be made via phone or email.



As prices increase for gas, food and other basic items, the CACFP is a source for providers.

A provider with three children in attendance, five days per week for an average month, with two meals and one snack each day, can receive reimbursement of \$250 per month.

Spread the word of the benefits of the CACFP. For each provider you refer to the program, your name will be <u>entered</u> into a drawing for a \$20 gift card.

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



| Menu Ideas<br>Breakfast |                |                   |                |                          |
|-------------------------|----------------|-------------------|----------------|--------------------------|
|                         |                |                   |                |                          |
| Cantaloupe              | Pears          | Strawberries      | Cantaloupe     | Blueberries              |
| Milk                    | Milk           | Milk              | Milk           | Milk                     |
| Lunch/Dinner            |                |                   |                |                          |
| Stir fried chicken      | Ground beef    | Garbanzo Burgers* | Ground turkey  | Bbq. chicken             |
| Brown rice              | Corn tortillas | WW Buns           | Spaghetti      | Bread rolls enriched     |
| Bok Choy                | Nopales        | Spinach, carrots  | Broccoli       | Corn cob                 |
| Carrots                 | Tomatoes       | Apples            | Oranges        | Zucchini                 |
| Milk                    | Milk           | Milk              | Milk           | Milk                     |
| Snack Am/Pm             |                |                   |                |                          |
| Cucumber                | Raspberries    | Zucchini bread    | Peanut. Butter | Mozzarella cheese sticks |
| Hummus                  | Pretzels       | Milk              | Asian pears    | Saltine crackers         |

Did you

**Know!** California is in the midst of an obesity and diabetes epidemic. Obesity now rivals smoking as the largest cause of preventable death and

disease.

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There is new bill, SB1000 that would require Sugar-Sweetened Beverages to have a Safety Warning label in California. This initiative was started by Senator Bill Monning.

A child's risk of obesity increases an average of 60% with each additional daily serving of soda or other sugary drink. Adults who drink at least one soda per day are 27% more likely to be overweight or obese compared to non-drinkers. Individuals who drink 1 or 2 sugary drinks per day have a 26% higher risk for developing type II diabetes.

You can support this bill by asking your senator to vote yes.

### \*Garbanzo Burgers!

1 15-1/2 oz can garbanzo beans, drained
1-1/2 cup rolled oats
1-1/2 Tbsp soy sauce or 2 tsp Worcest. sauce

1 small onion, minced or 1 tsp onion powder

1/8 tsp garlic powder
 1 cup water
 1 tsp Italian seasoning
 1 Tbsp olive oil

Run beans through food processor until they have a texture like ground meat. Add remaining ingredients (except for oil) and allow to sit for 10-15 mintues so water is absorbed. Heat olive oil in skillet. Spoon large or small patties into the skillet; press down into burger shapes. Cook on both sides until browned.

Serves: 4-5 preschoolers or 3 schoolage children for 1 meat alternate at lunch or dinner.

Source: 4 C's of Alameda County

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