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WHAT'S COOKIN' is published by **Yours for Children, Inc.**, Linda Anderson, Executive Director; Cathy Parker, Editor. Articles contributed by Office Staff, Area Coordinators, Child Care Providers. Address your comments, recipes, questions, etc. to the Editor at the above address. **YFCI** is a non-profit, tax-exempt service organization.

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TO:

April & May 2015



Child care organizations nationwide have joined together to declare **Friday, May 8th, 2015 Provider Appreciation Day**. It takes a dedicated person to be successful in the demanding world of today's child care profession. Provider Appreciation Day offers a unique opportunity to recognize and commend the unselfish dedication, compassion and strong commitment that child care providers demonstrate every day. We especially salute **YFCI providers** for planning nutritious meals and snacks that promote a lifetime of healthy eating.

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WHAT'S COOKIN'



April - May 2015

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Yours For Children, Inc. 303—313 Washington Street, Auburn, MA 01501

Yours for Children, Inc. Statewide Family Child Care Conference



Courtyard Marriott, Marlborough

What's Cookin'...on the Web?

- **Week of the Young Child: April 12 - 18, 2015**
Celebrating our Youngest Learners
www.naeyc.org/woyc

- **Food Allergy Awareness Week:
May 10 - 16, 2015**

The be a PAL Education Program can help kids learn how to be a good friend to children with food allergies. Print out an Awareness Poster at:
www.foodallergy.org



Submit Your Claim Online!

Stop paying postage for mailing your menus. Decrease your claim errors! Submit your menus at the click of a mouse by using the FREE online claiming program, Kids Pro, in partnership with Minute Menu Systems. You can record your meals, enroll children, pre-plan menus, and manage your Provider Calendar, and much more! **Call Yours for Children, Inc. at 1-800-222-2731 to sign up and begin claiming online today.**

A GREAT RESOURCE FOR YOU!

During 2nd Trimester Home Visits (February through May) you will be given an insert for your **YFCI Provider Handbook, Nutrition and Wellness Tips for Young Children**. Presented by the United States Department of Agriculture (USDA), "This handbook is a first step in assisting providers to make changes in their child care policies and practices that will impact children in their care". The handbook contains tip sheets on nutrition, active play, and screen time. They offer practical information to help you plan and prepare meals, provide opportunities for active play, and encourage children to adopt healthy behaviors.



Memorial Day Holiday

REMEMBER: You must include a note(s) from a parent/guardian, with your claim, if you are claiming CACFP meals on Memorial day, Monday, May 25, 2015.

A Note From Linda . . .

Dear YFCI Provider:

With the change of seasons, the warmer weather provides more opportunities to be out of your home. Please remember to call your Area Coordinator (Monitor) or the **YFCI** office if you are not going to be home during a scheduled meal service time. This will help us avoid making unannounced Home Reviews only to find that you are not at home.....which may result in disallowances and a follow-up visit.

Your current meal service times are printed on your monthly check stub. If your schedule has changed, please call your Area Coordinator or **YFCI** office so that we can update our records.

Sometimes the nutrition regulations can be confusing. This is especially true for new providers. We, at **YFCI**, want to support you in serving, and be reimbursed for, the most nutritious meals possible.

Please read the **Claims Summary and Error Report** that we insert with your check. If you don't understand any part of the report, please call the **YFCI** office at 800-222-2731 or email us at yfci@yoursforchildren.com.

For providers recording meal counts on a SCAN form, please check your **Permanent Child Enrollment Numbers (PEN)** against those printed on your check.

Remember to use a **CLAIM INFORMATION FORM**, when children are coming for meals/days that are not part of their normal schedule.

Don't lose dollars! It's worth your time to check your attendance and menus **before** you submit your monthly claim.

Following a cold, snowy winter, celebrate spring with a field trip to your local produce store. Let the children choose a new fruit or vegetable for snack.

Yours for children

Linda Anderson,
Executive Director



The Incredible Edible EGG

A great source of protein, eggs aren't just for breakfast. They can be enjoyed throughout the day in a variety of healthy ways!

Egg Muffins with Vegetables and Cheese

1-1/2 cups shredded carrots
1/2 cup finely diced orange bell pepper
1/2 cup frozen peas
1/2 cup frozen corn
9 large eggs
Salt and pepper, to taste
3/4 cup low-fat shredded cheese, divided



Preheat oven to 375°F. Spray a regular muffin tin thoroughly with cooking spray to prevent food from sticking. In a large bowl, combine carrots, peppers, peas, and corn. Equally distribute vegetable mixture among the muffin cups. Combine eggs, salt, and pepper in a small bowl and beat with a whisk. Pour egg mixture equally among the muffin cups so they are about 3/4 full. Top with cheese.

Bake for 18-20 minutes, or until lightly browned and cooked through. Muffins will puff in the oven, but sink upon cooling. Allow to cool in the pan on top of a wire rack for 10 minutes before removing. Use a knife to cut around the edges to help dislodge muffins. Store muffins in the fridge in an airtight container for up to a week; reheat gently in the microwave or serve cold.

Yield: 12 servings for 3-5 year olds at lunch/supper.

Serving Size: 1/4 cup of a fruit/vegetable and 3/4 of an egg serving of a meat/meat alternate.

English Muffin Egg Pizzas

4 whole wheat English muffins
2 teaspoons olive oil
10 tomato slices
2 hard boiled eggs, sliced
1/4 cup grated mozzarella cheese
1/2 teaspoon oregano



Toast English muffin halves and place on a cookie sheet. Drizzle each with olive oil, then layer on tomatoes, eggs, and mozzarella. Sprinkle with oregano. Broil 5 minutes or until the cheese melts.

Continued



Yield: 8 servings for 3-5 year olds at snack.

Serving Size: 1/2 ounce meat/meat alternate and 1 grains/bread.

Black Bean and Egg Burritos

2 teaspoons canola oil
3/4 cup diced red onion
1 cup diced red bell pepper
1-1/2 cup black beans, drained, rinsed
1/8 teaspoon red pepper flakes
6 eggs
Ground pepper to taste
2 ounces reduced-fat, shredded pepper jack cheese
Cooking spray
6 (6-inch) whole wheat tortillas
1/4 cup reduced fat-sour cream
1/3 cup salsa
1/2 cup diced tomato
3/4 cup cubed avocado



Heat oil in a large skillet over medium-high heat. Cook the onion and peppers until softened and peppers are slightly charred, about 8 minutes. Add beans and red pepper flakes and cook until warmed through, another 3 minutes. Remove from heat and set aside. Whisk together the eggs and black pepper; then stir in the cheese. Reheat the skillet and spray with cooking spray. Reduce heat to low and add eggs, scrambling until cooked through, about 3 minutes.

Spread each tortilla with sour cream and salsa, then layer with the black bean mixture, scrambled eggs, tomatoes, and avocado. Roll up burrito-style and serve.

Yield: 12 servings for 3-5 year olds at lunch/supper

Serving Size: 1-1/2 ounce meat/meat alternate, 1 grain/bread.

Menu Minder - Deviled Eggs

Only the whole egg portion of federally inspected eggs is creditable. Added ingredients, such as relish, mayonnaise, etc., cannot contribute to meal pattern requirements. (USDA Crediting Handbook for the CACFP)

Source for recipes: ACD Potpourri

Nutrition Notes

PRODUCE PROFILE:

Pineapple

Prickly on the outside, sweet and juicy on the inside, pineapples have been a healthy staple for centuries. Native to Brazil and Paraguay, the fruit is second only to bananas as America's favorite tropical fruit.

NUTRITION:

One cup of pineapple has a mere 74 calories and provides 94% of the Recommended Dietary Allowances (RDA) of vitamin C. It also offers high levels of manganese, which is an important mineral for muscle, nerve, and bone health. Pineapple is an excellent source of dietary fiber as it contains the enzyme bromelain. Bromelain breaks down protein, aids in digestion, and may even help in the body's healing process.

SELECTION AND STORAGE:

Pineapple does not ripen once harvested, so when shopping for a good pineapple, it is important to choose one that is already ripe. When choosing a ripe pineapple, there are a few things to consider. A sweet scent is an important aspect of choosing a ripe pineapple. Although a sweet smell indicates ripeness, it is important to avoid the alcoholic or vinegar-like smell that indicates the fruit is overripe.

A whole pineapple stored at room temperature should be eaten within a few days, but refrigeration can help preserve it. Freshly cut pineapple can be frozen, but it may lose some flavor.

PREPARATION:

To peel the pineapple, use a long, serrated knife. Cut off a 1/2 inch of the top and bottom from the pineapple. Turn the pineapple upright and notice the dark



brown "eyes" around the edge. These run lengthwise throughout the pineapple and have an unpleasant taste. Cut off the pineapple skin by slicing down from top to bottom along each row of eyes staying close to the "eye" to avoid wasting too much of the fruit. Finally remove the core by either slicing the pineapple and cutting out the core, or by using a corer.

RECIPE



Pineapple Fruit Salad

- 2-1/2 cups pineapple
- 2 cups cantaloupe, cubed
- 1 cup strawberries, halved
- 1 cup blueberries
- 1 cup strawberries, mashed
- 3/4 cup low-fat plain yogurt
- 2 tablespoons honey*
- 1 tablespoon lime juice
- 1-1/2 teaspoons lime zest
- 1/2 teaspoon vanilla extract

Add pineapple, cantaloupe, strawberries, and lime juice into a large bowl and toss to coat. In a small bowl, combine the mashed strawberries, yogurt, honey, lime juice, zest, and vanilla. Pour sauce on the fruit and stir to coat.

Yield: 15 servings for 3-5 year olds at breakfast or snack.

Serving Size: 1/2 cup fruit/vegetable.

* Never give honey, in any form, to infants under 1 year old. Honey is sometimes contaminated with *Clostridium Botulinum* spores. If these spores are ingested by an infant, they can produce a toxin which may cause a type of foodborne illness called infant botulism.



Making Peace With a Picky Eater

Share With Parents

NEARLY EVERY CHILD is a picky eater at one time or another, especially between the ages of two and six. Sometimes emotional issues play out at mealtimes. A child may be trying to say, “I need more independence” or “I’m not getting enough attention.”

It is important to remember the basic rules of a good feeding relationship:

Adults are responsible for...what is presented to eat and the manner in which it is presented.

Children are responsible for...how much and even whether they eat.

Source: *How to Get Your Kid to Eat...But Not Too Much*, by Ellyn Satter

- ➔ Consider if the child is a picky eater or just a light eater.
- ➔ Don't compare the amount of food eaten by one child to another.
- ➔ Focus less on what a child eats at a particular meal or snack and look at the foods eaten over several days. Recognize that appetites vary from meal to meal and day to day.
- ➔ Don't pressure a child to take “just one more bite” to please you. Allow children to respect their own feelings of hunger and satiety.
- ➔ Do not beg, bribe or threaten a child to eat and do not be their short-order cook.
- ➔ Understand that some children may be extra sensitive to taste, textures, and smells.



➔ Serve small portions so a child will not be overwhelmed. Refer to the amounts recommended by the Child and Adult Care Food Program. Your child's provider can share those guidelines with you.

➔ Keep mealtimes calm and pleasant. Avoid distractions (like television). Sit at the table and eat with the children. Keep the conversation positive and try to relax about the child's eating.

➔ Encourage exploration of new foods. Children learn by using all of their senses and like to touch, smell, and even play with food to learn about it. Children will often want to do this before deciding if new foods are OK to go into their mouths.

➔ Don't make a big deal about a child's picky eating. Calmly explain that this is the meal that is being served now and let them know when the next meal or snack will be served.

Making mealtime a battle ground can affect a child's relationship with food. Make peace with your picky eater. When a child rejects food, she/he is not rejecting you. A relaxed attitude will encourage the development of healthy eating habits.

Sources: *Nutrition Edition*, Issue 31; *Helpful Hints for Young Picky Eaters*, Children's Hospital & Research Center, Oakland, CA.

Preventing Food Poisoning

The term “food poisoning” is used to describe an illness that comes on quickly after eating food that has been contaminated with bacteria, viruses or other germs. You can’t taste, smell, or see these germs, but the tiny organisms can have a powerful effect on the body.

Once the germs that cause food poisoning get into a person’s system, some of them release toxins. These toxins are poisons (hence the name “food poisoning”) that can cause diarrhea and vomiting. People typically get diarrhea or start throwing up within a few hours of being infected. Food poisoning usually goes away quickly too, and in most cases, symptoms will clear up within 1 to 10 days.

Typically the symptoms of food poisoning include:

- Nausea
- Abdominal pain and cramps
- Vomiting
- Diarrhea
- Fever
- Headache
- Overall weakness.

In rare cases, food poisoning can make a child or adult feel dizzy, have blurry vision or notice tingling in the arms. And in a few cases, food poisoning can be severe enough to require a visit to the doctor or hospital. When people need medical treatment for food poisoning, it is often because of dehydration, which is the most common serious complication of food poisoning. **If a child develops food poisoning, make sure he/she drinks plenty of fluids to prevent dehydration.**

People commonly get food poisoning from animal-based foods like meat, poultry, eggs, dairy products, and seafood that have not been handled or cooked properly. Unwashed fruits, vegetables and other raw foods also can get contaminated and make someone sick.

For tips on how to prevent food poisoning, see the chart at right.

Sources: www.cdc.gov; www.eatright.org; www.kidshhealth.org;
Potpouri, March 2014

Each Year,
an estimated
76 million
Americans get
sick from
foodborne
diseases.



Tips to Remember

- Wash fruits and vegetables thoroughly before eating or serving.
- Do not leave food out at room temperature for more than 2 hours.
- Wash hands with soap and water before and after handling food.
- Defrost meat for grilling in the refrigerator or microwave. Meat in airtight packaging can be defrosted in cold tap water if the water is changed every 30 minutes. Meat defrosted in the microwave needs to be cooked immediately; never refreeze it unless it is cooked.
- Marinate meat and poultry in the refrigerator, never at room temperature. Never use leftover marinade from use on raw meat or poultry on cooked foods unless you boil it.
- Cook ground meat to 165°F to kill bacteria. Do not rely on pinkness of the meat and juices as an indicator of well-cooked meat. “Pinkness” is not reliable, use a thermometer.
- If traveling longer than 30 minutes with perishable foods, pack them in a cooler surrounded by ice or frozen gel packs to keep food at 40°F or below.
- Do not taste food to test its safety.
- **Throw out food if there is a doubt about its safety.**

Nutrition Fact

Did you know a single egg has 13 essential vitamins and nutrients? It contains no saturated fat, and it is a high-quality protein source. The cholesterol in an egg does not increase cholesterol in the body after consumed. In fact there are only 185 mg of cholesterol in a large egg, so eggs are a part of a healthy diet. Although the average recommended daily intake for cholesterol is 300 mg, dietary cholesterol does not contribute automatically to high levels in the blood.

The health benefits of eggs can be yours for a total of 70 calories per large egg. Eating an egg can help with body functions such as brain and eye development, muscle strength and repair, and even weight management by keeping you fuller longer. Being extremely versatile, eggs can be cooked and prepared in different ways. They can be boiled, scrambled, poached, or baked in many recipes. **Try one of the new recipes on page 3 for “egg-cellent” nutrition!**

Nutrition Tip

Sugar consumption is one of the largest contributors to childhood obesity. Many food products on the market have added sugar that may not be recognizable. It is important to read food labels and ingredient lists to guarantee excess sugar is not being consumed by children.

When selecting food for meals or snacks, make sure products are labeled with either *no added sugar*, *unsweetened*, or *no high-fructose corn syrup*. These foods include canned fruits, applesauce, oatmeal, and bread products.

For best practices, choose cereals with at least 3 grams of fiber and no more than 6 grams of sugar per serving. In our February/March issue of *What’s Cookin’*, it was a bit confusing as to how many teaspoons are equivalent to the grams of sugar in servings of different popular cold cereals.

The correct formula is: 4 grams of sugar = 1 teaspoon of sugar.

Adapted from: NFSMI, *Mealtime Memo for Child Care*, August, 2014

Asparagus



Grown in the **peak season from April to May**, asparagus is a long, green spear-like vegetable that usually reaches 6-8 inches in length. Asparagus is grown underground and grows through the soil into tall shoots. Asparagus roots will yield abundantly for 15 to 20 years. (Source: Norse Farms)

This nutritious vegetable is a good source of vitamin C, vitamin A and folate. It can be stored in the refrigerator for up to four days in a plastic bag with the end of the stalks wrapped in a wet paper towel to retain freshness. Choose firm, bright, green spears with closed dry tips, thick or thin.

The town of Hadley in the Pioneer Valley of Western MA is known as the “Asparagus Capital of the World”. (Source: Yankee Magazine)

In the News

A new study published by the American Academy of Pediatrics (AAP) found that many pre-packaged toddler meals and snack foods contain too much salt or sugar.

Researchers examined the sodium and sugar content of 1,074 infant and toddler dinners, snacks, fruits, vegetables, dry cereals, juices and desserts. Out of 79 infant mixed grains and fruits, 41 contained at least one added sugar, and 35 of these foods contained more than 35 percent calories from sugar. Seventy-two percent of toddler dinners were high in sodium, containing more than 210 mg consumed per meal.

Parents are advised to read nutrition labels and choose products lower in added sugar and sodium. Reducing sodium and sugar intake early on can help set taste preferences and help children make healthy food choices later in life.

Source: www.aap.org; 2/5/2015