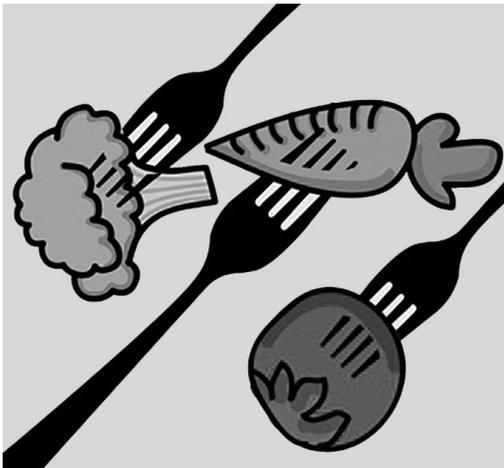


Celebrate Vegetarian Awareness Month

WHETHER already committed or veggie-curious, join the celebration of Vegetarian Awareness Month, which kicks off on October 1, 2015.



Excellent Reasons to Celebrate Vegetarian Awareness Month:

1 Great taste
Vegetarian meals are delicious, fast and easy. Meatless food is far from boring; experimenting with flavorful antioxidant-rich herbs, spices and sauces can be a delicious adventure for the whole family.

2 Saves money
Eating vegetarian can save money; meat accounts for an estimated 10 percent of what Americans spend on food. Non-vegetarians eat approximately 250 pounds of beef, pork, chicken, turkey, lamb and fish each year. Replacing meat with vegetables, grains, beans and fruit, which generally cost less, can cut individual food bills substantially.

3 Rich in fiber
Vegetarian diets are statistically higher in fiber. Though 25–38 grams of fiber per day is recommended, the typical American consumes only 12–15 grams. Increasing whole grains, legumes and fresh produce can easily help achieve the goal. For example, a pound of beef contains no fiber, but just one cup of lentils has 16 grams.

4 Respect for the environment, love of animals and sustainability
From water protection to soil and air quality, raising animals strains

(continued on page 2)



- ▶ October 1st is World Vegetarian Day.
- ▶ October is Vegetarian Awareness Month, a great time to experiment with this healthy lifestyle.
- ▶ October 5th is Child Health Day, an opportunity to talk about preventing childhood injuries.
- ▶ Motor vehicle crashes are the leading cause of death for children ages 1–12 years old.
- ▶ Three out of four car seats are installed incorrectly.
- ▶ Using the correct car seat reduces the chance of fatal injuries for infants by 71 percent, and for toddlers by 54 percent.

Sources: worldvegetarianday.org, timeanddate.com, National Highway Traffic Safety Administration

Quotable Quotes

“I did not become a vegetarian for my health, I did it for the health of the chickens.”

– Isaac Bashevis Singer

INSIDE:

- ◆ California Child Restraint Law
- ◆ Halloween Recipes
- ◆ Healthy Halloween Snack Activity
- ◆ Food Funny

Celebrate Vegetarian Awareness Month

— Continued from front page

our natural world more than growing plants to eat. Beef, in particular, is known for being environmentally taxing due to the quantity and types of feed consumed, as well as the methane production.

According to a UC Davis study, it takes 441 gallons of water to produce just one pound of boneless beef—or about 110 gallons for a quarter-pound hamburger. This study takes into consideration the following: water the animal drinks, water used to irrigate pasture land where the cattle graze, water used to grow crops the cattle are fed and the water used in the processing of the beef.

5 Good health

Studies show that vegetarian diets tend to be lower in saturated fat and are statistically higher in vitamins A, B2, C and E, beta-carotene, calcium and folate than non-vegetarian diets. There is also recent research that indicates vegetarians experience a significantly lower overall incidence of cancer and a lower Body Mass Index (BMI) than non-vegetarians.

Children on Vegetarian Diets

A well-planned vegetarian diet supports the healthy growth and development of children and has some distinct health benefits. For example, a diet rich in fruits and veggies can be high in fiber and low in fat, factors known to improve cardiovascular health by reducing blood cholesterol and maintaining a healthy weight. However, caregivers serving children on vegetarian diets should plan menus carefully to assure that children are offered a variety of foods to meet their nutrient and caloric needs.

Key Nutrients of Concern and Their Best Food Sources for Vegetarian Diets:

- **Vitamin B12:** dairy products, eggs, and vitamin-fortified products, such as cereals, breads, soy and rice drinks and nutritional yeast
- **Vitamin D:** milk, vitamin D-fortified orange juice and other vitamin D-fortified products
- **Calcium:** dairy products, dark green leafy vegetables, broccoli, dried beans and calcium-fortified products, including orange juice, soy and rice drinks and cereals

- **Protein:** dairy products, eggs, tofu and other soy products, dried beans, nuts, nut butters and seeds
- **Iron:** eggs, dried beans, lentils, dried fruits, whole grains, leafy green vegetables and iron-fortified cereals and bread
- **Zinc:** wheat germ, nuts, fortified cereal, dried beans and pumpkin seeds

Depending on the type of vegetarian diet chosen, children may miss out on some of these important nutrients if the diet isn't well planned. The less restrictive the vegetarian diet, the easier it will be for children to get enough of all the necessary nutrients. In some cases, fortified foods or supplements can help meet nutritional needs. Consider having a registered dietitian evaluate the diet of a child on a strict vegan diet.

Using the CACFP Meal Patterns

The Child and Adult Care Food Program (CACFP) meal pattern requirements offer plant-based choices for *all* of the food groups except for milk. If a child does not drink milk a parent can choose to substitute a reimbursable, fortified soy milk with a note signed by the parent. Any other substitution would require documentation with a signed diet statement by a doctor or medical authority.

Menu Planning

It is not necessary to plan an entirely different set of meals and snacks for a vegetarian child in care. Instead, plan menus that include simple side dishes which can be combined with a plant-based protein to meet the child's nutrition requirements. For example, a vegetable based soup or salad can be topped with beans, seeds, shredded cheese or chopped egg. Nut butter sandwiches, lentils, baked beans, bean based dips and spreads, cheese slices and yogurt are easy menu additions.

For more information check out www.meatlessmonday.com and www.choosemyplate.gov, typing *vegetarian diets* into the search box, or download a free cookbook with healthy vegetarian recipes at www.eatingwell.com

— Sources: Ginger Hultin MS, RD, kidshealth.org, National Food Service Management Institute, www.explorebeef.org, healthychildren.org

KIDS' HEALTH & SAFETY

California Child Restraint Law

MOTOR VEHICLE CRASHES are the leading cause of unintentional death among children 5 to 19 years of age. To protect against this tragedy, be sure to understand the law and *properly* secure children in vehicles.

Children under age 8 must be properly buckled into a car seat or booster in the back seat.

Rear-Facing Car Seats

Children under the age of one are required to ride in a rear-facing car seat in the back seat; although the *national recommendations are to keep children rear facing until age two*. Children should remain in a rear-facing car seat (either an "infant" or a "convertible") until they reach the maximum height or weight limit allowed by the car seat's manufacturer. A convertible seat starts out rear-facing and converts to a forward facing seat. Rear-facing is the safest way to ride. Young children have spines that are still developing and heads that are large in relation to their bodies; rear-facing seats help protect their fragile bodies.

Forward-Facing Car Seats

Secure your child in a forward facing (either a convertible or combination) car seat with a harness until he reaches the top height or weight limit allowed by the car seat's manufacturer. Many forward facing seats must be used with a top tether.

A combination seat converts from a 5 point harness into a booster seat when your child is ready. Once your child outgrows the forward-facing seat with a harness, its time to travel in a booster seat in the back seat.

Car Seat Installation Tips

Once a child is placed in the car seat, be sure that:

- the harness straps are snug and cannot be pinched
- the chest clip is at armpit level
- in rear facing seats, the harness straps are even with or below the shoulder



- for forward facing seats, the harness straps are even with or above the shoulder
- the car seat is tightly secured, unable to move more than an inch from side to side

Booster Seats

These seats help elevate your child so that the shoulder strap fits comfortably across the chest, the lap belt stays low over the hips and

the knees bend over the seat edge. Booster seat weight limits can be as high as 120 pounds. Secure your children in a booster seat until they are tall enough to fit in a seat belt properly.

Children 8 and older who are 4'9" or taller, can use an adult seat belt when:

- on every trip they can stay seated the entire trip
- they can sit all the way back in the seat with their knees bent at the edge of the seat
- the lap belt stays low on their hips, touching the upper thighs
- the shoulder belt crosses the center of their chest and doesn't ride on their neck or face
- all children under 13 years of age are safest, when properly restrained in the back seat
- never place the shoulder belt under the arm or behind the back

Car Seat Questions and Installation Help

Certified Child Passenger Safety Technicians are available to check your car seat installation for free. For car seat questions and general information or for an inspection station near you, go to www.safercar.gov or use the California directory of child passenger safety services at www.cdph.ca.gov/vosp or contact your local public health department.

— Sources: National Highway Traffic Safety Administration, Children's Hospital Oakland, American Academy of Pediatrics

Belly Button Salad

- Cheese tortellini, cooked and cooled 16 ounces
- White corn 2 cups
- Tomatoes, chopped 4
- Olives, black or green, sliced ½ cup
- Red onion, chopped ½ cup
- Basil, fresh, chopped (optional) ½ cup
- Garlic pepper seasoning (optional) ½ tsp
- Italian dressing 1 cup

1. Combine all ingredients in a large bowl.
2. Chill and serve.

Yield: 12 servings

Meets requirement for grains/breads and fruit/vegetable

Orange and Black Quesadillas

- Sweet potato, large, peeled and diced 2-3 cups
- Cilantro, fresh, chopped 1 Tbsp
- Chili powder ½ tsp
- Salt ½ tsp
- Black beans, drained and rinsed 1 can (15 ounces)
- Cheddar cheese, shredded 2½ cups
- Flour tortillas 8

1. Boil sweet potato chunks in a large pot of water. Simmer until soft, about 15 minutes. Drain and mash with cilantro, chili powder and salt.
2. Assemble quesadillas by layering mashed sweet potato, beans and cheese on half of each tortilla. Fold in half.
3. Spray a frying pan with oil and cook each quesadilla over medium heat until cheese is melted and beans are hot, turning half way through.

Yield: 8 servings

Meets requirement for grains/breads, fruit/vegetable and protein/meat alternate

Activity Corner

HEALTHY HALLOWEEN SNACKS

Children will delight in making these very simple Halloween snacks!



🎃 Peel tangerines while keeping them whole, (with the sections all intact) then place a small stick of green celery into the opening at the top.



🎃 Cut string cheese sticks in half and shred apart at the bottom until half way up. Add eyes with small pieces of black olive stuck into the cheese by making two small slits near the top.



🎃 Peel bananas, cut in half and stand them up. Make ghost faces with cheerios by gently pressing the cheerios into the banana. If bananas are not soft enough, use a tiny dab of peanut or other nut butter to stick the cheerios to the banana.

— www.listotic.com

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Food Funny Q: What does a ghost eat for dinner?
A: Ghoulash!