

Where Healthy Eating Becomes A Habit



Child & Adult Care Food Program

# Nutrition Bites

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Visit our Website at  
[www.childcarelink.org](http://www.childcarelink.org)

October 2010  
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## A Look Ahead To Fall Training

Mark your calendars for our Fall training “Pedal Through the Seasons with Cycle Menus”. This training will meet 2 hours of food program training and will also count as inservice for renewal of your child care license. *Please call in to make your reservation.* **Note to Sedwick County providers: Be sure to look for our Child Care Links sign. There may be more than one training in the building.**

### Great Bend

Thursday, October 7th 7-9 p.m.  
Highland Motel - 3017 W. 10th-Room C

### Larned

Thursday, October 21st 7-9 p.m.  
Pawnee County Courthouse

### Hutchinson

Thursday, November 11th 7-9 p.m.  
Saturday, November 13th 9-11 a.m.  
Grace Bible Church  
1221 E Ave. (North of Hamilton LaGreca)

### Wichita

Saturday, October 23rd 9-11 a.m.  
Thursday, November 4th 7-9 p.m.  
Child Start-1069 Parkland Office Park

### McPherson

Tuesday, November 16th 7-9 p.m.  
Fire Station  
312 E. Kansas

## Bits and Bites

You will notice that we will be rearranging your months for home visits to efficiently use our travel time- so just be sure to do your paperwork daily as stated in our agreement with you.

Head Start programs provide their children with a complete breakfast and lunch for the morning attendees and a lunch and pm snack for the afternoon attendees. These meals and snacks should not be claimed in your daycare home on the days the child attends Head Start.

## What's in that Veggie?

**Carrots : (52 calories in 1 cup)** Are terrific for your child’s skin and eyes because they are loaded with beta carotene. They are great source of insoluble fiber which aids in their digestion.

**Cauliflower: (25 calories in 1 cup)** This veggie may help our bodies fight off certain types of cancers. Cauliflower is a great source of Vitamin C and may help children resist infections.

**Beets: (58 calories 1 cup)** The folic acid in beets helps keep children’s cells growing and functioning the way they should. Beets are good for heart health, regulating children’s blood pressure and providing potassium.

**Summer Squash and Zucchini: (20 calories in 1 cup)** These two veggies help keep the children’s skin glowing because it provides Vitamin C. The antioxidant called lutein in summer squash helps keep kids bright-eyed.

**Sweet Potato: (112 calories in 1 small potato)** This veggie helps stabilize children’s blood sugar levels by providing soluble fiber. Sweet potatoes are great for your skin, eyes and your overall good health because they are rich in beta carotene and antioxidants.

Child Care Links is committed to making workshop activities accessible to all participants. All sites listed are handicap accessible. Thank you for keeping our workshops for adults only.



# Let's Celebrate Fall

## What Do I Do With A Pumpkin?

This sweet, fibrous flesh of vegetable can be roasted, steamed, mashed, pureed, and stewed. Nutritionally speaking they are hard to beat, topping the list of super foods with plenty of protein, fiber, vitamin C, potassium, and beta carotene. Plus they are low in calories, just 49 per-cup. A pumpkins' tough outer shell means they will stay fresh for months.



### Roasted Pumpkin

Preheat oven to 400 degrees. Cut a small pumpkin in half; scrape out seeds. Drizzle pumpkin with 2 Tbsp. extra-virgin olive oil, season with 3/4 tsp. salt and 1/2 tsp. black pepper.

(Omit pepper if using in sweet dishes.) Place cut side down

on a baking sheet. Roast until very soft, about 35 or 45 minutes.

277 calories per serving

Serves 2

Need a shortcut? Place a pumpkin half, cut side down, on a plate and microwave it on high for about 15 minutes, checking occasionally. The time will vary with size of pumpkin. You'll have sweet softened flesh in a third of the time.

*'Whole Living' a Martha Stewart Publication*



## Halloween Fun!!!

### Who's That Knocking!

Who's that knocking on my door,  
I must admit I'm a little scared,  
I open it and what do I see,  
A scary old witch and she's laughing at me  
Hee hee hee

Who's that knocking at my door,  
I'm not gonna be scared no more,  
I'm in my costume and I'm ready to be  
The one who's scaring you  
BOO!!



### Pumpkin Time

See the costumes we have on,  
Monsters, ghosts, goblins too,  
See the costumes we have on,  
Hear us all shout  
BOO!



## Did You Know?

### Facts on Pureeing

While on a home visit with Vicki Curl, of McPherson, she shared with us a cookbook that is so unique. It is called 'Deceptively Delicious' by Jessica Seinfeld. She purchased it for \$5.00 at Kohls. You can also take a look at it on line by just typing in the title of the book. This book will tell you the simple secrets to get your kids eating good food. The author had tried many ways to get her children to eat fruits and vegetables without success. She then decided to be a little sneaky and put the pureed food right into the food she was preparing to see if the children would notice.

The recipes call for pureed food, but Vicki saves time by using jar baby food. You may want to give pureeing food a try.

Here are a few easy steps to pureeing food:

1. Wash the veggies and fruits, and drain in a colander.
2. Cook the veggies, by either steaming, roasting, or microwaving.
3. Put the veggies or fruits into a food processor or blender, secure the lid, and puree until smooth and creamy. You may need to add a teaspoon of water to make it creamy.
4. Let warm purees cool.
5. Measure the purees into 1/2 cup portions and package in small zipper-lock plastic bags if you plan to use the puree within a few days. Or in a freezer bag for longer storage.

# Let's Get Eating!

## Sloppy Joes

- 1 can of sloppy joes mix (16 oz.)
- 1 pound of ground beef
- 1 jar of baby food squash
- 1 jar of baby food sweet potatoes



Brown ground beef, drain, add can of sloppy joe mix, squash, and sweet potatoes. Mix thoroughly and heat through till warm. Serve on buns.

**Credit: meat/bread alternate**

*All three recipes taken from the 'Deceptively Delicious' Cookbook by Jessica Seinfeld. The first two recipes were adapted by Vicki Curl.*

## Macaroni and Cheese



- Two boxes of Kroger Value Rich and Creamy Macaroni and Cheese
  - 1 jar of sweet potatoes
- Make mac and cheese according to package directions, then add the sweet potatoes.

**Credit: bread/alternate**

## Pink Pancakes

- |                                 |                        |
|---------------------------------|------------------------|
| 3/4 cup water                   | 1/2 cup ricotta cheese |
| 1/4 cup beet puree              | 1 tsp. cinnamon        |
| 1 cup pancake mix               | 1/4 cup grated apple   |
| 1 Tbsp. canola or vegetable oil |                        |



In a blender combine the water, ricotta cheese, beet puree, vanilla, cinnamon and blend. Dump the mixture into a medium bowl, add the pancake mix and apple, and stir until just combined. Do not over-mix. The batter will be a little lumpy.

Coat a large nonstick skillet with cooking spray and set it over medium high heat. When hot, add the oil. Spoon the batter onto the skillet using about 1/4 cup batter for each pancake. Cook the pancakes until bubbles form on top and the batter is set, 1-2 minutes. Then flip the pancakes and cook until golden brown. Serve warm with syrup or fruit.

**Credit: bread**

## Halloween Fun!



### Let's Make A Ghost!

1. Take a large paper plate and draw a scary or fun face on each side of the plate.
2. Insert the plate inside a large white trash bag.
3. Put the plate all the way down into the trash bag, into the center of the bag.
4. Grab the trash bag around the bottom of the plate and tie with a string, this is the neck of the ghost.
5. Punch a hole on top of the bag to hang the ghost in a tree outdoors.

## Welcome New Providers

*Happy Halloween*



Gwen Burden-Goddard  
Pamela Williams-Buhler  
Shawna Klima-Clafin  
Glennnda Hayes-Ellinwood  
Jennilee Frydenhall-Hutchinson

## Reimbursement Schedule

November 2, 2010  
November 30, 2010  
January 3, 2011

