

March is National Nutrition Month!

National Nutrition Month is a nutrition education campaign created by the Academy of Nutrition and Dietetics. Each year has a different theme that addresses the importance of making informed food choices and developing a strong foundation of healthy eating and physical activity habits. The theme for 2015 is “Bite into a Healthy Lifestyle,” which encourages everyone to adopt eating and physical activity plans intended to reduce calorie intake and add daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease, and promote overall health. Visit www.choosemyplate.gov and www.eatright.org for more information.

Updates

March 15th - 21st is National CACFP week! This week celebrates the Child and Adult Care Food Program and aims to spread awareness about how the CACFP works to combat hunger and bring healthy foods to the table for children in child care homes, centers, and in afterschool and summer feeding programs across the country. We would like to honor all of you, the amazing Providers offering the CACFP in your Child Care Facilities, with a certificate of appreciation. Please visit www.cdanutrition.org or our Facebook page at www.facebook.com/cdanutrition to download and print your certificate. Visit www.cacfp.org to find out more about National CACFP week.

The USDA has posted a new Proposed Meal Pattern for review at www.cacfp.org/regulations-legislation-advocacy/cacfp-proposed-meal-patterns/. We encourage you all to review the proposed changes and submit your comments on this proposal by *April 15th, 2015*. Now is your chance to have a say in meal pattern changes—let your voice be heard!

“Hopping Corn” Food Science

You will need:

- A clear glass container
- Popcorn kernels
- 2½ cups of water
- 2 Tablespoons baking soda
- 6 Tablespoons white vinegar
- Food coloring (optional)



Instructions:

1. Fill jar with water (add food coloring, if using)
2. Add baking soda and stir until completely dissolved.
3. Add a small handful of popcorn kernels.
4. Add white vinegar and watch the corn start to hop up and down. (As baking soda and vinegar react, they form carbon dioxide (CO₂), creating bubbles that make corn kernels “hop.”)

Reminders

- Call the office to sign up for the *2015 Annual Training*. Online training is available as of March 1st on our website.
- Always be prepared for unannounced visits—an auditor or your monitor could arrive at any time.
- Be sure that you have current phone numbers for parents of the children in your care in case of emergency.
- If children attend more than one Child Care Facility offering the CACFP in one day, those children can still only be claimed for a total of two (2) major meals and one (1) snack, or two (2) snacks and one (1) major meal **per day**.

Silly-Face Salad

You will need:

- Shredded lettuce
- Sliced bell peppers
- Sliced cucumbers
- Sliced and/or shredded cheese
- Halved cherry or golden cherry tomatoes
- Shredded carrots, cabbage, kale, and/or any other greens
- Any other vegetables or salad topping of your choice
- Salad dressing of your choice



Instructions:

Set out all of the prepared veggies and salad toppings. You can let children build their salad faces in a bowl, on a plate, or on a placemat. Using the shredded lettuce, create a “face” to add features to. Use a few bell pepper slices to make a mouth, sliced cucumbers for eyes, halved cherry tomatoes for a nose, and shredded carrots and cheese for the hair. Let the children be as creative as they want! Add dressing at the end, or have dressing to dip into as they eat their salad creations.