

March 2015

Bite into a Healthy Lifestyle

www.communitybridges.org

March is National Nutrition Month

National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The Academy promotes consuming fewer calories, making educated food choices, and getting enough exercise. Regular exercise is defined as at least 150 minutes a week of moderately intense physical activity. This can be broken down into 30 minute segments five days out of the week. The benefits of regular exercise for both children and adults include: stress relief, better sleep, and a more positive mental outlook.

Source: eatright.org. Academy of Nutrition

10 Things Every Parent & Provider Should Know About Play

1. Children learn through their play. Through play they develop cognitive skills, physical abilities, new vocabulary social skills, and literacy skills.
2. Play is healthy. Apart from helping them grow strong and healthy it also serves to reduce the risk of obesity.
3. Play reduces stress and anxiety. It helps children grow emotionally.
4. Play is more than meets the eye. Kids can benefit from symbolic, socio dramatic, functional & games with rules.
5. Make time to play. Ensure there is enough time offered throughout the day for children to explore.
6. Play and learning go hand-in-hand. These are not separate activities.
7. Play outside. Use the outdoors in creative ways, building forts, beach trips, and parks.
8. There's a lot to learn about play. Stay up to date on research and information regarding play with children's learning and development.
9. Trust your own playful instincts. Allow room for growth on their own.
10. Play is a child's context for learning. Hands on activities provide rich learning opportunities that lead to children's success and self-esteem.



Source: Roundtable Nutrition Edition issue 34

Program Reminders

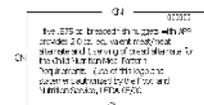
Annual Child Enrollment Renewals

- Enrollment Renewal Worksheets with parent signatures were due in February. Please remember that any child who was not re-enrolled in the month of February was automatically dropped as of January 31st, 2015.
- For any child who was not re-enrolled in the month of February and then returns, you will need to submit a new enrollment form, including parent info/signature.



Child Nutrition Labels

- (CN) Labels are a USDA evaluated product label that identifies the Child Nutrition Meal Pattern Requirements is met. For products such as chicken nuggets, corn dogs and fish sticks, it is not always possible to tell how much meat/meat alternate a product provides.
- Remember these are limited to being served no more than twice per week and you must have the CN Label or the label from the approved products available at monitor visits. An example of a CN labels can be found on our website under Provider forms.



Menu Ideas

Breakfast

WW Cinnamon Toast	Oat Muffins	Cream of wheat cereal	HM Rice Pudding	WW Tortilla Ham Roll
Asian Pears	Pomelos/Grapefruit	Cinnamon apples	Guavas	Steamed Baby Carrots
Milk	Milk	Milk	Milk	Milk

Lunch/Dinner

Garbanzo Stir Fry	Cheddar Cheese stick	Ground Turkey	Baked fish fillet	Soft Chicken Taco
Pita Bread	Wheat Roll	Bow Pasta	HM Corn Bread	Flour Tortilla
Roasted Asparagus	Winter squash Soup*	Stuffed bell pepper	Green Peas	Peruvian Beans
Tomato	Diced apples	Broccoli Salad	Sweet Potatoes	Lettuce & Tomato
Milk	Milk	Milk	Milk	Milk

Snack Am/Pm

Greek Yogurt	Graham Crackers	Carrot raisin salad	Chili Bean Dip	Low fat Cottage Cheese
Honey & mix nuts	Mandarin	Mozzarella stick	WW Crackers	Kumquats

National CACFP Week

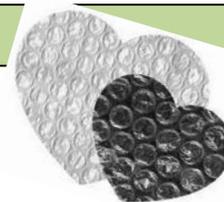
March 15-21st 2015 is National CACFP Week. It promotes proper nutrition and a healthy lifestyle for children, parents, facilities, and the community. This month mention our name to at least one friend or neighbor!

Also, last month a proposed Meal Pattern update was released by the USDA for CACFP. To find out more visit: www.fns.usda.gov/cacfp/federal-register-documents and stay informed!

Activity Corner

Bubble Wrap Shapes

Cut bubble wrap into large fun shapes and tape them to floor. Demonstrate activity by jumping, hopping, or dancing across the shapes while music is playing. When music stops, each child should pick a shape to stand on & name it. Repeat until all bubble wrap



* Curry winter squash soup

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|---|---------------------------------|
| 1small edible pumpkin, medium-sized butternut or other winter squash (or 20-ounce can of pumpkin puree) | 1leek, white part only, chopped |
| 3tablespoons olive oil, divided | 4cups vegetable broth |
| 1large yellow or white onion, peeled and chopped | 1/2teaspoon curry powder |
| 1/2teaspoon salt | 1/4teaspoon ginger |
| 1/2teaspoon nutmeg | 1 cup coconut milk |
| 1 bay leaf | |
| 1bunch cilantro or chives, chopped (optional) | |



1. If roasting your own pumpkin or winter squash: Preheat the oven to 350-degrees. Cut the squash in half, scoop out and discard the seeds and strings, and poke the skin a few times with a fork. Rub olive oil onto the cut edges and place cut edges down in a baking pan. Bake for about 45 minutes, until it's easy to push a fork into the flesh. Remove from oven and cool, then scoop out the cooked squash and discard the skins.
2. Heat olive oil in a large pot over medium heat. Add the chopped leek and onion and sauté until soft, about 10 minutes.
3. In a food processor or blender, puree the squash with the sautéed leek and onion with the vegetable broth. You may need to work in batches to get through all the squash.
4. Return the pureed squash mixture to the soup pot. Add the salt and spices. Bring to a boil over medium heat, stirring often, and then reduce the heat to low and simmer for about 15 minutes, uncovered. Stir occasionally.
5. Remove the bay leaf, add the coconut milk and stir until the soup is back up to heat. Divide soup into bowls and serve garnished with chopped cilantro or chives.

Source: Life Lab, Santa Cruz

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