

Plan, Purchase & Prepare— Eating Well on a Budget

SAVING MONEY doesn't have to mean short changing your family's nutrition. Stretching your food dollar requires planning, smart purchasing and creative preparation, but it can be done.

Look for recipes that will stretch expensive meat items into stews and stir-fries where vegetables are the star of the meal.

Plan to use less expensive cuts of meat with a cooking method that will tenderize them, such as soups, stews, braised meats and crockpot meals.

Serve meals featuring vegetarian sources of protein, such as beans, lentils and legumes. These foods are not only inexpensive; they are highly nutritious, low in fat, high in fiber and taste great too!

Don't forget eggs as well as canned fish and chicken when planning sandwiches, salads and casseroles.

Compare the price of a serving from fresh, canned and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label. Canned or frozen fruits or vegetables can be bought in large

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Plan to Save

Evaluate how you spend your money on food. Plan meals and snacks for the week according to an established budget.

Rotate the food in stock. Check your freezer, refrigerator and pantry each week to utilize those foods you have already bought and make sure that you have all the staples for the week ahead. Keep a running grocery list on your refrigerator or computer.



did you know...

- ▶ This year, Americans will spend over \$110 billion on Fast Food.
- ▶ Stores often place their most expensive items at eye-level. To find the lower priced products, look above or below eye level.
- ▶ Average weekly food costs for a family of four on a low cost meal plan is \$159.40 to \$187.60
- ▶ It is estimated that four children die each day in this country as a result of child abuse and neglect.
- ▶ Child care workers are mandated reporters of child abuse.
- ▶ Failure to report concerns of child abuse or neglect is considered a misdemeanor and is punishable by six months in jail and/or up to a \$1,000 fine in California.
- ▶ Free training on Child Abuse Mandated Reporting is available at www.mandatedreporter.ca.com

Sources: USDA, CBS news, California Department of Social Services

Quotable Quotes

“I bought a box of animal crackers and it said on it, ‘Do not eat if seal is broken.’ So I opened up the box and sure enough....”

— Brian Kiley

INSIDE:

- ◆ The CA Child Abuse Mandated Reporter Training Project
- ◆ Simon Says Activity
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quantities when they are on sale, since they will last longer.

Save money on juice and bottled water. Just don't buy them! Whole fruit is a much healthier option than juice and tap water is as safe as bottled and good for the environment as well.

Make a grocery list. Check sales and coupons in the local paper or online. Consider discount stores and bakery outlets.

More than ever Americans struggle with the crunch between eating well, eating quickly and saving money. Eating fewer meals out can make a big difference in your food budget.

The hottest trend in supermarkets is in prepared/deli foods, which certainly cost more than the same raw ingredients. However, they may be a good compromise nutritionally when compared to drive-through-burgers.

Purchase Power

Never before have supermarket shelves been as packed with products, as they are now. Knowing that the grocery store is set up to entice you with unwise choices may help you steer clear of the road blocks to good nutrition.

Eliminate the purchase of unnecessary items. Stick to the grocery list and stay out of the aisles that don't contain items on your list to avoid impulse buys. Shop for groceries when you are not hungry or too rushed. Limit shopping trips to avoid wasting time, transportation and energy.

Consult the food label and unit price to compare products and make the best choice based on cost and nutrition. Buy store or generic brands when cheaper. Buy in bulk when items are on sale.

Shop the perimeter of the store, filling your cart with healthy whole foods such as fresh produce, bread and meat, leaving no room for less nutritious, highly processed foods.

Celebrate the season by purchasing fresh vegetables and fruits that are in season. They are easy to find, have more flavor and are usually less expensive. Your local farmers' market is a great source of seasonal produce.

For fresh vegetables or fruits you use often, a large size bag is the better buy. However, some fresh fruits and vegetables don't last long, so buy small amounts to ensure none will go to waste.

Weigh the cost of convenience. While pre-cut fruits, pre-washed salad mixes, yogurt cups, instant rice and single serving oatmeal are more convenient; this convenience will cost you more at the check stand.

Prepare Like a Pro

Think like a chef when prepping foods. Saving time in the kitchen for the whole week begins on shopping day.

Trim and clean all your vegetables even before putting them in the fridge. This creates a refrigerator/freezer full of your own convenience foods.

To save time, chop onions for several dishes at once. Buy ground meat in large size value packs to save money, then brown and freeze in meal size portions to be used later in many different dishes.

Plan and cook smart by doubling or tripling recipes when you have time to cook and freezing in meal sized containers for busy days. This saves both time and money.

Don't toss out leftovers; incorporate them into subsequent meals or serve them for lunch the next day. *Leftover veggies* can be added to soups or stews, *cooked chicken* can be shredded into casseroles, burritos or salads, *leftover rice, meat and veggies* can be made into fried rice another day. *Overripe fruit* is great for smoothies or baking.

Plant your own garden in the yard or a pot on the porch or deck for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers or tomatoes are good options for beginning gardeners.

Enlist some help on your quest to save money, prepare food and serve nutritious meals. Teach a skill and share your day while planning, purchasing, preparing and eating meals together. Cooperative interaction deepens family connections.

— Adapted from USDA and www.helpguide.org

KIDS' HEALTH & SAFETY

The California Child Abuse Mandated Reporter Training Project

It is estimated that four children die each day in this country as a result of child abuse and neglect. The Federal Child Abuse Reporting Act was passed in 1974 to address this issue. Over the years, numerous amendments have expanded the definition of child abuse.

The Child Abuse Mandated Reporter Training Project is funded by the California Department of Social Services (CDSS), Office of Child Abuse Prevention (OCAP). The goal of this project is to have training available for mandated child abuse reporters so they may carry out their responsibilities properly.

Who Should Take the Training

Licensees, administrators and employees of licensed community care or child day care facilities are mandated reporters, along with most professionals who come into contact with children.

What Must be Reported

Any of the acts below involving anyone under the age of 18:

- Physical Abuse
- Sexual Abuse
- Emotional Abuse
- Neglect

The mandated reporter must only have *reasonable suspicion* that a child has been mistreated. The case will be further investigated by law enforcement and/or child welfare services.

How to Report

By Phone: Immediately, make a telephone report to child welfare services or to a Police or Sheriff's department.

In Writing: Within 36 hours, a written report must be faxed or submitted electronically. The written report should be completed on a state form called the 8572, and can be downloaded at: http://ag.ca.gov/childabuse/pdf/ss_8572.pdf



Get Training

This self-paced, informative training is conveniently located on-line at www.mandatedreporterca.com. The modules are geared toward a variety of professions. Childcare Providers should take the General Training Module first, followed by the Childcare Provider's Module. At the end of the training providers can print out a certificate of completion.

Participants Will Learn

- How the law defines child abuse and neglect
- What the law requires of you as a mandated reporter
- What protections the law provides for a mandated reporter
- How to spot evidence of child abuse
- How to report child abuse
- What happens after a report is filed
- Definitions of some of the terms used in the program
- How to talk to children about suspected abuse
- Special issues related to child abuse reporting in the child care environment

Safeguards for Mandated Reporters

The Child Abuse and Neglect Report Act (CANRA) states that the name of the mandated reporter is strictly confidential, although it is provided to investigative parties working on the case.

As long as a report is filed in good faith, a mandated reporter cannot be sued in civil or criminal court.

Failure to report concerns of child abuse or neglect is considered a misdemeanor and is punishable in California by six months in jail and/or up to a \$1,000 fine. For the complete law and a list of mandated reporters refer to California Penal Codes 11164-11174.3.

— Adapted from mandatedreporterca.com

Curried Lentil Soup

Olive oil	2 Tbsp	Lentils, rinsed & picked over	2 cups
Onion, chopped	1	Smoked ham hock (optional)	1
Potato, chopped	1	Chickpeas, drained	1 can (15 oz)
Carrot, chopped	1	Lemon juice	1 Tbsp
Curry powder	2 Tbsp	Water	¼ cup
Cayenne pepper	pinch	Butter	2 Tbsp
Chicken broth	3 cans (14½ oz)	Salt and pepper	to taste
Chopped tomatoes	1 can (28 oz)		

1. Heat olive oil and sauté onion, potato and carrot until they begin to soften, about 5 minutes. Mix in spices and cook while stirring until fragrant.
2. Add broth, tomatoes, lentils and smoked ham hock and bring to a boil. Cover pot and reduce heat. Simmer until the lentils are very tender, about 45 minutes.
3. Puree chickpeas, lemon juice and water. Add chickpea puree and butter to soup. Season to taste with salt and pepper.

Note: The chickpea puree and butter are optional but make a rich, delicious soup.

Meets requirement for fruit/vegetables and protein/meat alternate

Yield: 14 servings

— Adapted from www.epicurious.com

Whole Wheat Cranberry Orange Scones

Whole wheat flour	2 cups	Sugar	½ cup
Brown sugar	¼ cup	Orange zest	1 Tbsp
Baking powder	1 tsp	Egg	1
Nutmeg	¼ tsp	Milk	¾ cup
Salt	¼ tsp	Optional Glaze:	
Butter, chilled	¼ cup	Confectioner's sugar	½ cup
Fresh cranberries, chopped ...	1 cup	Orange juice	4 tsp

1. Preheat oven to 350°F. Mix first 5 ingredients in a large bowl. Cut in butter until mixture is crumbly.
2. In a large bowl, toss together cranberries, sugar and orange zest. Add to flour mixture and mix lightly.
3. Beat together egg and milk. Stir mixture into dry ingredients, do not over mix. Knead 4–5 times only. Divide dough in half. Pat into two six inch circles on a lightly floured surface. Place on a greased baking sheet and cut each circle into six wedges. Bake 20 minutes. Whisk together glaze and drizzle on scones.

Meets requirement for grains/breads

Yield: 12 servings

— Lauren Brightwell

Food Funny Q: What do you do if you hate cheese with holes?
A: Just eat the cheese and leave the holes on your plate!

Activity Corner

SIMON SAYS GET MOVING!

In this physically challenging game, children learn to listen as well as move.

Children can take turns being “Simon” and lead the others in a series of physical activities* such as:

- “Simon says do 5 jumping jacks”
- “Simon says do a somersault”
- “Simon says hop on one foot 10 times”
- “Simon says do 8 sit-ups/crunches”
- “Simon says march in place to the count of 10”
- “Simon says reach for the stars for 5 seconds”

If the command is not preceded by “Simon says” the children do not move. After several commands the leader gives a command without the magic words “Simon says”. The children that follow the command are “out”. There does not need to be any consequence for being “out” and if there is it should be something silly like take a lap around the room or stand on your head.

*Activities can be modified to fit the ages and skill levels of the children.

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