

BACK TO THE KITCHEN

Enjoying Life's Simple Pleasures

There is a certain irony in the fact that cooking shows on TV are more popular than ever, while never before have people spent less time preparing food at home or spent so much money on meals away from home. Michael Pollan wonders, "How is it that we are so eager to watch other people browning beef cubes on screen but so much less eager to brown them ourselves?"

Some find time in the kitchen just plain drudgery. Others might actually enjoy cooking but for the fact they feel stressed when trying to throw something together at the last minute. There are many advantages to planning meals ahead, developing decent knife, chopping and cooking techniques as well as time saving and organizational skills. Learning cooking basics will help you:

- Save money
- Eat healthy, fresh and delicious
- Share a culinary tradition
- Teach children a skill and a value
- Channel a creative outlet

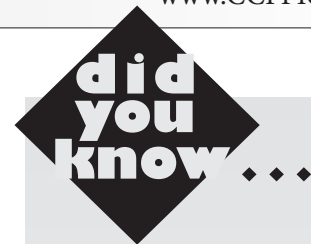


Plan for Success

Time is the issue and there is often so little of it! The pleasures of cooking will be diminished if time is not set aside for planning.

- Set aside time on the weekend for developing a meal plan for the week. Consider working on a cycle menu, established menus repeated on a regular basis.
- Shop and fill your pantry, fridge and freezer for quick meals, so that shopping during the week may only be to the farmer's market for fresh produce. Know what's in your freezer and pantry and plan to use up what has been stored the longest first.

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- ▶ People who frequently cook meals at home eat healthier and consume fewer calories than those who cook less, according to new research.
- ▶ Americans spend more than 40% of their food budget on meals outside of the home.
- ▶ Around the world, some moms walk as far as 15 miles to reach life-saving vaccines for their children.
- ▶ The number of children dying every year from preventable diseases in developing countries is nearly equivalent to half the children entering kindergarten in the U.S.
- ▶ Expanding access to vaccines can prevent an additional 1.5 million deaths each year.

Sources: Johns Hopkins Bloomberg School of Public Health, Emory University, Southern Nevada Health District

Quotable Quotes

“Anything that you do that's not fast food is terrific; cooking once a week is far better than not cooking at all. It's the same argument as exercise: more is better than less and some is a lot better than none.”

– Marion Nestle

INSIDE:

- ◆ Guide to Immunizations
- ◆ Food and Nutrition Songs
- ◆ Recipes
- ◆ Food Funny

BACK TO THE KITCHEN – Enjoying Life’s Simple Pleasures

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- A shopping list organized by the store’s layout will save you time and hassle. Check the Nutrition Facts labels to find the best nutritional values. Compare unit prices to make economical choices between brands and sizes. Shop for produce in season to choose peak quality for the best price.
- Starting with a clean and organized kitchen will save time and frustration. Think like a chef...clean as you go, putting back ingredients and equipment as soon as you are finished.
- Prepping ahead can consolidate time consuming tasks to make meal preparation a snap.
- Double up and love your leftovers. It doesn’t take much more time or effort to double a recipe and making an extra meal to freeze will free up time on those extra busy days.
- Consider the cost of convenience foods and determine when they make sense for you. If you don’t want to start from scratch, your supermarket is full of products that can get you at least halfway to dinner on the table.

Reclaiming Your Kitchen with Quick and Easy Ideas

Pizza Without the Take-Out

Forget calling for delivery, use one of the ready-made pizza crusts, pita bread, English muffins or French bread and add your family’s favorite toppings.

Rotisserie Chicken

Rotisserie chicken provides so many dinner options, casseroles, salads, sandwiches and soup to name a few; have dinner one night and use the remainder in a new way the next night.

Breakfast, Not

Don’t overlook typical breakfast meals for dinner. Eggs are an inexpensive and nutritious protein. Who doesn’t enjoy pancakes, ham, eggs and potatoes for dinner?

Nutritious Legumes and Lentils

A pantry filled with legumes and lentils will put themselves to work for you. Whether it is chili, homemade soup, stew or fillings for burritos; legumes are convenient and delicious.

Stir Fry Your Dinner

These meals are quick and can stretch dollars spent on protein, whether it be chicken, pork, beef or tofu and will bump up your servings of healthy, colorful veggies.

Stuff a Vegetable

Potatoes, zucchini and bell peppers all make convenient boats for a stuffing of your choice: broccoli and cheese, meat, rice, lentils or beans.

Main Dish Salads

Pasta salads, taco salads, tuna, chicken or salmon salad, Greek salad with beans and cheese, there are endless possibilities so get your creative juices flowing.

Sandwiches and Wraps Hit the Map

Try lavash, tortillas, naan or focaccia to reinvent the sandwich, whether it be vegetarian or more standard fare of leftover roast beef, chicken or ham.

International Night at Home

Create an ethnic meal that celebrates your culture or someone else’s. Taco Tuesday, Italian pizza or pasta, Indian curry, Asian noodles and veggies are intriguing possibilities.

Appetizers Al Fresco

A little of this, a little of that and a great way to use up leftovers. Try veggie and meat kebabs on the grill, soup shooters, small plates, fruit cubes on toothpicks and serve it up picnic style!

Put the Slow Cooker to Work

Set it and forget it. Just a few preparations in the morning and you’ll have a complete meal by dinnertime.

Preparing meals in the kitchen may not be a piece of cake, but for most Americans it is a choice. Remember it’s not all or nothing; start where you are and do what you can. Evaluate whether your plans are working and tweak as often as you need. Then give yourself a well-deserved pat on the back for making the effort and literally enjoy the fruits of your labor. Bon Appetit!

— Donna Green R.D.

KIDS' HEALTH & SAFETY

Guide to Immunizations Required for Child Care or Preschool

Vaccine	2-3 Months	4-5 Months	6-14 Months	15-17 Months	18 Months-5 Years
Polio (OPV or IPV)	1 dose	2 doses	2 doses	3 doses	3 doses
Polio #3	1 dose	2 doses	3 doses	3 doses	4 doses
Diphtheria, Tetanus, and Pertussis (DTaP or DTP)	1 dose	2 doses	2 doses	3 doses	3 doses
Measles, Mumps, and Rubella (MMR)				1 dose on or after the 1 st birthday	1 dose on or after the 1 st birthday
Hib				1 dose on or after the 1 st birthday	1 dose on or after the 1 st birthday (only required for children less than 4 years, 6 months)
Hep B (Hep B or HBV)	1 dose	2 doses	2 doses	2 doses	3 doses
Varicella (chickenpox, VAR or VZV)					1 dose

Instructions

To enter a child care center, day nursery, nursery school, family day care home, or development center, children must have received immunizations required by California law.

1. Parents must submit their child's immunization record as proof.
2. Copy the date of each vaccine onto the California School Immunization Record (Blue Card, CDPH-286).
3. Determine whether children meet requirements above.

Admit a child unconditionally who:

- Is 18 months and older and has all immunizations required for their age, or
- Submits a personal beliefs exemption (PBE) filed at a prior **California child-care facility** for missing shots(s) and immunization records with dates for all required shots not exempted. **The PBE must have been filed before January 1, 2016 and is only valid until entry to transitional kindergarten / kindergarten.** For complete details, see ShotsforSchool.org.
- Submits a licensed physician's written statement of a **permanent** medical exemption for missing shot(s) and immunization records with dates for all required shots not exempted.

Admit a child conditionally if the child:

- Is under age 18 months, has received all immunizations required for age, but will have more required at next age checkpoint.
- Is missing a dose(s) in a series, but the next dose is not due yet (This means the child has received at least one dose in a series and the deadline for the next dose has not passed.) The child may not be admitted if the deadline has passed or the child has not yet received the 1st dose.
- Has a temporary medical exemption to certain vaccine(s) and has submitted an immunization record for vaccines not exempted. The statement must indicate which immunization(s) must be postponed and when the child can be immunized.

When missing doses can be given:

Missing Dose	Earliest Date After Previous Dose	Deadline After Previous Dose
Polio #2	6 weeks	10 weeks
Polio #3	6 weeks	12 months
DTP/DTaP #2, #3	4 weeks	8 weeks
DTP or DTaP #4	6 months	12 months
Hib #2	2 months	3 months
Hep B #2	1 month	2 months
Hep B #3 (under age 18 months)	2 months after 2 nd dose and at least 4 months after 1 st dose	12 months after 2 nd dose and at least 4 months after 1 st dose
Hep B #3 (age 18 months and older)	2 months after 2 nd dose and at least 4 months after 1 st dose	6 months after 2 nd dose and at least 4 months after 1 st dose

Do not admit a child who:

Does not fit one of the prior categories. Refer parents to their physician with a written notice indicating which doses are needed.

Follow-up is required after admission:

- At every age checkpoint above until all doses are received.
- If child was behind schedule and admitted conditionally.
- If child has a temporary medical exemption.

Maintain a list of unimmunized children (exempted or admitted conditionally), so they can be excluded quickly if an outbreak occurs. Notify parents of the deadline for missing doses. Review records every 30 days until all required doses are received.

Questions? Visit ShotsForSchool.org or contact your local health department (bit.do/immunization).

— California Department of Public Health • ShotsForSchool.org

Warm Summer Vegetable Lentil Salad

Lemon juice..... ¼ cup	Onion, diced..... 1 large
Olive oil, divided.... ½ cup + 2 Tbsp	Corn, cut from ear..... 2 cups
Oregano leaves, fresh, chopped..... 2 Tbsp	Zucchini, diced..... 2 cups
Parsley, fresh, chopped..... 2 Tbsp	Cherry tomatoes, halved... 2 cups
Garlic cloves, minced..... 3	Lentils, cooked..... 3 cups
	Salt and pepper..... to taste

1. For the dressing, puree lemon juice, ½ cup oil, herbs, garlic, salt and pepper to taste in a blender. Set aside.
2. In the remaining 2 Tbsp of oil, sauté the onion for 2 minutes, add zucchini and sauté for another 2 minutes. Add corn, continue sautéing for 2 minutes and finally add the tomatoes and sauté for another 2 minutes.
3. Add the lentils and warm through, seasoning with salt and pepper to taste. Toss with dressing just before serving.

To cook ½ pound of lentils which yields about 3 cups: Bring 2½ cups of water and ½ pound of lentils to a boil in a covered 10 inch skillet. Reduce heat to medium and continue to cook until water is almost absorbed and lentils are just tender, about 12 minutes.

Yield: 6 servings

Meets requirement for fruit/vegetable and protein/meat alternate

—Three Many Cooks

Pasta with No-Cook Tomato Sauce

Cherry tomatoes, halved..... 1½ pounds	Salt..... 1 tsp + to taste
Capers, minced..... 3 Tbsp	Pasta, whole wheat..... 12 ounces
Olive oil..... 5 Tbsp	Basil leaves..... ½ cup
Garlic cloves, minced..... 2	Parmesan or goat cheese (optional)..... 4 ounces

1. Combine the tomatoes, capers, oil, garlic and 1 tsp salt in a large non-reactive bowl. Stir to combine and let set to allow flavors to meld.
2. Cook pasta according to package directions. Tear the basil leaves in large pieces and add to tomato mixture along with cheese, if using.
3. Reserve ½ cup of cooking water and drain pasta. Add the hot pasta to the tomato mixture and toss until evenly combined. Add reserved pasta water if needed, season with salt to taste.

Yield: 12 servings

Meets requirement for fruit/vegetable and grains/breads

— Chowhound.com

Food Q: When do you go at red and stop at green?
Funny A: When you're eating a watermelon!

Activity Corner

FOOD AND NUTRITION SONGS

Are You Eating

(Tune: *Are You Sleeping*)



Are you eating, are you eating
Healthy foods, healthy foods?

For your body needs them, for your body
needs them

Everyday, everyday.

Carrots, Peas, and Broccoli

(Tune: *Twinkle, Twinkle Little Star*)

Carrots, Peas, and Broccoli,
Vegetables are good for me.

For my snack and in my lunch,
Veggie sticks are great to munch.

Carrots, Peas, and Broccoli,
Vegetables are good for me.

Happily We Eat Our Food

(Tune: *Merrily We Roll Along*)

Happily we eat our foods, eat our foods,
eat our foods.

Happily we eat our foods, to grow up big
and strong.

Happily we drink our milk, drink our
milk, drink our milk.

Happily we drink our milk, to grow up
big and strong.

Other Verses:

Happily we eat our fruits... vegetables...
meats... beans... breads...

— Child Care Lounge

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