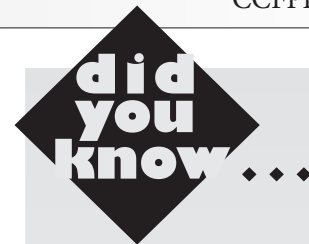


Hands On Fun with Fruit and Veggies



IT'S FALL HARVEST... fruit and vegetables are plentiful. Try some of these fun activities with children to spark their interest in eating a wider variety of fruits and veggies.

- Cut soft fruits such as strawberries, tomatoes, bananas or peaches with plastic knives.
 - Place a mystery fruit or vegetable in a bag to feel the shape, smell and guess the mystery item.
 - Squeeze citrus fruits. Look at the seeds, drink the juice and talk about the taste.
 - Make spinach or lettuce leaf roll-ups with cottage cheese or egg salad. Hold in place with a toothpick.
 - Demonstrate making a fruit blender drink with orange juice, banana, berries, yogurt and milk.
 - Create a friendship salad. Each child chooses a vegetable to wash, tear, chop, grate or slice. Take turns tossing and enjoy together.
 - Cut out pictures of fruits and vegetables from magazines. Make a poster, placemat or mobile of brightly colored foods.
 - Stuff cherry tomatoes. Cut a slice off the top of each tomato; let children scoop out with a melon baller. Fill with egg or tuna salad, cottage cheese or yogurt.
 - Puree strawberries with yogurt. Freeze in small cups with a stick for a healthy popsicle.
 - Serve vegetable or fruit mini pizzas. Spread toasted English muffins with tomato paste or apple butter. Top with vegetables or fruit. Toast in a toaster oven.
 - List fruit and vegetables beginning with all letters of the alphabet. Find pictures of each one and paste onto a card with the corresponding name.
 - Explore the many forms of apples: fresh apple slices, applesauce, apple butter, apple juice and apple pie. Enjoy food samples with a tasting party.
 - Design an "I Tried It" Chart. Hang each child's chart on the wall and record the fruits and vegetables they tried over five days.
 - Take a field trip to the produce section of the grocery store or the local farmers' market.
- Adapted from *Food Works*



- ▶ The Robert Wood Johnson Foundation spends 100 million dollars per year combating childhood obesity. Food marketers have spent that amount by January 4th.
- ▶ Over 70% of preschool children spend at least some time in child care.
- ▶ You can be a part of the Child Care Initiative to help prevent childhood obesity from the start. Make the commitment to institute healthier choices in your program and sign up at www.healthykidshealthyfuture.org for free resources to get you started.
- ▶ As little as 10 minutes of moderate to vigorous physical activity can improve blood pressure, weight, mood, attention span, bone mineral density and academic performance.

Sources: Robert Woods Johnson Foundation, UCLA School of Public Health, Nemours Health and Preventions Services,

Quotable Quotes

“It’s difficult to think anything but pleasant thoughts while eating a homegrown tomato.”

— Lewis Grizzard

INSIDE:

- ◆ Beyond Ranch Dressing
- ◆ Recipes
- ◆ A Healthy Habit
- ◆ Active Play Equipment

Beyond Ranch Dressing... Dips to Delight

THE USDA's new symbol for healthy eating, My Plate, encourages everyone to make half their plates filled with fruits and vegetables. What better way to encourage kids to gobble up their fruits and vegetables than by serving them with healthy dips? Kids love to dip. Think beyond Ranch dressing to dips that enhance the nutritional quality of the meal or snack.



Peanut Butter Hummus

- Garbanzo beans, drained 1 (15 ounce) can
- Lemon juice 3 Tbsp
- Olive oil 1 Tbsp
- Peanut butter 2 Tbsp
- Garlic, minced 1 clove
- Salt, pepper, cayenne, cumin to taste

Whirl all ingredients together in a food processor until smooth, adding a little hot water if needed.

Cucumber Yogurt Dip

- Cucumbers, peeled and seeded 2
- Plain yogurt 2 cups
- Sour cream ½ cup
- Lemon juice 1 Tbsp
- Fresh Dill 1 Tbsp
- Garlic, minced 1 clove

Grate or finely dice the cucumber and mix with yogurt, sour cream, lemon juice, dill and garlic in a bowl. Chill for an hour to blend the flavors.

Cheesy Bean Dip

- Refried Beans, nonfat 1 (15 ounce) can
- Taco seasoning mix 1 Tbsp
- Cheddar or jack cheese, shredded 6 ounce

Stir together beans, seasoning and cheese. Heat until cheese melts.

Spinach Dip

- Spinach, frozen, chopped 1 (10 ounce) package
- Plain yogurt 2 cups
- Dried vegetable or onion soup mix ½ package

Thaw and squeeze spinach dry. Stir together with remaining ingredients. Cover and refrigerate for at least 1 hour.

Sunshine Fruit Dip

- Plain yogurt 2 cups
- Frozen orange juice concentrate, defrosted ¼ cup
- Cinnamon ½ tsp
- Honey 1 Tbsp

Mix all ingredients until well blended. Chill. For a thicker dip use Greek yogurt.

Caution: Raw vegetables can be a choking hazard. Always supervise children and make certain they are seated while eating. Slice raw vegetables into thin sticks. Also consider blanching hard veggies like carrots, cauliflower and broccoli. Just a few minutes in boiling water brightens their colors and makes them crisp tender and easier to chew.

KIDS' HEALTH & SAFETY

A Healthy Habit

WASHING YOUR HANDS, and having children wash their hands several times a day on a regular basis is the easiest way to reduce the spread of illnesses in your home and child care setting.

It's normal for germs to accumulate on your hands as you go about daily activities. By washing them off at regular intervals you can reduce the spread of germs that cause a variety of illnesses such as; the common cold, diarrhea, vomiting, influenza, pneumonia and even hepatitis. Despite this wonderful benefit, people just don't wash their hands often enough. It may be a simple matter of getting into the habit. Children will be happy to get involved with this activity when it's made easy and fun. After a while they may even be the ones reminding you that it's time to wash hands!

First, identify times when the children are to wash their hands; you can make this list large, with pictures, hang it near the sink, and go over it with the children.

- When arriving at child care
- Before eating
- After eating
- After using the bathroom
- After coughing or sneezing on their hands
- After wiping their nose
- After touching animals

Adults should add these times to their list:

- Before preparing foods
- Before and after handling raw meat, poultry or fish
- After changing diapers – wash the child's hands too
- After assisting a child in using the toilet
- Before and after touching a person who is sick
- Before and after treating wounds or cuts
- After handling garbage
- After handling money
- After cleaning up a child, the room, toys, etc.



To wash hands properly follow these instructions adapted from the Centers for Disease Control:

- Use soap and warm running water.
- Rub hands vigorously as you wash them.
- Wash all surfaces, including backs of hands, wrists, between fingers and under fingernails for 15–20 seconds.
- Rinse well.
- Dry hands with a clean towel or air dry.

Have a small, sturdy stool at the sink.

Invest in some brightly colored or fun shaped soaps. To make large bars more manageable for small hands try cutting them in half with a sharp knife. Good smelling liquid soaps and foams are another fun choice for kids. Choose a little song to sing while they are rubbing their hands together. This will help make the job fun, and slow down the kids so they do not rinse the soap off too soon.

Hand sanitizing gels are not a good choice for child care. Although they are a good alternative when no water is available, they are toxic if swallowed.

Towelettes and baby wipes should not be used in place of hand washing. They leave a residue, like sanitizing gels that should not be ingested.

Antibacterial soaps are fine to use, but do not necessarily offer greater protection than ordinary soaps. Viruses that cause colds and flu, and other microbes, such as fungi and parasites are not always killed by antibacterial soaps.

Soaps work by lifting germs off the surface of your skin and suspending them in water so that they can be easily rinsed off.

There you have it; simple, easy hand washing is the best way to stop the spread of germs.

INTERNATIONAL CLEAN HANDS WEEK

September 18–24, 2011

www.cleaninginstitute.org

— Catherine Stafford
Child Health and Nutrition Specialist

Roasted Fresh Tomato Sauce

Roma tomatoes, cut in half	2 lb.	Salt	2 tsp
Garlic cloves, smashed	5	Pepper	1 tsp
Onion, quartered	1	Thyme	½ tsp
Carrot, cleaned and chopped into large pieces	1	Fresh basil leaves, chopped	2 Tbsp
Olive oil	2 Tbsp	Butter	2 Tbsp
		Sugar	¼ tsp

1. Preheat oven to 350°F. Line a baking sheet with parchment paper. Lay out the tomato halves (skin-side down), onion, garlic and carrot in one layer to maximize browning. Sprinkle with salt, pepper and thyme. Drizzle olive oil all over.
2. Bake for 60 to 75 minutes, or until the edges of the tomatoes and onions begin to turn dark. Carefully transfer the roasted vegetables to a food processor. Add the basil leaves and pulse until smooth.
3. Transfer the pureed contents to a large skillet and heat over medium-high heat. Add butter, sugar and more salt or pepper, to taste. Serve over whole wheat pasta.

Yield: 8 servings

Meets requirement for fruit/vegetable

Salmon or Chicken Parmanise

Salmon fillets or boneless, skinless chicken breast	4
Mayonnaise	½ cup
Parmesan cheese, shredded	½ cup

1. Preheat oven. Coat the bottom of a baking dish with cooking spray.
2. Place salmon fillet skin side down (remove skin if you wish) or place the chicken, skinned side up.
3. Mix equal amounts of mayonnaise and parmesan cheese together and spread a generous amount on each fillet.
4. Bake salmon at 450°F for 15 minutes. Bake chicken at 375°F for 30–35 minutes or until lightly browned.

Yield: 4 servings

Meets requirement for protein/meat alternate

— Yummy.com

Activity Corner

ACTIVE PLAY EQUIPMENT

Save money and have a ball with the children while making your own physical activity equipment from inexpensive and common household items.

Old pantyhose have a variety of uses. Blow up balloons inside pantyhose and tie them off for a light, safe balloon. Bend a coat hanger into a circle with a handle and cover with pantyhose to make a fun paddle.

Use sidewalk chalk and/or colored duct tape to make play spaces, tracks, hopscotch grids and obstacle courses.

Make your own balls: fill plastic bags with crumpled newspaper or packing peanuts and then firmly tape around and around with colored duct tape.

Save all bubble wrap, tape it to the floor and let the children stomp away.

Browse a dollar store: acquire a variety of fun items such as pails, brooms, sponges, paint brushes, foam noodles, Frisbees and more!

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Food Funny Q: What kind of beans have landed on the moon?
A: Human beans!