



Yours For Children, Inc. 303—313 Washington Street, Auburn, MA 01501
YOUR BI-MONTHLY RESOURCE FOR CACFP EDUCATION

Stay Safe and Healthy This Summer

The temperatures are rising and the days are getting longer. It's summertime once again, after a very long, cold winter. Here are some tips to help make your summer the best, and healthiest, one yet.

Grill and Chill

Whether you prefer burgers off the grill or a picnic in the park, one thing you don't want on the menu this summer is foodborne illness.

Take these steps to help keep germs at bay.

- Wash your hands before and after handling food.
- When taking foods off the grill, do not put cooked food items back on the same plate that previously held raw food.
- When grilling foods, preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.
- Use a meat thermometer to ensure that food reaches a safe internal temperature.
- Never let raw meat, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the cooler or refrigerator (one hour when the temperature is above 90°F.)
- Make sure to pack plenty of extra ice or freezer packs in your cooler to endure a constant cold temperature.



Beat the Heat

Heat-related illnesses claim the lives of hundreds of people each year, so it is important to take these precautions when working or playing outside during the hot summer months.

- Drink plenty of water. Drinking before you feel thirsty helps keep the water level in your body from dropping too low (dehydration) when it's hot or you're sweating a lot with exercise.
- Most of your water needs are met through the water and unsweetened beverages you drink. You can get some fluid through the foods you eat (for example, foods that are 85% to 95% water such as celery, tomatoes, oranges, and melons). For best practice, avoid beverages with added sugars such as fruit drinks, some sport drinks, soft drinks and sodas.
- Seek shade, especially during midday hours (10 a.m. to 4 p.m.), when UV rays are strongest and do the most damage.

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

● **Let's Move! Child Care** encourages child care facilities and family child care educators to promote healthy eating and physical activity and limit screen time for our youngest children. For free tools and resources and to share success stories visit the website:

www.healthykidshealthyfuture.org.

● **Express Your Health!™ Activity Book**
Meet the healthy heroes, everyday kids with the power to stay safe and healthy. Through these fun coloring pages, stickers, and puzzles, you can learn how to stay safe and healthy too!

www.cdc.gov/family/kidheroes

● June is **National Safety Month**. For information on how to promote safety through children's activities, visit:

www.safekids.org

● RECORD KEEPING REMINDERS

YFCI recommends that all educators keep a few copies of the **"Daily Meal Worksheet"** on hand. This allows you to record your menus and attendance in the event that your computer becomes inoperative until you are able to claim online again.

It is required that you record your meals and attendance daily. If your monitor comes to your home while your computer is inoperative you can present her with the completed daily meal worksheets for review.

● Are you losing money?

Before you submit your claim, review your menus. Do you have a meal component that you served, but forgot to record? **This is a big problem.** Remember to print your menu for the week and post it for parents to see.

4TH OF JULY **I**f you are claiming CACFP meals on Saturday, July 4th, you must include a note(s) from a parent/guardian.

The Corporate Office of **YFCI** will be closed Friday, July 3rd, 2015, for the holiday.

A Note From Linda . . .

Dear YFCI Educator,

Schools will soon be closed for the summer. Unfortunately, not all schools close on the same date in June. To help process your June claim quickly and accurately, please advise us of school closures in June. Providers using **Scanable Meal Count Forms** need to send this information on a **Claim Information Form (CIF)** with your June claim. **Internet providers** need to check the **"Sch Out"** column for school-aged children not in school.

Planning a vacation? Please remember to call your Area Coordinator (Monitor) or the YFCI office if you are closed for vacation or if you are not going to be home during a scheduled meal service.

Internet providers may use the "Calendar" feature in your Minute Menu Kids. Click on "Tools"> Manage Calendar". Then highlight and click "closed" on the days you will be closed and we will be notified. Thank you!!

All Meal Benefit Income Eligibility forms must be renewed July 1, 2015. Providers who are currently Tier I by income and providers who are Tier II, but receiving Tier I rates for approved children, will be sent renewal information in June.

Additional announcements will be sent via email. **Please make sure we have your correct email address.**

Have a happy, safe summer!

Yours for children,

Linda Anderson,
Executive Director



Smoothie Recipes

Smoothies are not only healthy, convenient, and portable, but they are packed with protein, vitamins, and minerals. Pick a color and enjoy!

Blue Smoothie

- 1-1/2 cups low-fat (1%) or skim milk
- 2 cups frozen blueberries

Combine milk and blueberries in a blender and blend until combined and frothy. Serve immediately.

Yield: 2 servings for 3-5 year olds at breakfast or snack.

Serving Size: 3/4 cup milk and 1 cup fruit/vegetable serving.

Orange/White Smoothie

- 1-1/2 cups low-fat (1%) or skim milk
- 2 carrots, chopped
- 1 cup frozen mango chunks
- 1 frozen banana

Combine all ingredients in a blender and blend until combined and frothy. Serve immediately.

Yield: 2 servings for 3-5 year olds at breakfast or snack.

Serving Size: 3/4 cup milk and 1 cup fruit/vegetable serving.

Red Smoothie

- 1-1/2 cups low-fat (1%) or skim milk
- 2 cups strawberries

Combine milk and strawberries in a blender and blend until combined and frothy. Serve immediately.

Yield: 2 servings for 3-5 year olds at breakfast or snack.

Serving Size: 3/4 cup milk and 1 cup fruit/vegetable serving.



Green/White Smoothie

- 1-1/2 cups low-fat (1%) or skim milk
- 1 cup spinach
- 2 frozen bananas
- 1 tablespoon honey*

Combine all ingredients in a blender and blend until combined and frothy. Serve immediately.

Yield: 2 servings for 3-5 year olds at breakfast or snack.

Serving Size: 3/4 cup milk and 1 cup fruit/vegetable serving.

*Honey should not be given to children under one year of age.

Did you know

that different colors of fruits and vegetables offer different vitamins, minerals and antioxidants?

Red fruits and vegetables are heart healthy, good for vision, the immune system and more.

White fruits and vegetables with little color may promote heart health and reduce cancer risks.

Blue/Purple fruits and vegetables contain anthocyanis, which are another group of powerful antioxidants that protect cells from damage and may reduce the risk of cancer.

4th of July or Independence

Day is traditionally celebrated with **red, white and blue**. What better foods to celebrate with than in season blueberries, strawberries, and bananas (always available but a delicious 'white' fruit).



Source: adapted from www.superhealthykids.org

Top 5 Food Additives to Avoid

Food additives have been used for centuries to enhance the appearance and flavor of food and prolong shelf life. But do these food additives really “add” any value to your food?

Food additives find their way into our foods to help ease processing, packaging and storage. But how do we know what food additives are in that box of macaroni and cheese and why does it have such a long shelf life?

A typical American household spends about 90 percent of its food budget on processed foods, and in doing so, exposed to an excess of artificial food additives, many of which have negative consequences to your health.

Some food additives are worse than others. Here's a list of the top food additives to avoid:

1 ARTIFICIAL SWEETENERS

Aspartame, (E951) more popularly known as Nutrasweet and Equal, is found in foods labeled “diet” or “sugar free”. Aspartame is believed to be carcinogenic and accounts for more reports of adverse reactions than all other foods and food additives combined. Known to erode intelligence and affect short-term memory, the components of this toxic sweetener may lead to a wide variety of ailments including brain tumors, diseases like lymphoma, diabetes, multiple sclerosis, Parkinson's, Alzheimer's, fibromyalgia, and chronic fatigue, emotional disorders like depression and anxiety attacks, dizziness, headaches, nausea, mental confusion, and migraines.

☒ Found in: diet or sugar free sodas, diet coke, coke zero, jello (and gelatins), desserts, sugar free gum, drink mixes, baking goods, table top sweeteners, cereal.

2 HIGH FRUCTOSE CORN SYRUP

High fructose corn syrup (HFCS) is a highly-refined artificial sweetener which has become the number one source of calories in America. It is found in almost all processed foods. HFCS packs on the pounds faster than any other ingredient, increases your LDL (“bad”) cholesterol levels, and contributes to the development of diabetes and tissue damage, among other harmful effects.

☒ Found in: most processed foods, breads, candy, flavored yogurts, salad dressings, canned vegetables, cereals.

3 MSG is an amino acid used as a flavor enhancer in soups, salad dressings, chips, frozen entrees, and many restaurant foods. Studies show that regular consumption of MSG may result in adverse side effects which include depression, disorientation, eye damage, fatigue, headaches, and obesity.

☒ Found in: Chinese food, many snacks, chips, cookies, seasonings, many soup products, frozen dinners, lunch meats.

4 TRANS FAT is used to enhance and extend the shelf life of food products and is among the most dangerous substances that you can consume. Found in deep-fried foods and certain processed foods made with margarine or partially hydrogenated vegetable oils, trans fats are formed by a process called hydrogenation. Numerous studies show that trans fat increases LDL cholesterol levels while decreasing HDL (“good”

cholesterol, increases the risk of heart attacks, heart disease and strokes, and contributes to increased inflammation, diabetes, and other health problems.

☒ Found in: margarine, chips and crackers, baked goods, fast foods.

5 COMMON FOOD DYES

Studies show that artificial colorings which are found in soda, fruit juices and salad dressings, may contribute to behavioral problems in children and lead to a significant reduction in IQ. Animal studies have linked other food colorings to cancer.

Watch out for:

Blue #1 and Blue #2 (E133).

☒ Found in candy, cereal, soft drinks, sports drinks and pet foods.

Red dye #3 (also red #40)

Has been proven to cause thyroid cancer and chromosomal damage in laboratory animals, may also interfere with brain-nerve transmission.

☒ Found in fruit cocktail, maraschino cherries, cherry pie mix, ice cream, candy, bakery products and more!

Yellow #6 (E110) and Yellow Tartrazine (E102)

Increases the number of kidney and adrenal gland tumors in laboratory animals, may cause chromosomal damage.

☒ Found in American cheese, macaroni and cheese, candy and carbonated beverages, lemonade and more!



WATCH WHAT YOU SAY!
These 6 everyday phrases do more harm than good

“No dessert unless you finish your dinner.”

Why? Using this expression accomplishes the opposite of what you might think. It increases a child’s perceived value of the treat and diminishes his enjoyment of the meal itself.

“Stop it right now, or else!”

Why? Threatening a child is almost never a good idea. You are putting yourself in an awkward position in which you either have to follow through, or back down and teach your child that your threats are meaningless.

Great job!”

Why? The biggest problem with this statement is that it is often said repeatedly and for things a child has not really put any effort into. This teaches children that anything is a “great job” when you say so.

“You’re so...”

Labels are shortcuts that shortchange children. Young children believe what they hear without question, even when it is about themselves. Negative labels can become a self-fulfilling prophecy and cut dangerously deep.

“Hurry up!”

Why? Pushing children to move faster creates additional stress. Soften your tone slightly by saying, “Let’s hurry,” which sends the message that the two of you are on the same team.

“If you put away the toys, I will give you each a cookie.”

Why? Instead of using food as a reward, find non-food alternatives to reward children for good behavior and accomplishments. Some rewards that work well with young children individually or as a group: play a favorite game or puzzle, give a high five!, have extra time outdoors, stickers.

Phrases To Use

- “What could you do instead?”**
Why? This question encourages a child to problem-solve on his own rather than asking you to do for him.
- “Yes.”**
Whenever possible try to put a positive spin on your responses.

- “You can always tell me everything.”**
Remind your child often, and try not to get upset if he or she tells you something that you did not like to hear.
- “I’m sorry.”**
It is important to show your kids that you’re human—and own up to your mistakes!

Source: Association for Child Development, *Potpourri*
NAEYC, *Alternatives to Using Food as a Reward*.

Nutrition Notes

PRODUCT PROFILE: Cherries

The cherry is much more than a tasty summer snack. Scientific research links cherries to an abundance of health benefits. From easing arthritis symptoms and soothing muscle pain after a workout to improving the quality of your sleep — tart cherries provide a powerful punch for being such a petite fruit.

NUTRITION

Sweet or sour, cherries are bursting with nutritional value. Tart cherries are one of nature's few sources of melatonin, a hormone that lowers body temperature, making us drowsy.

Cherries are a good source of potassium, a natural blood-pressure reducer. Potassium balances fluids in our bodies, essentially neutralizing the effects of sodium on your blood pressure.

Sour cherries contain more vitamin C and A than sweet cherries.

SELECTION AND STORAGE

Fresh cherries should be bright, shiny, and plump with no blemishes or scarring. Sweet cherries should be firm, but not hard to the touch, while sour cherries should be medium-firm. The darker the color is, the sweeter the cherry will be. As cherries darken, they produce more antioxidants, so the riper the cherry, the better.



Store unwashed cherries in a plastic bag in the refrigerator, and wash just before eating. The flavor of cherries is best at room temperature, so leave them out of the refrigerator for a few hours before eating them. Fresh cherries should be consumed within two to four days.

PREPARATION

Cherries are not only healthy, but they are delicious and can be used in a multitude of ways. They can be added to everything from dairy to dessert; eaten raw or cooked. Serve them by the bowlful as a summer treat; just be sure to have a bowl for the pits. (Remove the pits before serving to children under the age of 3 to prevent the possibility of choking.)

Source: www.eatingwell.com

HM Cherry Lime Ice Pops

- 1 pound of cherries
- 1/2 cup water
- 1/4 cup sugar
- 3 tablespoons lime juice

Stem and pit the cherries. In a medium saucepan over medium heat, combine cherries, water, sugar, and lime juice, and cook until the cherries are very soft, about 10 - 15 minutes. Remove from heat and let cool to room temperature. Puree cherries and their liquid. Pour into popsicle molds and freeze.

Yield: 4 servings for 3-5 year olds at snack.

Serving Size: 1 pop = 1 cup of a fruit/vegetable serving.

Record on your menu as "HM Cherry Lime Ice Pop". On Minute Menu, record as "cherries" and use meal notes to document "HM Cherry Lime Ice Pop".

Source: www.skinnytaste.com

WHEN IS CHERRY SEASON?

The peak season is June and July. Seventy percent of the cherries produced in the United States come from four states: Washington, Oregon, Idaho, and Utah. The brief season lasts less than three months.

Source: The Wellness Encyclopedia of Food and Nutrition

Adapted from The Association for Child Development, *Potpouri*.

Best Practice

Many times the terms whole wheat and whole-grain are used interchangeably but they are not the same.

According to the Whole Grain Council, whole wheat is a type of grain, just as apples are a type of fruit. However, not all whole-grain is wheat, just as not all fruits are apples.

Whole-grain can be defined as 100% of the original kernel of the grain. Whole-grains or whole-grain products have the most naturally occurring nutrients and also have been proven to lower the risk of many chronic diseases.

When selecting food products made from grains such as bread, cereals, and pasta, look for **whole-grain** in order to reap the health benefits of the entire grain.

Source *Meal Time Memo for Child Care*, National Food Service Management Institute

Nutrition Fact

The “natural” claim is appearing on numerous food items in the grocery store. The food industry uses the “natural” claim for foods containing minimum processing. For example, some cereals, soups, or even beverages may list natural on the front of the food package.

According to the U.S. Food and Drug Administration (FDA), it is difficult to define the term “natural” because most foods are processed and no longer in the natural state as a product of the earth.



However, the FDA, does not object when “natural” is defined as a food that does not contain added color, artificial flavors, or synthetic substances.



Milk is a Must

Milk's nine essential nutrients can help kids and teens grow healthy and strong.

An 8-ounce serving of milk gives kids as much:

Potassium as one small banana

Vitamin A as 3/4 cup of broccoli

Vitamin D as 3/4 ounce of cooked salmon

Vitamin B-12 as 3 ounces of turkey

Phosphorus as 1 cup of canned kidney beans

Calcium as 10 cups of raw spinach

Niacin as 10 cherry tomatoes

Riboflavin as 1/3 cup of whole almonds

Protein as 1½ medium eggs

Low fat milk vs Whole milk



- ✓ Same calcium
- ✓ Same protein
- ✓ Same minerals and vitamins
- ✓ Less fat
- ✓ Fewer calories

Fat-free milk is not “watered down” milk. It is made by skimming off the fat — no water is added.

Source: www.New England Dairy Council.org

DID YOU KNOW?

- ▶ Many products labeled as low fat have extra sugar added to compensate.

Source: Nutrition Edition, Issue 7



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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:

June - July 2015

Cheers to Five Years!

As part of the fifth anniversary of **Lets Move!**, First Lady Michelle Obama will be encouraging everyone to give out high-fives when they see someone making healthy choices. She will be challenging you to try five more things that help you lead a healthier life. Have you been making healthier choices over the past five years?
#GimmeFive!



AMERICA'S MOVE TO RAISE A HEALTHIER GENERATION OF KIDS

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