



Child Care OUTREACH

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Issue 11

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Family Service
Child Care Food Program

More U.S. Children Obese Than Previously Thought

According to a new study, published in the March 2010 issue of the *Journal of Pediatrics*, extreme obesity among U.S. children is much worse than previously believed and it is rising in every age group.

A study of approximately 700,000 children in Southern California found that 7% of boys, 5% of girls, and more than 2% of all children under the age of 5 years were extremely obese. Previous research based on a federal health survey suggested that 3.8% of children were extremely obese.

Childhood obesity puts children at risk for being obese adults; having health problems associated with obesity such as heart disease, diabetes, high cholesterol, high blood pressure, and asthma; and shortened life span.

In an effort to fight childhood obesity, First Lady Michelle Obama launched a campaign in February 2010 called, "Let's Move." The goal is to raise a healthier generation of kids in the U.S. by improving nutrition in homes and schools and increasing the amount of time children spend being physically active

Parents and caregivers play a key role in making healthy choices for children, and in teaching children to make healthy choices for themselves. Go to www.letsmove.gov for tools and resources, such as email updates, to help combat childhood obesity.

*Source: Potpourri, June 2010

~Every child deserves to be well fed and well led.

November 2010						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Mark This Date



Family Service will be closed November 25th & 26th in observance of the Thanksgiving Day holiday.

KEEP IN MIND

NOVEMBER 4th
CCFP claims due
IN OUR OFFICE by 5:00 p.m.

NOVEMBER 18th
Last day late **OCTOBER** and **SEPTEMBER**
claims will be accepted.

NOVEMBER 22nd
CCFP checks should be mailed.

NOVEMBER 23rd
Direct Deposit should be transferred.

BUILDING TOMORROW CLASS SCHEDULE

STORY BAG MAKE & TAKE
*(CC AREA: Planning Learning Experiences/
Curriculum)
November 11, 2010 ■ 7:00 p.m. - 8:30 p.m.
Cost is \$5.00 for supplies.

JOURNEY THROUGH CACFP
*(CC AREA: Administration, Program Planning &
Development)
November 18, 2010 ■ 7:00 p.m. - 9:00 p.m.
Cost is FREE.

CPR/FIRST AID
*(CC AREA: Health, Safety, & Nutrition)
November 20, 2010 ■ 8:30 a.m. - 4:30 p.m.
Cost is \$40.00.
Pre-registration is required.

*These classes are held in Lincoln.
Contact your Consultant or the Lincoln office
for more information on inservices in your area.*

**(CC=Core Competency)*

480155

WELCOME NEW PROVIDERS
TO THE FAMILY SERVICE CHILD CARE FOOD PROGRAM!

Cecilia Banholzer of David City
Luz Cabrales of Grand Island
Corina Chadwick of Lincoln
Barb Cline of Kearney
Sharlene Dvorak of Pierce
Tracy Foster of Ord
Ozella Frazier of Omaha
Peggy Gentele of Stuart
Kori Herrick of North Platte
Bridget Kellogg of Norfolk
Lindsey Kindler of Fremont
Connie Maas of Wilber
Erica Martinez of Grand Island

Latisha Mitchell of Omaha
Sarah Peirce of Grand Island
Stephanie Pena of Gothenburg
Laura Privett of Ainsworth
Jennifer Reynolds of Atkinson
Tiffany Ronning of Gothenburg
Kysa Sarringer of Lincoln
Jodie Schultz of Superior
Alicia Turner of Geneva
Hillary Tuttle of Lyons
Lakia Valentine of Omaha
Dianna Van Bibber of Grand Island
Anquette Whittington of Lincoln

CCFP UPDATES & REMINDERS

Training Needed for 2010?

Keep in mind that we offer an assortment of nutrition topics as Home Study Lessons that you can complete to fulfill your licensing training hours for 2010. Don't wait until the last minute to request them or get them completed. If you need credit for 2010 please be sure to have them completed and returned to our Lincoln office before December 31, 2010. If we receive any Home Study Lessons after this date we will date them for 2011; we cannot back date training certificates.

School Dates

Thank you to our providers who notified our office when your kindergarten and school-age children were on summer vacation and when your area schools resumed this fall. Without this information we cannot accurately distribute reimbursement for meals served to this age group of children. School-age children are not eligible for AM snack or Lunch reimbursement when school is in session unless our office is notified of school vacation days or child sick days. 080888

Closing for the Holidays?

The holiday season will soon arrive and many of our schedules will be changing. If you will be closing your child care for the holidays, changing your mealtimes or hours of operation, it is REQUIRED that you notify our office or your Consultant in advance. Thank you for your cooperation and Happy Holidays!

Non-School Days

Please complete the "School-age children attending AM snack or Lunch" section on your Claim Information Form if you will be claiming any school-age children on non-school days this month. Please list the ID number of each child, the reason (i.e., Thanksgiving Break) and the date(s). *WebKids* providers must indicate the same information under the *Manage Child Calendar*.

Upcoming Inservices

"Journey Through CACFP"

- O'Neill, NE • November 4, 2010
- Aurora, NE • November 8, 2010
- Norfolk, NE • November 8, 2010
- McCook, NE • November 9, 2010
- Superior, NE • November 11, 2010
- Ogallala, NE • November 15, 2010
- Lexington, NE • November 16, 2010

Upcoming Child Care Conference

NeHSA Conference
Grand Island, NE • November 18 & 19, 2010

*Watch your mail for more information
on upcoming training opportunities.*



IMPORTANT: Accurate Menus & Attendance

Each month our staff is required to compare the Home Visit Review Forms completed by our Consultants with the claims submitted by providers. We want to stress the importance of keeping accurate records of your meals and attendance. **Recurrent errors in the accuracy of your claims can lead to more serious action up to and including termination.** In the future, please review your Consultant's Home Visit Review Form before submitting your claim. Your claim and the home visit information must match exactly, including the menu and attendance. When you sign the Review Form you are verifying that all the information that your Consultant documented is accurate. If you find any discrepancies contact your Consultant prior to submitting your claim for the month in which the home visit was conducted.



*Daylight saving time ends on
Sunday, November 7, 2010.
Don't forget to set your
clocks back 1 hour.*

Food For Thought

by Darlene Bantam, DTR

Bring on the Beans

Dried beans and peas, or legumes, are nutritious, cheap, and loaded with good taste. Here is why they deserve a place on your plate.

GREAT HEALTH FOOD

Legumes are a good source of fiber and protein. One cup of beans packs twice the protein of an egg and more fiber than broccoli! They're also full of important vitamins and minerals, such as potassium, folate, calcium, iron, and zinc. To top it off, they're low in sodium and contain no saturated fat or cholesterol. Plus, eating beans may help lower cholesterol and prevent heart disease.

HOW TO GET YOURS

The U.S. Dietary Guidelines for Americans recommend eating **3 CUPS OF DRIED BEANS A WEEK**. You can choose from dozens of varieties. Black, kidney, great northern, navy, and garbanzo beans (chickpeas) are some familiar ones, along with quicker-cooking lentils, split peas, and black-eyed peas.

KID FRIENDLY BEANS

Try these tips for adding budget-friendly beans to your children's diet:

- **Toss them in.** Add rinsed canned beans to salads, casseroles, and soups.
- **Stock up on hummus.** Kids love this pureed garbanzo bean (chickpea) dip and it's a great way to get them to eat veggies they may not usually touch. Thin slices of red peppers, cucumbers, carrots, celery, and cherry tomatoes all taste delicious dipped in hummus. Pita bread is the traditional item to serve with this tasty treat.
- **Build a burrito.** Put out some bowls of black beans, chopped tomatoes, lettuce, cheese, shredded chicken, and salsa. Let your kids pile what they want onto a tortilla and roll it up to eat.
- **Serve them as a side.** Remember barbecues with pork and beans. Baked beans (pinto beans in a sweet barbecue sauce) are a big hit with kids and make a great side dish to any meat.
- **Puree them.** Puree a can of white beans with a little olive oil, and squeeze of lemon; add them to any cheesy sauce, mashed potatoes, or creamy soup to give them a nutritious boost. 250089
- **Make a salad.** Beans are just as good served cold as they are warm. There are many bean salad recipes out there to try. Find one and try it!



REFRIGERATOR CLEANUP

- Keep your refrigerator cold. The temperature should be 40°F or less.
- Check foods once a week. Get in the habit of going through your refrigerator once a week. Throw away old foods in the garbage. (Leftovers should be eaten within 3-5 days of cooking them.)
- Check expiration dates on foods. If a food is past its expiration date, throw it away. Remember—when in doubt, throw it out!
- Wipe up spills when they happen. Your refrigerator will stay clean and have less bacteria.
- Wash your refrigerator with hot soapy water. Rinse and dry everything. Try to wash your refrigerator at least every 2 to 3 months.

**Source:*

Nutrition Matters, Inc.
www.numatters.com,
Reprinted with permission.

Feeding Fact: Babies who breastfeed are better at recognizing when they're full than those who drink from bottles—even if the bottle contains breast milk—according to a new study in *Pediatrics*. Older infants who were frequent bottle-feeders in



their first months were twice as likely to polish off their milk as tots who got fewer bottles early on. It's thought that breastfeeding's complex sucking action, as well as the varying composition of milk (fore and hind) throughout a feeding, may help a nursing infant register when she's had enough to eat.

Creditable Note

Cooked dry beans or cooked dry peas may be counted as a vegetable or as a meat alternate, but not as both in the same meal.

~COUNTER INTELLIGENCE~

If you're like most people, you automatically store produce in the refrigerator—not a good across-the-board policy. While cold storage can help some fruits and vegetables last longer, it degrades the flavor and texture of others. Certain items really should be left on the countertop.

Tomatoes



Why not the fridge? Chilly air dulls the flavor and makes them more acidic.

Keep-fresh tip: Place in a spot away from windows so they don't get direct sunlight. **Use within 1 week.**

Potatoes



Why not the fridge? The starch in them will quickly turn into sugar, resulting in too-sweet spuds when cooked.

Keep-fresh tip: Don't wash until ready to eat. **Use within 2 to 4 weeks.**

Cucumbers



Why not the fridge? They become yellow and watery. **Keep-fresh tip:** Stash in a plastic grocery bag. **Use within 1 week.**

Bananas



Why not the fridge? Low temperatures speed up spoiling. **Keep-fresh tip:** Store separately on a plate in a cool, dry place. **Use within 3 to 4 days.**

Black Bean & Pumpkin Chili

Pumpkin may sound odd in chili, but give this recipe a try anyway. You can't taste the pumpkin; it just makes the chili thicker and more nutritious!

- 3/4 C. onion, chopped
- 3/4 C. green pepper, chopped
- 2 T. olive oil
- 3 garlic cloves, minced
- 3 C. chicken broth
- 2 (15 oz.) cans black beans, rinsed and drained
- 2 1/2 C. ground turkey, browned and crumbled
- 1 (15 oz.) can pureed pumpkin
- 1 (14.5 oz.) can diced tomatoes, undrained
- 2 tsp. dried parsley flakes
- 2 tsp. chili powder
- 1 1/2 tsp. dried oregano
- 1 1/2 tsp. ground cumin
- 1/2 tsp. salt

In a large skillet, sauté the onion and pepper in oil until tender. Add garlic; cook 1 minute longer. Transfer to a 5-quart slow cooker; stir in the remaining ingredients. Cover and cook on low for 4-5 hours or until heated through.

Yield: 16 servings

Serving Size: 3/4 cup + 2 tablespoons

Meal Component (MM#): 1 1/2 oz. meat/meat alternate (120), 1/4 cup vegetable (214)

Lunch/Supper Menu Suggestion: Black Bean & Pumpkin Chili, Wheat Dinner Rolls, Apple Slices, and Milk

Pumpkin Pie Oatmeal

- 1 C. water
- 1 C. milk
- 1 C. old-fashioned oats
- 1/2 C. canned pureed pumpkin
- 1/4 tsp. pumpkin pie spice
- 1/4 C. brown sugar
- 1/2 tsp. vanilla extract
- dried cranberries (*optional*)



In a small saucepan, combine the water, milk, oats, pumpkin and pie spice. Bring to a boil; cook and stir for 5 minutes. Remove from the heat; stir in sugar and vanilla. Sprinkle with cranberries, if desired.

Yield: 5 servings

Serving Size: 3/4 cup

Meal Component (MM#): grain/bread (56)

Breakfast Menu Suggestion: Pumpkin Pie Oatmeal, Bananas, and Milk

THIS, THAT, & MORE!

by Vicky Heyen

Did you know THIS about Acorn Squash?

Although considered a winter squash, acorn squash belongs to the same species as all "summer" squashes (including zucchini and yellow crookneck squash).



The most common variety is dark green in color. However, newer varieties have arisen including Golden Acorn, for its glowing yellow color, and some that are white. They can also be variegated (multi-colored). As the name suggests, its shape resembles that of an acorn with distinctive longitudinal ridges and sweet, yellow-orange flesh.

Squash is one of the easiest vegetables to digest, is low in calories, and makes a filling dish. This squash is not as rich in beta-carotene as other winter squashes, but is a good source of dietary fiber and potassium, as well as smaller amounts of vitamins C and B, magnesium, and manganese.

Acorn Squash Selection and Storage

Harvested when fully ripe, the average acorn squash weighs from one to three pounds. Any larger and you risk getting a dry, stringy squash.

It's difficult to judge an acorn squash by its outward appearance. It should feel heavy for its size with smooth, dull skin and absolutely no soft spots. Shiny skin indicates it was picked before fully mature, unless the producer has applied wax. Look for some partial orange on the skin as a sign of maturity. On the other hand, too much orange coloring on the skin indicates an overripe squash which will be dry and stringy. A good balance between green and orange coloring is optimum. When comparing, be aware that lighter weight ones have lost moisture through the skin and will be drier.

Winter squash will last up to a month in a cool (50 to 55°F) dark cellar or storage area, but only about two weeks in the refrigerator. Ideally, only cut or cooked acorn squash should be refrigerated. They will suffer chill damage at temperatures below 50°F.

Dry hot air will cause loss of moisture, resulting in a shorter shelf life. Squash with a bit of the stem still intact will help slow down moisture loss.

Plan on using acorn squash within two weeks of purchase, since you never know how long it has already been in storage and under what conditions. Once cut, wrap raw pieces in plastic wrap, refrigerate, and use within four days.

Did you know THAT most winter squash, including pumpkin, buttercup, and butternut, can be used interchangeably in recipes? Need to know how much acorn squash to use in your recipes? Here are some equivalents:

1/3 to 1/2 pound raw unpeeled squash = 1 serving

1 pound peeled squash = 1 cup cooked, mashed

2-1/2 pounds whole squash = 2-3/4 to 3 cups pureed

1 pound trimmed squash = 2 cups cooked pieces

1 pound squash = 2 to 3 servings

12 ounces frozen squash = 1-1/2 cups

Acorn Squash Cooking Tips

- You'll need to remove the fibers and seeds from the center of the acorn squash before steaming, broiling, or baking.
- A sturdy knife to slice acorn squash in half is a necessity. To make the squash easier to cut, pierce the skin in a few spots, place it in a microwave oven and heat on high for 2 minutes. Let stand for another few minutes before carving.
- When halving, cut through the stem end to the point rather than across the diameter.
- To prevent halves from rocking on the baking tray, cut a small slice off the bottom to flatten it.
- The ribbed shape of the acorn squash makes peeling it virtually impossible, but wonderful for stuffing with a wide variety of fillings. It is most often served cooked in its shell. If you need the pulp only, you will need to cook it first and then scoop the pulp from the skin. It is done when the flesh is very tender, usually about one hour baking time at 400°F for halved squash. Timing depends on the size of the squash, but it's difficult to over-bake.
- Avoid boiling acorn squash. Boiling damages both the flavor and the texture.
- To quickly microwave acorn squash, cut two whole squash in half, cover and cook for 13 minutes on high. Do not add water.
- Acorn squash can also be cooked whole. Pierce the skin in several places. Place on a baking sheet in 350°F oven for about 1-1/2 hours. Squeeze the squash to test for doneness. When it yields to gentle pressure, it's done. You can then cut it in half, scoop out the seeds and serve or cool and use the cooked innards.
- The deeper the yellowish orange color of the flesh, the sweeter it is. If you end up with a stringy squash, you can beat the pulp with an electric mixer on high speed for ten seconds and then switch to low speed for sixty seconds. The strings should wrap around the beaters for easy removal.

A Week's Worth of Meal Ideas

MEALS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAK-FAST	Biscuits (02)	Waffles (58)	Hot Cereal (33)	Pancakes (58)	Cinnamon Rolls (44)
	Grapes (18)	Peaches (27)	Mandarin Oranges (21)	Strawberries (37)	Bananas (04)
	Milk	Milk	Milk	Milk	Milk
AM SNACK	Pretzels (68)	Snack Crackers (43)	Colby Cheese (76)	Graham Crackers (35)	Wheat Bread (30)
	Apple Juice (52)	Milk	Grapes (18)	Bananas (04)	Pineapple (30)
LUNCH	Whole Chicken (33)	Pork Chops (45)	Tuna (42)	Beef Lunchmeat (04)	Pork Sausage (48)
	Dinner Rolls (25)	Croissants (07)	Egg Noodles (60)	Wheat Bread (30)	Pizza Crust (42)
	Instant Potatoes (181)	* Squash (235)	Peas (222)	* Squash (235)	Tomato Paste (227)
	Peaches (27)	Green Beans (177)	Bananas (04)	Grapes (18)	Mandarin Oranges (21)
	Milk	Milk	Milk	Milk	Milk
PM SNACK	Peanut Butter (103)	Granola Bars (53)	Muffins (104)	Cookies (34)	Yogurt (104)
	Apples (01)	Cherry Juice (58)	Milk	Milk	Strawberries (37)

* See recipes below.

Baked Acorn Squash

- 1 (8 oz.) acorn squash, halved and seeded
- 1 T. butter
- 2 T. brown sugar

Place squash, cut side up, in a baking dish. Add a small amount of water in the bottom of dish; water should just cover the bottom of the dish but not the squash. Divide the butter and sugar equally between the squash halves and place it in the middle of each half. Cover squash with aluminum foil and bake at 350F for 45-60 minutes or until tender.

Yield: 2 servings

Serving Size: 1 squash half 023319

Meal Component (MM#): 1/4 cup vegetable (235)

Lunch/Supper Menu Suggestion: Baked Pork Chops, Croissants, Baked Acorn Squash, Green Beans, and Milk



Thought to be the first food cultivated by Native American Indians, squash, along with beans and corn, is part of the Indian triad of the three most important food staples.

Acorn Squash Soup

- 1/2 C. onion, chopped
- 1/4 C. celery, chopped
- 2 T. butter
- 2 T. all-purpose flour
- 1 tsp. chicken bouillon granules
- 1/2 tsp. dill weed
- 1/4 tsp. curry powder
- 2 C. chicken broth
- 1 (12 oz.) can evaporated milk
- 3 C. mashed, cooked acorn squash
- salt and black pepper to taste
- 5 strips bacon, cooked and crumbled



In a large saucepan, sauté onion and celery in butter. Stir in flour, bouillon, dill, curry with a wire whisk until well blended. Gradually whisk in broth and milk until smooth. Bring to a boil; cook and stir for 2 minutes. Add squash, salt, and pepper; heat through. In a blender, process soup in batches until smooth. Pour into bowls; garnish with bacon before serving.

Yield: 14 servings

Serving Size: 1/2 cup

Meal Component (MM#): 1/4 cup vegetable (235)

Lunch/Supper Menu Suggestion: Roast Beef Sandwiches on Wheat Bread, Acorn Squash Soup, Grapes, and Milk



Family Service Association of Lincoln
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Lincoln, NE 68508

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ACTIVE GAMES FOR INDOORS AND OUT

As the weather turns chilly, it's time to look for activities to keep children moving whether they are indoors or out.

Follow The Leader

A leader is chosen, and all who play must go where she goes, dance as she dances, and move their arms, hands, feet as she does. They must skip and dance while they sing the following song: "Follow the leader wherever she goes, what she'll do next, nobody knows." This game allows the leader to improvise fancy footwork, silly circles, and fun pranks.



Pumpkin Race

This may be played indoors if there is plenty of room. Two racers line up on the starting line with a pumpkin turned on its side. When signaled the racers will use their hands to roll the pumpkin to the finish line. For a team variation, make this a relay race.

Indoor Obstacle Course

Plan the course to include obstacles and directions such as crawling under a rope or string tied between tables or chairs; or crawling through a tunnel made from blankets, sheets or pillows without knocking them down. Make the course harder by creating hazards, such as wearing a large hat while crawling through the obstacle. Create other variations to make it even more fun and challenging.



Congratulations

Theresa Clemens of Atkinson, NE for submitting your September claim before October 4th. Submit your claim before the 4th of the month to be eligible to receive a prize!

CONGRATULATIONS!

Congratulations to Jacqueline Borzekofski of Wymore and Sarah Naukam of Fairbury for finding their provider numbers in the **September** newsletter. There are 5 provider numbers hidden in this issue. If you find yours, call our office to claim your prize. Your name will appear in the **January** issue of the *Child Care Outreach*.