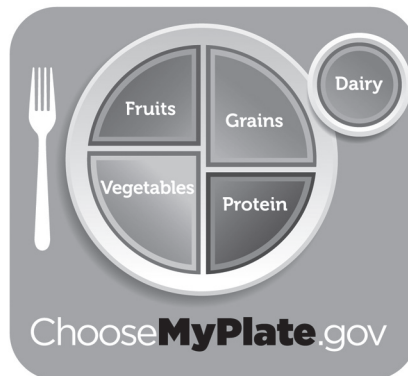


Goodbye “Food Pyramid,” Hello “My Plate!”

USDA unveiled their new icon and website promoting healthy eating. ChooseMyPlate.gov illustrates the five food groups using a familiar mealtime visual, a place setting. MyPlate is designed to remind Americans of the 2010 Dietary Guidelines to eat healthfully. The website features practical strategies and tips to help families build healthier diets:

Selected key messages are:

- Enjoy your food, but eat less
- Avoid oversized portions
- Make half your plate fruits and vegetables
- Switch to fat-free or low-fat (1%) milk
- Make at least half your grains whole grains
- Compare sodium in foods like soup, bread and frozen meals—and choose foods with lower amounts
- Drink water instead of sugary drinks



The new and improved website includes much of the consumer and professional information formerly found on MyPyramid.gov. Check out the Ten Tips Nutrition Education series providing consumers with easy-to-follow one page tip sheets on a variety of subjects. Topics include wise choices in the dairy group, variety in protein foods, building a healthy meal, cutting back on sweet treats and sodium, smart shopping for fruits and vegetables, being a healthy role model for children and healthy eating for vegetarians. Check out the site today for a complete list of helpful tips, sample menus and healthy recipes!

— www.ChooseMyPlate.gov

did you know...

- ▶ A study by the Nielsen group reveals that children ages 2–5 watch television more than 32 hours per week, averaging 3 hours and 47 minutes per day, an 8 year high.
- ▶ In 1984, paper was the most popular packaging material for foods and beverages. Today it's plastic.
- ▶ Over 80 percent of children surveyed prefer milk in “cool” plastic bottles rather than in “old-fashioned” paper cartons.
- ▶ Americans buy enough plastic wrap annually to cover Texas.
- ▶ Pre-sliced and wrapped fruits and vegetables cost up to 45 percent more than whole, unwrapped ones.
- ▶ Smaller, single serving snack packages cost 2.5 times more per ounce than regular packages.

Sources: Food Links America

Quotable Quotes

“You don't have to cook fancy or complicated masterpieces—just good food from fresh ingredients.”

— Julia Child

INSIDE:

- ◆ Snack Attack
- ◆ West Nile Virus

- ◆ Swat the Fly Activity
- ◆ Recipes

Snack Attack

CHILDREN HAVE SMALL TUMMIES and high energy needs so snacks should be part of their daily schedule. It's easy to make snacks part of a nutritious diet when just a few basic guidelines are followed:

- Snacks are planned, sit down mini-meals, not a hand-out
- Snacks are timed to alleviate hunger, but not too close to the next meal
- Snacks include two or three foods with a mix of protein, carbohydrates and fat
- Snacks limit foods high in added sugar, salt or fat

Planning healthy snacks starts with a healthy snack idea list. At the grocery store it's important to stick to the list and avoid the aisles that carry chips, candy and snack food items. Look for whole grains when choosing crackers, pretzels, bread and bagels. Linger in the produce section, choosing plenty of fresh fruits and vegetables. Think low-fat when making dairy and protein selections.

Take charge! It's a deceptively simple concept; the healthy or unhealthy foods brought into the home, will be what the children eat.

Healthy Snack Cycle

Week One

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Homemade zucchini or banana bread • Milk 	<ul style="list-style-type: none"> • Whole wheat matza or Wasa crackers spread with almond butter • Homemade 100% fruit juice "popsicles" 	<ul style="list-style-type: none"> • Baked sweet potato wedges • Milk 	<ul style="list-style-type: none"> • Grilled cheese sandwich on whole wheat bread • Watermelon • Water 	<ul style="list-style-type: none"> • Cheerios or oatmeal and berries • Milk

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Corn on the cob • Milk 	<ul style="list-style-type: none"> • Tuna or Egg salad on whole wheat bread with lettuce and tomato • Water 	<ul style="list-style-type: none"> • Quesadilla with fresh salsa • Water 	<ul style="list-style-type: none"> • Snack mix of pretzels, wheat chex, cheerios raisins, nuts • Milk 	<ul style="list-style-type: none"> • Yogurt parfait, sliced fresh fruit layered with low fat yogurt and granola • Water

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Waldorf salad with apples, raisins, walnuts and yogurt • Milk 	<ul style="list-style-type: none"> • Peanut butter on Graham crackers • Banana slices • Water 	<ul style="list-style-type: none"> • Whole wheat English muffin pizzas with cheese, bell peppers, mushrooms and tomatoes • Milk 	<ul style="list-style-type: none"> • Healthy homemade oatmeal raisin cookies • Milk 	<ul style="list-style-type: none"> • Cottage cheese • Peaches • Water

Week Four

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Fresh sliced carrots, celery, zucchini, bell pepper, cucumber • Hummus dip • Milk 	<ul style="list-style-type: none"> • Baked potatoes stuffed with broccoli and cheese • Water 	<ul style="list-style-type: none"> • Fresh fruit smoothie • Mini bran muffin 	<ul style="list-style-type: none"> • Whole grain waffle topped with sliced strawberries • Milk 	<ul style="list-style-type: none"> • Seasonal fruit salad • String cheese • Water

— Catherine Stafford and Donna Green R.D.

KIDS' HEALTH & SAFETY

Fight the Bite



Reduce the Risk of West Nile Virus

EVERYONE CAN HELP REDUCE THE RISK OF GETTING WEST NILE VIRUS.

Important things you can do:

Drain anything that holds standing water, such as:

- dirty swimming pools
- clogged rain gutters
- barbeque grills
- pool and boat covers
- birdbaths
- discarded tires
- flower pots
- buckets and any other “containers”



West Nile virus is a viral disease of birds that is spread from bird to bird by mosquitoes. West Nile virus is spread to humans by the bite of an infected mosquito. Not all mosquitoes transmit West Nile virus and you cannot get West Nile virus from an infected person.

Most people who contract the virus will have few or no symptoms and will recover completely. About 1 in 150 people who contract the disease may develop serious complications. Symptoms include: fever, headache, fatigue, body aches and less often vomiting, skin rash and swollen lymph glands. There is currently no vaccine or specific treatment available. If you think you or a family member may have West Nile virus, contact your physician.

Report dead birds. Call the State Department of Health Services toll free at 1-877-WNV-BIRD (1-877-968-2473).

Repair window and door screens to prevent mosquitoes from entering homes and businesses.

Wear long sleeves and pants if you have to be outdoors when mosquitoes are present.

Use a repellent containing the ingredient DEET—30% or less is recommended for adults and 10% or less of DEET is recommended for children age 2–12 years. Do not use on pets.

Limit time outdoors at dusk and dawn.

Dogs and cats appear to be resistant to the virus, unless they already have weakened immune systems. Horses are susceptible to West Nile virus and a vaccine is available through a veterinarian.

For information about mosquito fish, which control mosquitoes by eating their larvae, and other mosquito control methods, contact Contra Costa Mosquito & Vector Control District, 155 Mason Circle, Concord, CA 94520. 925-685-9301 – www.ccmvcd.dst.ca.us

For health information, contact Contra Costa Health Services – www.ccpublichealth.org, 1-888-959-9911; or Centers for Disease Control and Prevention – www.cdc.gov, 1-800-CDC-INFO (1-800-232-4636).

Lentil Chili

Ground beef.....	1 lb	Chili powder.....	2 Tbsp
Onions, chopped.....	2	Cumin, ground.....	1 tsp
Garlic cloves, minced.....	3	Salt.....	1 tsp
Lentils, cooked.....	4 cups		
Tomatoes, diced.....	2 (28 ounce) cans		

1. Brown the beef over medium heat, drain fat. Add onion and garlic and cook until softened.
2. Add lentils, tomatoes, chili powder, cumin and salt. Cook over low heat for 1 hour until the flavors are blended.

Yield:14 servings

Meets requirement for fruit/vegetable and protein/meat alternate

— SNAP-Ed Connection

Zucchini Sweet Potato Bread

All purpose flour.....	1 cup	Vegetable oil.....	¾ cup
Whole wheat flour.....	1 cup	Eggs.....	3
Cinnamon.....	2 tsp	Vanilla.....	1 tsp
Nutmeg.....	½ tsp	Zucchini, grated.....	1½ cups
Cloves, ground.....	¼ tsp	Sweet potato, peeled and grated.....	1½ cups
Baking soda.....	1 tsp	Walnuts, chopped (optional).....	1 cup
Baking powder.....	¼ tsp	Cranberries, dried (optional).....	½ cup
Salt.....	¼ tsp		
Brown sugar.....	¾ cup		
White sugar.....	¾ cup		

1. Preheat oven to 350°F. Spray two 9x5 inch loaf pans with cooking spray and dust with flour. Sift the first seven dry ingredients into a bowl.
2. In a separate large bowl, beat together the sugars, oil, eggs and vanilla. Mix in the zucchini and sweet potato. Add the dry ingredients and stir just to combine. Fold in the nuts and cranberries.
3. Transfer batter to prepared pans. Bake about 1 hour and 20 minutes. Cool bread in pan on a rack for 15 minutes. Turn loaves out on a rack to cool completely.

Yield: 2 loaves

Meets requirement for grains/breads

— Adapted from Bon Apétit

Activity Corner



SWAT THE FLY

This physical activity is sure to get little hearts pumping from running and excitement!

Materials

- Foam pool noodles, cut in half to make two swatters
- Plastic plates, with one hole cut near the edge
- Nylon cords, 4 foot in length for each plate
- Pictures of a fly, two for each plate
- Clear packaging tape

Tie a cord to each plate, attach a fly picture to each side of the plate and cover with tape.

Divide the children into two groups the “flies” and the “swatters”. The fly drags the plate on the ground when they run. The swatter chases the fly trying to swat the fly picture with the noodle. Have children trade positions.

Supervise children so they don’t become entangled in the cord. Have children run in the same direction to avoid a collision. Have drinking water available.

— Adapted from: Active Play! By Diane Craft

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Food Q: What do you call cheese that isn't yours?
Funny A: Nacho cheese!