

Monthly Events CALENDAR

April

Su	Mo	Tu	We	Th	Fri	Sat
					April Fool's Day	2
3	4	5	New Center Train.	Claim Due	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
Easter Sunday	25	26	27	28	29	30

May

Sun	Mo	Tue	We	Th	Fri	Sat
1	2	3	New Center Train.	5	Claim Due	7
Mothers Day	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	Memorial Day	31				

June

Su	Mo	Tu	We	Th	Fri	Sat
			New Center Train.	2	3	4
5	6	Claim Due	8	9	10	11
12	13	14	15	16	17	18
Fathers Day	20	21	22	23	24	25
26	27	28	29	30		



250 East 500 South
P.O. Box 14400
Salt Lake City, UT 84114-4200
Larry K. Shumway, Ed.D.
State Superintendent of Public Instruction
Child Nutrition Programs
www.schools.utah.gov/cnp



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Issue
two

April 2011

A Quarterly Look Into Utah's Child and Adult Care Food Program

Utah State Office of Education

Child Nutrition Programs



CACFP Quarterly

Current topics in child nutrition >>>

Policy Bulletins and Memos

As bulletins and memos are received, centers should be staying informed of any changes made. When a bulletin/memo is sent, there is always a reason. You can view them on our website. Here are the latest ones to go out:

- CCC 01-11**— Nationwide Expansion of At-Risk Afterschool Meals in The Child and Adult Care Food Program
- CCC 02-11**— Elimination of Block Claim Edit Checks for Sponsoring Organizations of Centers
- CCC 03-11**— Eligibility of Expanded Learning Time Programs for the Afterschool Snack Service in the National School Lunch Program (NSLP) and the Child and Adult Care Food Program (CACFP)
- CCC 04-11**— Foster Children
- CCC 05-11**— New Requirements for Social Security Numbers
- CCC 06-11**— Required Participation in Evaluations and Research Conducted by USDA Officials and Contractors

How Did We Get Here?

Obesity by the Numbers

The physical and emotional health of an entire generation and the economic health and security of our nation is at stake.— First Lady Michelle Obama

Over the past three decades, childhood obesity rates in America have tripled. Today, almost one in every three children in our nation is overweight or obese.

The numbers are even higher in African American and Hispanic communities, where nearly 40% of the children are overweight or obese. If we don't solve this problem, one-third of all children born in 2000 or later will suffer from diabetes at some point in their lives.

Many others will face chronic obesity-related health problems like heart disease, high blood pressure, cancer, and asthma. Today, children experience a very different lifestyle than 30 years ago. Walks to and from school have been replaced by car and bus rides. Gym class and after-school sports have been cut; afternoons are now spent with TV, video games, and the Internet. Parents are busier than ever, and families eat fewer

home-cooked meals. Snacking between meals is now commonplace. Portion sizes have also exploded—they are now two to five times bigger than they were in years past.

We already have the tools to do it. We just need the will.

That's the bad news. The good news is that by making just a few lifestyle changes, we can help the children in our day care centers lead healthier lives—and we already have the tools we need to do it. We just need the will.

Everyone has a role to play in reducing childhood obesity, including parents, elected officials at all levels of government, schools, health care professionals, faith-based and community-based organizations, and child care centers. Your involvement is key to ensuring a healthy future for our children.

Excerpt from www.letsmove.gov.

Promote the nutritional well-being of the Utah public, with a focus on children, so they may reach their full potential.

USDA is an equal opportunity provider and employer.



Kalleen's Corner

Hungry or full? Most infants and young toddlers can figure out when they are full and stop eating if permitted. It's amazing to watch young children over the course of the week; they eat as much as they need to grow!

However, as the toddler becomes a pre-schooler, we place more food on the plate, and he/she can lose that sense of when to stop and continue eating even when he/she is not hungry. The following are some suggestions for helping bring back this natural process:

- Talk to children about feeling hungry and feeling full, and see if they can tell the difference.
- Serve food family-style—children will learn to put the right amount on their plates from the start.

- Sit with the children and let them see you eat when you are hungry and stop when you are full, even if there is food left on your plate. Explain what you are doing.
- Complaints of being hungry, especially when a child has just eaten, may be due to other triggers such as boredom, TV advertising or seeing another person eating.

What about those "picky eaters"? It is natural for children to be cautious with new foods. We know that for young children, it can take 10 to 15 times of actually putting the food in their mouths before they will come to like it. We also know that some children are especially cautious about trying



new foods, while others use food as a way to be in control. Below are a few strategies to create a positive environment and minimize the struggles for trying new foods:

- Create a routine that everyone should try and taste new foods offered at your center. Do not force them to finish.
- Avoid rewarding good behavior or a clean plate with foods of any kind. Especially avoid forcing a child to finish their "healthy foods" to get a dessert.

Karen's Kitchen

A perfect time to let the kids try a new vegetable!

Around spring time some foods that are normally incredibly expensive, get well... a little bit less expensive. Spring is a good time to let the children at your centers experience foods like artichokes, asparagus, fresh pineapple, berries and okra.



It is Always More Fun to Dip!

Simple Dipping Sauce:

- 1 cup light mayonnaise
- 1 tsp garlic salt
- 1 tablespoon onion flakes
- 6 tablespoons red wine vinegar
- Salt and pepper to taste

Mix to combine and serve a little on each child's plate.

Boiling is an easy method for cooking artichokes; you can let it cook basically unattended much of the time. Select a pan large enough to hold the artichokes upright. Lemons or garlic can be added to the cooking water for flavor. Boiling time depends upon the size, but is typically around 45 minutes. Turn them upside down on a paper towel after boiling to let any water drip out from inside the leaves.

You can get 2.84 one-quarter cup servings from a pound of artichokes.

Q&As >>>

Devon's Dilemma

Q: Are there automated meal production forms that I can use to help me plan meals for my center?

A: Yes. Using Excel, the USOE has developed automated meal production forms that can be very useful when planning for meals. Please be aware that actual food served must still be recorded by hand no later than two hours after the meal is served. If you are interested in or have any questions regarding automated meal production records, please feel free to contact your specialist.

- Devon Parcell: 801-538-7682
- Holland Peck: 801-538-7687
- Karen Hayes: 801-538-7971
- Louise Frey: 801-538-7696
- Mike Diehl: 801-538-7649

You can access these forms on our website: www.schools.utah.gov/cnp.



Louise's Laughs

Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

Today's Laugh:

Two year old Alex was getting ready to potty train. He brought all the supplies he would need to daycare and was so proud to show all the other kids his new "thunder-wear."

I have a two-year-old girl attending my daycare whose mother is pregnant. The little girl thinks she has a baby in her tummy too. Randomly during the day, the two-year-old puts her hands on her belly and tells me her baby is hurting.

~daycareanswers.com

If you have a funny story or joke you would like to share, send it in to our office or e-mail it to holland.peck@schools.utah.gov.



Activities and Ideas for Kids

Mike's Tykes

Spring is a great time of year to get children moving. Whether it's indoors or outdoors...there's no better time than now to move. Children should be physically active at least one hour per day. This can be six 10-minute intervals, two 30-minute intervals, or one sixty-minute interval. Spring has sprung! So let's motivate children through activity, and embracing a healthier lifestyle.

Here are a few ideas:

- Jumping jacks
- Jumping rope
- Hop scotch
- Dodge ball
- Tag (variations)
- Flying kites
- Kick ball

Resources for You

Here are some websites to check out:
www.mypyramid.gov
www.kids.gov
www.nutrition.gov
www.foodsafety.gov
www.usda.gov
www.nih.gov



Holland's Health Tips

Milk: What's the Best Option for Children?

Should all children be served whole or 2% milk? Not always. There are special circumstances, but for most children it is not necessary. The only difference between skim and whole milk is the fat. So, without all the extra cream, skim milk has more nutrients per cup than whole milk. The American Academy of Pediatrics recommends serving 1% or fat-free milk to children ages two years and older. They also recommend that whole or 2% milk be served to children younger than two years old, because they need the extra fat for early growth and brain and spinal cord development. Once they reach two years old, they should be switched to a lower-fat milk.