



# NUTRITION

Your Guide to Child Health and Nutrition

# EDITION

Nutrition Edition, Issue 69

www.CCFPRoundtable.org

## Celebrate Screen-Free Week

### What is Screen-Free Week?

SCREEN-FREE WEEK is an annual, international celebration when families, schools and communities swap digital entertainment for the joys of life beyond the screen. Instead of watching TV, surfing the web or playing with apps and video games, they read, play, think, create, get active and spend more time with family and friends.

Remember, Screen-Free Week is about taking a break from digital entertainment. You can celebrate and still use devices for work or school. But if screens of any kind interfere with family time (including meals), you may want to rethink how and when you're using them.

*"I saw my 9-year-old daughter laying on the floor, just day dreaming. I immediately thought, 'Oh no, she is bored, maybe she could...' then I stopped myself and just let her lay there. She wasn't bored, just deep in thought. We don't always have to be doing something!"*

– Kim G., Ivins, UT

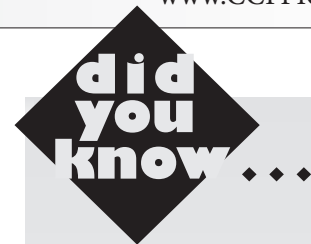


### Activities You Can Do When the TV is OFF!

#### Activities You Can Do At Home

- Write a story.
- Paint or draw a picture.
- Read a book out loud to someone.
- Listen or, better yet, dance to the radio.
- Write a letter to a friend or a relative.
- Play cards or board games.
- Make crafts to give as gifts. Try a new craft.
- Do a jigsaw puzzle.
- Try a new recipe.
- Make cards for holidays or birthdays.
- Play chess, bridge or checkers.
- Play charades.
- Make a wooden flowerbox. Plant seeds.
- Read a favorite poem.

(continued on page 2)



### Provider Appreciation Day Friday, May 12, 2017

#### Forever In My Heart

Although I'm not their mother  
I care for them each day,  
I cuddle, sing and read to them,  
And watch them as they play.  
I see each new accomplishment,  
I help them grow and learn.  
I understand their language,  
I listen with concern.  
They come to me for comfort,  
And I kiss away their tears.  
They proudly show their work to me,  
I give the loudest cheers!  
No, I'm not their mother,  
But my role is just as strong.  
I nurture them and keep them safe,  
Though maybe not for long.  
I know someday the time will come,  
When we will have to part.  
But I know each child I cared for,  
Is forever in my heart!

~ Author Unknown

#### Quotable Quotes

*"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world."*

– J.R.R. Tolkien

## INSIDE:

- ◆ Hand Washing 101
- ◆ Rhyme Time in Physical Education
- ◆ Cinco de Mayo Recipes
- ◆ Food Funny

## Celebrate Screen-Free Week

— Continued from front page

### Things You Can Do Outside

- Learn about the trees and flowers in your yard or neighborhood.
- Plan a picnic or barbecue.
- Go bird watching. Learn names of local birds.
- Walk the dog. Wash the dog.
- Plant a garden. Work in your garden.
- Take a nature hike.
- Feed fish, birds or ducks.
- Do yard work. Rake leaves. Pull weeds.
- Take an early morning walk. Take the dog with you!
- Climb a tree.
- Watch a sunset; watch the sunrise.

### Activities You Can Do Around Town

- Attend a community concert in the park. Listen to a local band.
- Go to the library. Borrow some books.
- Go to the zoo or the aquarium.
- Look for treasures at a yard sale. Have a yard sale.

### Get Moving!

- Go roller skating or ice skating.
- Go swimming. Join a community swim team.
- Go for a bicycle ride.
- Learn yoga.
- Play soccer, softball, or volleyball.
- Play Frisbee.
- Shoot hoops with friends.
- Workout at home or go to the gym.
- Go dancing. Take a dance class.

### Things You Can Do For Your Community

- Organize or participate in community clean-up day.
- Start a community group that walks, runs or bikes.



- Join a choir. Sing!
- Start or join a bowling league.
- Visit and get to know your neighbors.
- Start a book group.

### Activities You Can Do With Children

- Make paper bag costumes and have a parade.
- Design a poster with no-screen activities and put it in front of the TV screen.
- Discover your community center or local park activities.
- Blow bubbles.
- Color the black and white funny papers.
- Build a fort in the living room and have a camp out.
- Play hopscotch, hide & seek, red rover or freeze-tag.
- Organize a neighborhood scavenger hunt.
- Make puppets out of old socks and have a puppet show.
- Build a kite. See if it will fly.
- Create a collage out of pictures from old magazines.
- Make a friendship bracelet.
- Make a miniature boat and float it on water.
- Create sidewalk art with chalk.
- Teach children some of your favorite childhood games and songs.

— *Screenfree.org, healthypages.org*

## KIDS' HEALTH & SAFETY

# Hand Washing 101

### When & How to Wash Your Hands

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

### When should you wash your hands?

- Before, during and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing or sneezing
- After touching an animal, animal feed or animal waste
- After handling pet food or pet treats
- After touching garbage

### How should you wash your hands?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.



### What should you do if you don't have soap and clean, running water?

Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations but sanitizers do not eliminate all types of germs and might not remove harmful chemicals.

*Hand sanitizers are not as effective when hands are visibly dirty or greasy.*

### How do you use hand sanitizers?

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

**CAUTION!** Swallowing alcohol-based hand sanitizers can cause alcohol poisoning. Keep it out of reach of young children.

— Centers for Disease Control

**CINCO  
DE  
MAYO**

## Slow Cooker Chicken Burrito Bowl

Chicken, boneless, skinless ..... 1 pound	Garlic powder ..... 2 tsp
Chicken broth ..... 3 cups	Cumin ..... 2 tsp
Tomatoes, diced, drained ..... 1 (15 oz) can	Salt ..... ½ tsp
Olive oil ..... 2 Tbsp	Pepper ..... to taste
Onion powder ..... 1 Tbsp	Black beans, drained ..... 1 (15 oz) can
Chili powder ..... 1 Tbsp	Instant brown rice ..... 2¾ cups
	Colby jack cheese, shredded ..... 1½ cups

1. Place chicken in slow cooker. Pour broth over chicken breasts and stir in tomatoes, olive oil, onion powder, chili powder, garlic powder, cumin, salt and pepper. Cook on low for about 4–6 hours, until chicken reaches 165°F.
2. Remove chicken from slow cooker, shred into chunks. Turn slow cooker to high and stir in instant rice and black beans. Let cook 30–45 minutes on high, or until rice is tender.
3. Add chicken back in, top with cheese and let cook a few minutes longer until cheese is melted.
4. Serve with fresh diced tomatoes, sour cream, green onions, avocados or guacamole if desired.

Yield: 8 servings

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

— *Number-2-pencil.com*

**CINCO  
DE  
MAYO**

## Fruit Salsa with Cinnamon Chips

Strawberries, cut in chunks ..... 2 cups	<b>CINNAMON CHIPS</b>
Kiwi, peeled & chopped ..... 2	Flour tortillas, 6 inch ..... 10
Apples, peeled & diced ..... 2	Butter, melted ..... ½ cup
Juice of a lemon ..... 1	Sugar ..... ½ cup
Juice of an orange ..... 1	Cinnamon ..... 1 tsp
Sugar ..... 2 tsp	

1. Combine all but ¼ cup of strawberries, kiwi and apples in a bowl. In a blender, pulse the remaining ¼ cup of strawberries with lemon juice, orange juice and sugar. Pulse until liquefied and add to fruit.
2. Preheat the oven to 350°F. Combine sugar and cinnamon. Brush tortillas with butter and sprinkle with cinnamon sugar on each side. Cut in triangles and place on baking sheets.
3. Bake for 10–12 minutes or until lightly browned. Serve fruit salsa with chips.

Yield: 10 servings

Meets requirement for fruit/vegetable and grains/bread

— *HalfHourMeals.com*

**Food Funny** Q: What do you call strawberries playing guitars?  
A: A jam session!

## Activity Corner

### RHYME TIME IN PHYSICAL EDUCATION

This collection of rhymes integrates language arts with physical activity. It helps to grab attention, teach and help children remember motor skills.

#### Skillful Throwing

Throw that ball with all your might,  
You can make it take some flight.  
See your target, start side-to,  
Step and twist and follow through.

#### Skillful Catching

Track the ball with eyes so clear,  
See it far and see it near.  
Make the shape, and reach and pull,  
Pretty soon your hands are full.

#### Skillful Kicking

Step beside and bend your knee,  
Then kick with all your might.  
Use your laces, follow through,  
And watch that ball take flight.

— *Liz Giles-Brown*

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