

Build a Better Sandwich

SANDWICHES ARE A SIMPLE SOLUTION for any quick meal or snack. They are an American tradition. Old stand-by favorites like PB&J, grilled cheese and turkey club do not need to be given the boot. However, if you crave variety and you're looking to spice up your sandwich selections think outside the bread box.



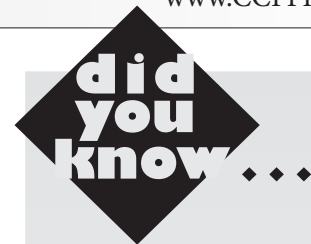
Bread Base

A delicious, nutritious sandwich can start with a couple of slices of fresh, whole grain bread or a whole host of bread substitutes. Think tortillas, rolls, bagels, buns, naan, pita bread, lavash, English muffins, focaccia, waffles, pancakes, croissants, biscuits and rice cakes. For more fiber, choose whole grain products. Breads can be warm, cold, toasted, sliced thick or thin and served with two slices or open-faced.

Pick a Protein

Sandwich fillings are only limited by one's imagination! Traditional sliced meats and cheeses are only the beginning. For a new twist try a variety of leftovers from the night before, such as, meatloaf, sliced pork chops, baked fish, taco filling, roast chicken, meat sauce for spaghetti, meat balls and grilled or steamed vegetables. Left over baked beans, stew, chili, thick chowder, bean salad, or other sloppy fillings can be scooped into pita pockets. Other delicious, unusual fillings include: cottage cheese, ricotta cheese, hummus, refried beans, sunflower seed butter or goat cheese. Look for lean protein choices and check the sodium in processed meats.*

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- ▶ Credit for "inventing" the sandwich goes to the Fourth Earl of Sandwich (1718-1792).
- ▶ Each year, between 1,000 and 3,000 children suffer from Shaken Baby Syndrome. Twenty-five percent die and 80 percent of survivors suffer long term damage, such as brain injury.
- ▶ Of all biking head injuries, 85 percent could have been prevented by a helmet.
- ▶ There are an estimated 1.6 million to 3.8 million sports-related concussions a year.
- ▶ The five leading activities responsible for concussions in children and adolescents aged 5 to 18 years of age are: cycling, football, basketball, playground activities and soccer.

Source: Brilliant Food Tips and Cooking Tricks, Healthy Families Project, Children's Hospital of Pittsburgh, Webmd.com

Quotable Quotes

“Teaching kids how to feed themselves and how to live in a community responsibly is the center of an education.”

— Alice Waters

INSIDE:

- ◆ Head Injuries
- ◆ Recipes

- ◆ Less Candy = Healthier Halloween
- ◆ Food Funny

The Benefits of Breakfast

— Continued from front page



Color and Crunch

A variety of fruits and vegetables add flavor, nutrients, color and crunch to a plain sandwich. Try dark green, leafy lettuce, spinach or baby kale, cucumber or tomato slices, shredded cabbage, sprouts and avocado. Chopped apple, celery, onion and shredded carrot can top many fillings or be stirred into egg, tuna or chicken salad. For extra flavor try pickled vegetables, chopped olives or sliced fruit such as pineapple or mango. Fresh herbs make another delicious addition; try fresh basil, dill, parsley, cilantro or sage.

Spice it Up

Spreads and spices can help an otherwise dull sandwich go from ordinary to extraordinary! Traditional butter and mayonnaise are good but a bit bland; add zing with a swipe of salsa, pesto, chutney, relish, BBQ sauce, steak sauce, baba ghanoush, tapenade, brown mustard, honey mustard, Dijon mustard or salad dressing such as blue cheese, thousand island or ranch. Sprinkle a sandwich with basil, oregano, pepper, onion powder, garlic powder, chili powder, cumin, cinnamon, curry or any favorite herb blend or spice.

**When building a better sandwich, deli-style sliced meats with any added binders, extenders, fillers or by-products are not reimbursable on CACFP. In addition, all processed meat, poultry and fish products such as frozen meat balls and breaded chicken or fish must have a CN label. Further guidance will be forthcoming from USDA.*

10 Ideas Outside the Bread Box:

- 1 Tuna salad with chopped apple and curry or Greek salad with spinach, tomatoes, onions and feta cheese with a light vinaigrette or plain yogurt sauce stuffed in a pita bread pocket.
- 2 Open-face fried egg sandwich on an English muffin topped with shredded cheese and lightly broiled.
- 3 French toast spread with peanut butter and jelly or a peanut butter and jelly sandwich grilled.
- 4 Half a bagel topped with a slice of cheddar cheese and chopped apple sprinkled with cinnamon. Bake for 8 minutes.
- 5 Cornbread slices topped with warm chili and cheese. Serve with a fork!
- 6 A whole wheat tortilla topped with turkey slices, spinach leaves, chopped tomato, purple onion and a drizzle of a favorite dressing. Roll up tightly and slice crosswise.
- 7 Pita bread stuffed with peanut butter, sliced bananas, chopped dates and a drizzle of honey.
- 8 Lavash spread with a mixture of cream cheese and goat cheese and topped with grilled vegetables or spread with curry flavored mayonnaise and topped with smoked turkey breast and mangoes. Roll tightly and slice into pinwheels.
- 9 A toasted whole grain waffle spread with ricotta cheese and topped with strawberry slices.
- 10 Corn tortillas warmed and spread with refried beans or hummus and topped with avocado slices.

— Catherine Stafford
Contra Costa Child Care Council

KIDS' HEALTH & SAFETY

Head Injuries

A **BUMP TO THE HEAD** can be a minor injury requiring nothing more than applying a bag of ice to the bruise. On the other hand, it's important to know when a bump to the head is serious and if it requires medical attention.

Head injuries are injuries to the scalp, skull or brain caused by trauma.

Concussions are the most common type of sports-related brain injury. A concussion is a type of traumatic brain injury (TBI) that happens when the brain is jarred or shaken hard enough to bounce against the skull. This can happen when someone falls and hits his or her head, when a baby or young child is shaken or when two athletes collide. A concussion causes an alteration of a person's mental status and can disrupt the normal functioning of the brain. Multiple concussions can have a long-lasting, cumulative and life-changing effect.

Concussions range from mild to severe and do not necessarily cause a loss of consciousness. The effects may be apparent immediately, or they may not show up until hours or even days later. Receiving medical attention as soon as possible is important for any type of potentially moderate to severe head injury.

What to look for:

- Confusion
- Dizziness or balance problems
- Feeling foggy or groggy
- Headache
- Nausea
- Sleep disturbance
- Trouble remembering
- Depression
- Double or fuzzy vision
- Feeling sluggish or tired
- Memory loss
- Sensitivity to light or noise
- Trouble concentrating

Indications that a head injury is more serious and requires emergency treatment include:

- Changes in size of pupils
- Clear or bloody fluid draining from the nose, mouth, or ears
- Convulsions
- Distorted facial features



- Drop in blood pressure
- Facial bruising
- Fracture in the skull or face
- Impaired hearing, smell, taste or vision
- Inability to move one or more limbs
- Irritability
- Loss of consciousness

- Low breathing rate
- Restlessness, clumsiness or lack of coordination
- Severe headache
- Slurred speech or blurred vision
- Stiff neck or vomiting
- Sudden worsening of symptoms after initial improvement
- Swelling at the site of the injury

The most important step to take, to reduce the risk of head injuries, is to buy and properly use protective head gear. Buy the right size for a proper fit. According to the American Association of Neurological Surgeons, helmets or headgear should be worn at all times for the following activities: Baseball and softball, cycling, football, hockey, horseback riding, riding powered recreational vehicles, skateboarding and riding scooters, skiing, snowboarding and wrestling.

Other important safety measures include:

- Wear light-reflecting clothes when riding a bike at night.
- Don't dive in water less than 12 feet deep or any body of water where you cannot see the bottom, murky water.
- Make sure that children's play areas and equipment are safe and in good repair.
- Don't let children play sports that are inappropriate for their age.
- Supervise and teach children how to properly use sports equipment.
- Don't wear clothing that interferes with vision.
- Follow all rules at water parks and swimming pools.
- Don't skateboard or cycle on uneven or unpaved surfaces.
- Don't play sports when you are tired or very ill.

— Adapted from: *Webmd.com*

Roasted Vegetable Quesadillas

- Onion, chopped 1
 - Zucchini, chopped 1 small
 - Red bell pepper, chopped 1
 - Corn 1 cup
 - Olive oil 1 Tbsp
 - Cumin, ground ½ tsp
 - Whole wheat tortillas 4 large
 - Cheese, shredded 2 cups
- Topping suggestions: salsa, guacamole, black olives, sour cream**

1. In a large bowl toss together vegetables, oil and cumin. Arrange vegetables in a single layer on a baking sheet. Bake at 425°F for 10–15 minutes. Reduce heat to 350°F.
2. Place 2 tortillas on an ungreased baking sheet. Top each with ½ cup of cheese and divide the vegetables between them. Sprinkle with remaining cheese and top with tortillas.
3. Bake for 8–10 minutes. Cut each quesadilla in wedges and top as desired.

Yield: 4 servings

Meets requirement for 2 meal components: grains/breads or fruit/vegetable or protein/meat alternate

— Adapted from *tasteofhome.com*

Kale Corn Salad

- Corn 2 ears
- Kale leaves, torn 6 cups
- Walnuts, chopped, toasted ½ cup
- Red bell pepper, minced ½ cup
- Red onion, minced ½ cup
- French vinaigrette dressing to taste

1. Cut the kernels off the ears of corn. Place in a large bowl with remaining ingredients.
2. Toss well with dressing and serve.

Yield: 10 servings

Meets requirement for fruit/vegetable

— *Raleys.com*

Activity Corner

LESS CANDY = HEALTHY HALLOWEEN

Non-Candy Halloween Treats:

- Snack size packages of popcorn
- 100% juice boxes
- Fruit leather or fruit roll-ups
- Small boxes of raisins
- Snack size packs of trail mix
- Granola or energy bars
- Sugar free gum
- Snack sized bags of nuts or seeds
- Applesauce or mixed fruit snack packs

Non-Food Halloween Treats:

- Bouncy balls or super balls
- Glow sticks
- Plastic insects or spider rings
- Stickers or temporary tattoos
- Small container of bubbles
- Individual packets of crayons or chalk
- Small containers of play-dough
- Cute erasers
- Halloween pencils or pencil toppers

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Food Q: How do you make a witch stew?
Funny A: Keep her waiting for hours!