

5 Ways to Enjoy More Fruits and Vegetables

The My Plate® nutrition education campaign is all about building a healthy plate by making half your plate fruits and vegetables. This is also a great way to add color, flavor and texture, plus vitamins, minerals and fiber to your diet with foods that are low in calories and fat. Try the following tips to enjoy more fruits and vegetables every day.

1 Wake Up to Fruit

Start your day with a breakfast smoothie made with low-fat milk, frozen strawberries and a banana or a make a sauce of cooked apples, berries, peaches or pears to serve on pancakes, waffles or French toast. Get in the



habit of adding fruit to oatmeal, ready to eat cereal or yogurt.

Try this sample recipe!

Banana Blueberry Breakfast Smoothie

Banana 1
Blueberries, frozen 1 cup
Plain yogurt, low-fat 1 cup

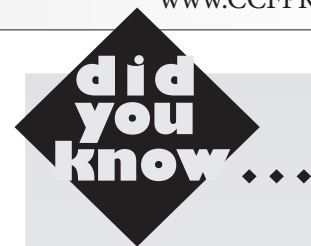
1. In a blender combine all ingredients and blend on high speed until smooth.
2. Pour in glasses and serve immediately.

— *Martha Stewart.com*

2 Lunch is a Wrap

Try roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla or stuffed into pita bread. Add flavor and variety to your sandwich with peppers, cucumber or tomato slices. Serve it with a cup of vegetable soup or a colorful salad of dark leafy greens with baby carrots, grape tomatoes or mandarin oranges. Make your main dish a salad with colorful vegetables topped with chick peas, tuna or another lean protein.

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▶ Screen-Free Week is April 29th to May 5th, 2013.

Join families across the nation in turning off media screen time and turning on life while learning healthier screen time habits.

▶ Number of minutes per week that the average child watches television: 1,680

▶ Percentage of day care centers that use TV during a typical day: 70%

▶ A report from Poison Control Centers found that 11 percent of children under six years old, who are given medication, experience an error in dosage and the most common medicine to be reported overdosed was acetaminophen.

Sources: Campaign for a Commercial Free Childhood, TV Turnoff Network, American Association of Poison Control Centers

Quotable Quotes

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

— Alice Waters

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Try! Veggie and Egg Pita

Zucchini, thinly sliced	1/3 cup
Red pepper, thinly sliced	1/3 cup
Eggs	4
Milk, low-fat	2 Tbsp
Pita bread, whole grain	2
Cheese, shredded	1/2 cup

1. Lightly coat pan with cooking spray, Sauté vegetables until crisp tender. Beat eggs and milk. Add the egg mixture to veggies and cook, stirring constantly, until set.
2. Slice pita into halves, stuff with egg and veggie mixture. Top with cheese.

— National Nutrition Month®

3 Sneak Veggies Into Every Entrée

Adding variety is easy when using vegetables as a pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini. Load a potato with beans and salsa or broccoli and guacamole. Stuff an omelet with veggies such as broccoli, squash, peppers, tomatoes and onions. Sneak veggies into soups, pasta sauce, meatloaf, rice dishes or mashed potatoes.

Try! Garden Pasta Sauce

Onion, chopped	1
Garlic, crushed	2 cloves
Olive oil	3 Tbsp
Tomatoes, chopped	6 fresh or 6 cups canned
Mushrooms, fresh, sliced	1 cup
Carrots, shredded	1 large
Red wine (optional) or tomato juice	3/4 cup
Parsley, fresh, chopped	1/4 cup
Basil, fresh, chopped	1/3 cup
Sugar	1 pinch
Salt	1 tsp
Zucchini, sliced	1 cup

1. Heat olive oil in a large pot over medium heat; add onion, cooking until tender. Stir in garlic, tomatoes, mushrooms, carrots, wine, parsley, basil, sugar, and salt. Bring sauce to a boil. Reduce heat and simmer, uncovered, for 1 hour, stirring frequently.
2. Add sliced zucchini and cook until sauce is thick, about 20 minutes longer. Serve with hot cooked whole grain pasta or even better, serve over cooked spaghetti squash.

— Southernfood.about.com

4 Snack Time is a Fine Time for Veggies

Try crunchy vegetables instead of chips with your favorite low-fat vegetable dip, hummus, baba ghanoush or guacamole. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or radishes.

Try! Black Bean Dip with Veggies

Black beans, drained & rinsed	1 (16 ounce) can
Salsa	3/4 cup
Garlic, minced	1 clove
Mayonnaise	2 Tbsp
Salt (optional)	1/2 tsp
Cheddar cheese, shredded	1/4 cup
Assorted raw veggie dippers, celery, carrots, broccoli, peppers, cauliflower and jicama	

1. In a food processor or blender, combine the beans, salsa, mayonnaise and salt. Blend well, scraping down the sides of the container, until almost smooth.
2. Transfer dip to a bowl and sprinkle with cheese. Serve with fresh vegetables.

— Kaboose.com

5 Make Fruit Readily Available

Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, ripe, whole fruit in the center of your kitchen or dining table. Make fruit your dessert. Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt and sprinkle with chopped nuts. Dip strawberries or apple slices in low-fat yogurt.

Try! Frozen Yogurt Fruit Cup

Banana	1
Berries, fresh or frozen	1/2 cup
Pineapple, crushed, canned	1/2 cup
Yogurt, plain, low-fat	1 cup

1. Line a muffin tin with 6 paper baking cups. Mash banana in a bowl. Stir in remaining fruit and yogurt.
2. Spoon into muffin cups. Freeze 3 hours or until firm. Before serving remove paper cups and let stand 10 min.

— National Nutrition Month®

— Donna Green R.D.
Child Health and Nutrition Specialist
Contra Costa Child Care Council

KIDS' HEALTH & SAFETY

Poison Awareness

MORE THAN 90 PERCENT OF POISONINGS happen in the home, and children under 5 years of age are at greatest risk. Medications, beauty items, cleaners, multivitamins or plants can all be harmful if ingested.

What you can do to protect your family:

- Check each room of your home for potential poisoning hazards. Keep medicines and household cleaners in their original containers, stored up high, and in a locked cabinet.
- Never take medicine in front of a child and always return medicines to the cabinet immediately after use.
- Teach your child to always “ask first” before touching or drinking anything. Never refer to medicine or vitamins as candy or food.
- Always read medicine labels and follow the exact directions.
- Use and request products with child resistant covers.
- Keep purses out of a child’s reach, and teach visitors to your home to store their purses and suitcases where children can’t reach them.
- Never put household products in food or beverage containers.
- Do not place decorative plants where infants or toddlers can be tempted to play with, taste or eat them.
- Check window sills, walls and blinds for peeling or chipped paint. Breathing in dust from paint chips or eating chipped paint may put lead or other toxins into the child’s body.



- Post the Poison Control Center number, 800-222-1222, on every phone in your house. Program the number into your cell phone. You

can call this number from anywhere in the U.S. Your call is fast, free, and private, and the center is open 24 hours a day, 7 days a week, 365 days a year.

- Call the Poison Control Center at 800-222-1222 for any poison exposure. If your child swallows

poison, do not make the child throw up, eat or drink anything. Do not give syrup of ipecac or activated charcoal at home, unless directed to do so.

For more information, go to poisonprevention.org

— www.ChildrensHospitalOakland.org

Check your meds:

- Don’t give acetaminophen to your child if he’s younger than 12 weeks of age, unless your pediatrician gives you the okay.
- Use your child’s weight, not age, to determine the correct dose. Go to www.parents.com/dosage to find a dosage chart.
- Always use the syringe, cup or dropper that came with the medicine.
- You can repeat the recommended dosage every 4–6 hours, but don’t offer your child acetaminophen more than five times in a 24-hour period.

— *American Academy of Pediatrics*

Oatcakes

Old fashioned rolled oats.....	2 cups
Milk.....	2 cups
Brown sugar.....	2 Tbsp
Salt.....	½ tsp
Cinnamon.....	¼ tsp
Nutmeg.....	pinch
Eggs.....	3
Vanilla.....	½ tsp
Butter.....	6 Tbsp
Flour.....	½ cup
Baking powder.....	1½ tsp

1. This recipe requires advance preparation. The night before, stir together the oats, milk, brown sugar, salt and spices in a large bowl. Cover and refrigerate the mixture overnight.
2. Beat the eggs well. Add the vanilla. Melt the butter, cool slightly and add to eggs. Sift together the flour and baking powder. Add to the oatmeal mixture along with the egg mixture. Mix well.
3. Cook pancakes on both sides on a hot, greased griddle.

Yield: 14 servings

Meets requirement for grains/breads

— Beat That!

Roasted Asparagus

Asparagus spears.....	1 bunch
Olive oil.....	3 Tbsp
Garlic, minced.....	1 clove
Salt.....	1 tsp
Pepper.....	½ tsp
Parmesan cheese.....	2 Tbsp
Lemon juice.....	1 Tbsp

1. Preheat oven to 450°F. Trim and/or peel tough ends from asparagus. On a rimmed baking sheet, toss asparagus with olive oil and garlic. Arrange asparagus in an even layer on the baking sheet. Season with salt and pepper. Sprinkle with Parmesan cheese.
2. Roast in the oven until asparagus is tender and cheese has melted, about 10 to 15 minutes. Sprinkle with lemon juice and serve immediately.

Yield: 6 servings

Meets requirement for fruit/vegetable

— Allrecipes.com

Activity Corner

'ROUND THE MULBERRY BUSH

Arrange the children in a circle with about 2 feet between children. Explain that you are going to sing and act out the song.

For the chorus sing:

“Here we go ‘round the mulberry bush, the mulberry bush, the mulberry bush. Here we go ‘round the mulberry bush, so early in the morning.”

(while walking around in a large circle.)

After each chorus, have the children stop and face the center of the circle, and do the action, prompted by the leader.

“This is the way we _____ (repeat 3 times).

This is the way we _____, so early in the morning.”

Examples: *touch our toes, hop on one foot, jump in the air, run in place, bend our knees, twist our hips.*

— Team Nutrition Iowa

This Nutrition Edition is brought to you by:

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**Contra Costa Child Care Council
Child Health & Nutrition Program**

Phone: (925) 676-6117 Fax: (925) 676-5829

E-Mail: nutrition@cocokids.org

Website: www.CoCoKids.org

Program Director..... Paula James

Co-Editor..... Donna Green, RD

Co-Editor..... Catherine Stafford

Food Q: How do you eat an elephant?
Funny A: One bite at a time!