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# Nutrition Bites

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December 2011

## Happy Holidays

**Wow!** Can you believe it is the Christmas season already! I don't know about you, but I always allow myself to be too rushed between Thanksgiving and Christmas. The thing that I really want to do is just relax and spend time with family.

Another one of the real joys of the Holiday Season is the opportunity to say "Thank You" for caring for children and to wish you and your families the very best for the New Year. You are important in the lives of the children that you care for and we do appreciate all that you do for them.

May the holiday happiness fill your heart and home.



Merry Christmas!

## Office Will be Closed

The office will be closed on Monday, December 26th and Friday, December 30<sup>th</sup> to observe Christmas and New Years. **Please remember to note on your meal/snack count if you are providing care on these holidays.**

## Grant Opportunity

The Hutchinson Community Foundation, in collaboration with the Kansas Health Foundation, is pleased to offer a grant opportunity to Reno County family child providers and centers to enable child care professionals to increase children's daily consumption of fruits and vegetables and or participation in active play. Child Care Centers are eligible to apply for up to \$1,000.00 in funding; Family/Home-based for up to \$500.00 in funding.

The applications are due January 23rd and the request for proposal is available online at the Community Foundation's website— [www.hutchcf.org](http://www.hutchcf.org) (click on Grants and Initiatives).

If you have questions about any aspect of the grant

## Appeal Process

Enclosed in this newsletter, you will find the Termination Appeal Process that KSDE requires us to send out each year.

## Question and Answer

**Q.** How do I get the children I care for to drink their 1% or skim milk?



**A.** With calcium and eight other essential nutrients, flavored milk offers the same great nutrient-rich package as white milk and can help improve overall diets. Kids are in a calcium crisis, with more than half of children ages 2-8 and three quarters of children ages 9-19 not getting the recommended daily servings of low-fat or fat-free milk or milk products. Flavored milk can help close the gap because children prefer it and will drink more milk when it is flavored.

# December Fun

## Santa's Bean Bag Toss

Decorate a large paper bag or cardboard box with Christmas wrap, ribbons, and pictures of Christmas toys and candy (Santa's bag). Tie ribbons around bean bags to make "gifts" to toss into Santa's bag.



## Ring the Bell Game



Using a large (4 foot x 3 foot) piece of heavy duty cardboard, cut a large bell shape from the center. Add ribbons with jingle bells attached to hang from the open middle area.

The children throw bean bags through the bell to "Ring the Bell". Great for hand-eye coordination and throwing skills!

## Games To Play For Younger Kids:

### Book Pass

Wrap a small book, one for each child, give them each one sitting in a circle, read "The Gingerbread Man" story and each time you say the word "RAN" they pass the book to the person to the right, continue with story, and once book is done, whatever book they end up with they keep. EVERYONE is a winner.

### Fill the Stocking

Divide the children into two teams  
For each team you need a medium bowl, serving spoon, Christmas stocking medium size, and wrapped candy.

Each child takes a turn spooning up some candy and walking across the room to put in stocking. Once every one has had a turn, see whose team has the most candy.

Or... play until the stocking is full.  
The first team to fill the stocking wins the relay, but everyone wins because they each get to eat a piece of candy.



## Gift Wrap Relay

Wrap empty boxes up, divide into two teams, put a stack of presents across from teams. One child from each team goes to pile gets a gift unwraps it then goes back to line for the next child to go, the first team to unwrap the stack of presents wins.

### PIN THE NOSE ON RUDOLPH

### PUT THE HAT ON FROSTY

### STICK THE BOW TO THE PRESENT

## Healthy Holiday Kabobs

Skewers (about \$1 for a bag of 50)  
Red and green vegetables and fruit  
White and yellow cheese  
Lemon juice and brush (optional)

Cut your veggies and fruit into chunks. If you are using red and green apples, and won't be eating your kabobs for over an hour, brush some lemon juice on your apples so they don't go brown. Start threading each chunk onto the skewer. If you would like to make smaller Kabobs just cut the skewer in half.

Refrigerate until you're ready to serve, add some dip for the veggie kabobs!

Pick any green or red fruit and veggie, whatever the kids will eat. Try cucumber, peppers, apples, cherry tomatoes, grapes, broccoli, and any kind of cheese



*Loving hands and warm hearts..*

*Home is where the season starts.*

## Tips on Buying

- If you can't smell it, you won't taste it.
- Vine veggies like peas, green beans, cucumbers or squash are best when very young.
- The ideal zucchini squash or cucumber is of moderate, uniform diameter, like a sausage.
- Pumpkins and winter squash left on the vine until the plant is dead and the shell is hard will keep all winter long.
- The sugar content of grapes continues increasing until they are raisins.
- The peas in snow peas, or the beans in green beans, should be barely perceptible, or not visible at all.
- Pear-shaped tomatoes are better for cooking than for eating.
- The walls of chilies and peppers thicken and get sweeter--or hotter--as they get older.
- Green peppers are immature. Nearly all peppers turn some other color when fully ripe: anything from white to chocolate brown. Reds, oranges and yellows seem to be the sweetest.
- Pull a few spikes out of the top of a pineapple to see if it is ripe. If they won't budge, it's still too green. If the pineapple appears brown or has a lot of sugar crystals on its outside; it may be rotten.
- Avoid washing berries until you are ready to eat them; they mold easily.
- Potatoes should be firm but not green. Cut off any green portion of a potato.

## Try These Cranberry Goodies

### Cranberry Turkey Wrap

#### Ingredients:

4 (7-inch) whole wheat flour tortillas	8 slices turkey breast
6 slices of Cheddar cheese (6 oz.)	4 tablespoons dried cranberries
8 leaves parsley or fresh basil (optional)	

Alternate a slice of turkey breast, slice of Cheddar cheese and another slice turkey breast down the center of each tortilla. Sprinkle dried cranberries on top of turkey and cheese. Fold tortilla into thirds. Place seam side down on microwave-proof serving plate. Arrange a narrow strip of Cheddar cheese on top of the tortilla. Repeat with remaining tortillas. Microwave each tortilla on high for 1 minute. Cool slightly and slice in half. Place 2 or 3 dried cranberries and sprig of parsley or basil on both halves.

**Credit:** bread/meat

### Cranberry Yogurt Squares

1 can (14 ounces) fat-free sweetened condensed milk, divided  
 Non-stick cooking spray  
 1 cup Post Grape-Nuts™ or similar cereal  
 1/2 teaspoon ground cinnamon  
 Pinch ground cloves  
 1 package (10 oz.) cranberries (about 2 1/2 cups) crushed, add 1/3 c. sugar  
 3 cups fat-free strawberry yogurt

Measure 1 cup of sweetened condensed milk; set aside. Line 8x8-inch baking pan with foil; spray with non-stick cooking spray. In medium bowl, combine cereal, cinnamon, cloves and remainder of sweetened condensed milk. Spread cereal mixture evenly on bottom of pan, place in freezer. Place cranberries and yogurt in a blender; cover and blend. Add 1 cup sweetened condensed milk; blend until smooth. Pour mixture over cereal, smoothing to edges of pan. Cover and freeze 8 hours. Use edges of foil to loosen and remove from pan; let thaw for 5 to 10 minutes. Cut into squares and serve.

**Credit:** grain/meat alt.

### Cranberry Orange Snack Mix

3 cups corn Chex cereal	3 cups rice Chex cereal
3 cups wheat Chex cereal	1 cup sliced almonds
1/4 cup margarine, melted	1/4 cup brown sugar
1/4 cup thawed frozen orange juice concentrate	1/2 cup dried cranberries

Heat oven to 300 degrees. In large bowl, mix cereal and almonds. In microwavable bowl, mix margarine, brown sugar, and juice concentrate. Microwave uncovered on high for 30 seconds; stir. Pour over cereal mixture, stirring until evenly coated. Pour into ungreased large roasting pan. Bake uncovered for 30 minutes; stirring after 15 minutes. Remove from oven and stir in cranberries. Cool completely. **Yield:** 27 (1/3 cup) bread



## Welcome New Providers

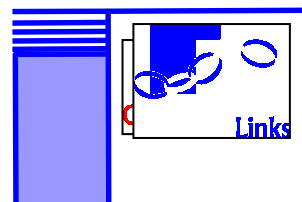
Skylar McBride-Great Bend

Mayra Coronel-Great Bend

### Make a Snowman

This is a healthy snack that can be an activity as well. Spread low fat cream cheese on round **whole grain** crackers and give three to each child. Provide the following for the children to use to decorate their snowman: raisins, pieces of shredded carrots and slices of green olives stuffed with pimentos. The result will be fun, tasty and healthy as well.

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### Peppermint Cookies

1 (16.5-oz.) pkg. refrigerated sugar cookie dough (room temperature)

1/4 cup plus 2 tablespoons crushed hard peppermint candies

3/4

cup powdered sugar, divided

Preheat oven to 350 degrees. Cut sugar cookie dough into 8 pieces. Combine the dough pieces; 1/4 cup crushed hard peppermint candies, and 1/2 cup powdered sugar in a bowl or electric mixer. Let the mixture chill in the refrigerator for 30 minutes. Coat hands in flour, and roll chilled dough into 1/2-inch diameter balls. Place the balls 2 inches apart on parchment paper-lined baking sheets. Bake for 9-10 minutes or until set. Cool cookies slightly on cooling rack.

While cookies are still warm, sprinkle the tops with 1/4 cup powdered sugar and 2 tablespoons crushed hard peppermint candies.



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