



# NUTRITIOUS NIBBLES

## SUMMER 2019

### Program Reminders

- 1. Licenses** – Please forward a copy of your provisional or renewal license as soon as you receive it from licensing. If we do not have a copy of your license on file, we may not be able to enter your claim for reimbursement until we receive it and update the DOE website.
- 2. CACFP Forms** – If you are in need of program forms contact your monitor or visit our website. All of the forms are now available to download. The website also has our latest edition of the Nutritious Nibbles newsletter. The website address is [www.ccwilm.org](http://www.ccwilm.org). Once you enter the web address there are 2 different ways to search the CACFP Program. You can either click on the word “programs” on the top of the site then scroll down to select Child and Adult Food Program or immediately scroll down to the right hand side of the bottom of the page, listed under “other programs” is the Child and Adult Food Program.
- 3. Enrollments** – The children in your daycare CACFP enrollment forms expire one year from the date that the parent signs the form. Typically, we suggest all daycare providers to renew all enrollments in August and send renewals to your monitor. If we do not have a current enrollment on file, we are required to remove the child/children from your claim. Please make sure that the parents fill out the enrollments completely including their phone numbers before mailing the form to our office. If a child moves or their hours/days in daycare changes please make sure that the parents fill out an updated form and send the form to your monitor.
- 4. Reimbursement Claims** – Please mail your reimbursement claim as soon as you are finished for the month. If your daycare closes early for the month due to vacation etc. please mail your claim early.

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***“Every child is one caring adult away from being a success story”  
-Josh Shipp***



# Build a healthy meal

**Each meal is a building block in your healthy eating style.** Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the [MyPlate Daily Checklist](#) and the tips below to meet your needs throughout the day.

## 1 Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



## 2 Include whole grains

Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



## 3 Don't forget the dairy

Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.



## 4 Add lean protein

Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.



## 5 Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

## 6 Get creative in the kitchen

Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

## 7 Take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose options that are lower in calories, saturated fat, and sodium.



## 8 Try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

## 9 Satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

## 10 Everything you eat and drink matters

The right mix of foods in your meals and snacks can help you be healthier now and into the future. Turn small changes in how you eat into your MyPlate, MyWins.



# Add more vegetables to your day

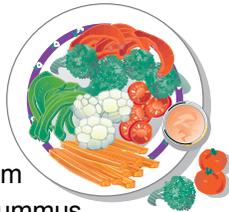
**It's easy to eat more vegetables!** Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

## 1 Discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.

## 2 Be ahead of the game

Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.



## 3 Choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

## 4 Check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.



## 5 Stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as “reduced sodium,” “low sodium,” or “no salt added.”

## 6 Make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.

## 7 Sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

## 8 While you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

## 9 Savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.



## 10 Vary your veggies

Choose a new vegetable that you've never tried before. Find recipes online at [WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).

# 10 tips

Nutrition  
Education Series

# kid-friendly veggies and fruits

## 10 tips for making healthy foods more fun for children



**Encourage children to eat vegetables and fruits by making it fun.** Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

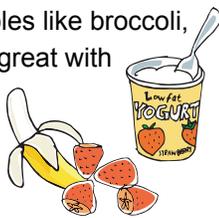
### 1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



### 2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



### 3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

### 4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

### 5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

### 6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make “popsicles” by inserting sticks into peeled bananas and freezing.

### 7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

### 8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



### 9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

### 10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



## For Child Care Providers: Keeping Solid Foods Safe

**Cooking Solid Foods:** Refer to the chart below for minimum cooking temperatures for each food.

Food	Temperature (using a food thermometer)
 <p>Fresh beef, pork, veal, lamb (steaks, roasts, chops)</p>	145 °F or 63 °C (with a 3-minute rest time)
 <p>Ground beef, pork, veal, lamb</p>	160 °F or 71 °C
 <p>Ground turkey, chicken</p>	165 °F or 74 °C
 <p>Fresh chicken, turkey (whole, breasts, thighs, legs, wings)</p>	165 °F or 74 °C
 <p>Fresh ham</p>	145 °F or 63 °C
 <p>Fish</p>	145 °F or 63 °C
 <p>Eggs and egg dishes</p>	160 °F or 71 °C Cook until yolk and white parts of the egg are firm.

**Storing Solid Foods:** Refer to the chart below for storing methods of different foods and the length of time they can be stored.

Solid Foods (store-bought or freshly made)	Refrigerator	Freezer
Vegetables and fruits	2–3 days	6–8 months
Meats and eggs	1 day	1–2 months
Meat/vegetable combinations	1–2 days	1–2 months
Freshly made baby foods	1–2 days	1–2 months



### **Avoid Spreading Harmful Bacteria to Other Food**

To avoid spreading harmful bacteria to other foods:

- Do not allow raw or partially cooked meat, poultry, or fish, or their juices, to touch other foods. They should also not touch the surfaces, serving plates, or utensils used to serve or prepare other foods. For example, do not use a fork to test a piece of meat, poultry, or fish while cooking and then use the same fork to mix a cold vegetable dish.
- Use separate utensils and cutting boards for animal foods (such as meat, poultry, fish, and shellfish) and non-animal foods (such as vegetables, fruits, breads).
- Do not use cutting boards with crevices and cuts.
- Wash and sanitize utensils and boards after each use. Non-porous plastic cutting boards are best as they are easiest to clean.
- In the refrigerator, store raw or cooked meat, poultry, and fish below cooked or ready-to-eat foods so that no juices from those foods drip on other foods.

When taking the temperature of beef, pork, or lamb roasts, the food thermometer should be placed midway in the roast, avoiding the bone. When cooking hamburgers, steaks, or chops, insert a thermometer in the thickest part, away from bone, fat, or gristle.



## For Child Care Providers: Feeding Babies in Their First Year

Baby's age	When baby can:	Serve these foods in the CACFP:
Birth through 5 months	<ul style="list-style-type: none"><li>• Only suck and swallow</li></ul>	<b>Liquids Only</b> <ul style="list-style-type: none"><li>• Breastmilk</li><li>• Iron-fortified infant formula</li></ul>
Around 6 months through 8 months	<ul style="list-style-type: none"><li>• Draw in upper or lower lip as spoon is removed from mouth</li><li>• Move tongue up and down</li><li>• Sit up with support</li><li>• Swallow soft solid foods without choking</li><li>• Open the mouth when they see food</li><li>• Drink from a cup with help, with spilling</li></ul>	<b>Serve liquids above and add solid foods when babies are developmentally ready, including:</b> <ul style="list-style-type: none"><li>• Cooked, plain pureed/mashed vegetables</li><li>• Plain pureed/mashed fruit</li><li>• Plain pureed/mashed meat and meat alternates (dairy and protein foods): meat, poultry, fish, whole eggs, cheese, yogurt, and cooked dry beans and peas</li><li>• Iron-fortified infant cereals, bread, small pieces of crackers</li></ul>
Around 8 months through 12 months	<ul style="list-style-type: none"><li>• Move tongue from side to side</li><li>• Begin spoon feeding themselves with help</li><li>• Begin to chew and have some teeth</li><li>• Begin to hold food and use their fingers to feed themselves</li><li>• Drink from a cup with help, with less spilling</li></ul>	<b>Serve liquids and foods above, and add: A variety of new solid foods and textures such as:</b> <ul style="list-style-type: none"><li>• Fortified ready-to-eat cereal, teething biscuits, crackers, and toasts</li><li>• Finely chopped vegetables</li><li>• Finely chopped fruit</li><li>• Finely chopped meat and meat alternates (dairy and protein foods): meat, poultry, fish, whole eggs, cheese, yogurt, and cooked dry beans and peas</li></ul>

# ABCs OF Growing Healthy KIDS:



## PICKY EATERS

### IS YOUR CHILD A PICKY EATER?

Does your child refuse green foods? Does he or she suddenly react to an all-time favorite food with “I don’t like this” or, simply, “No!”? Are you concerned because your child will not eat vegetables?

The preschool years are characterized by bouts of asserting independence. What appears to be “picky” eating may instead be your child’s early attempts to be assertive—a natural part of growing up. Before a picky eater gets to be a problem eater, you can use certain skills and techniques to ease mealtime struggles and encourage even the pickiest eater to try a few bites of new, different, nutritious food at each meal.

Many sources are available to help parents and caregivers cope with the young, opinionated eater, but no one answer will work all the time. Arm yourself with these tips for handling what may appear to be the “downs and ups” of child feeding.

### TRY ONE, TWO, OR A FEW OF THE FOLLOWING TIPS WITH A PICKY EATER YOU KNOW!

**1. ONE STEP AT A TIME.**

Offer just one new food at a time. Let the child know if it will be sweet, salty, or sour. Serve it with other foods you know your child likes.

**2. A TASTE IS JUST A TASTE.**

Let your child decide the amount to try. A “taste” can be as small as half a teaspoon but don't force it.

**3. WHAT GOES IN, MAY COME OUT... AND THAT'S OKAY!**

Recent studies indicate young children are more likely to try a new food if they have the option of not swallowing it. Show children how to carefully spit the food into a napkin, if they decide they don't want to swallow it.





#### 4. IF AT FIRST YOU DON'T SUCCEED... TRY AGAIN.

Many young children must be offered a food ten to fifteen times before they will accept it, according to recent research. Continue to offer a new food; don't give up. Eventually children are likely to give it a try.

#### 5. BE A ROLE MODEL.

Imitation is a powerful force in learning. If you want children to be willing to try new foods, it is helpful for them to see you eating those foods, too.

#### 6. CAPITALIZE ON "FOOD-TASTING" PEERS.

To encourage a reluctant taster, have him or her sit with friends or siblings who are good tasters when you introduce a new food.

#### 7. AVOID THE "SHORT-ORDER COOK" ROUTINE.

Serve an unfamiliar food with familiar ones. This increases the likelihood a child will taste the new food. But expect your child to eat the same foods as the rest of your family.

#### 8. COLOR AND TEXTURE MAKE A DIFFERENCE.

Most children prefer bright colors and interesting textures. Many prefer plain foods they can easily recognize.

#### 9. GET CHILDREN INVOLVED.

Even the most finicky eater is more likely to try a food he or she has helped prepare.

#### 10. REMEMBER MEAL PLANNING AND GROCERY SHOPPING.

Whenever possible, include your child in planning, shopping for, and preparing some meals. This sense of ownership may stimulate interest and curiosity, and could help "sell" that first bite.

#### 11. YOU CAN LEAD THEM TO A NEW FOOD... BUT YOU CAN'T MAKE THEM EAT.

Never force a child to try a food. Offer it, but if it is not eaten, simply take the food away and present it again at a different time.

#### 12. READ STORIES ABOUT FOOD TO AND WITH YOUR CHILDREN.

A child may be more likely to try a food that was introduced in a story.

#### 13. MOST OF ALL, RELAX!

Focus your attention on the positive aspects of your child's eating behavior, not on your child's food.

Originally prepared by Katherine Cason, associate professor of food science

Updated in 2014 by Jill Cox, MS, RD, program development specialist, Penn State Better Kid Care and Mary Alice Gettings, MS, RD, nutrition consultant with funding from the Penn State Extension Better Kid Care program.

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# ABCs OF Growing Healthy KIDS:



## A THREAT TO EVERYONE . . . ESPECIALLY CHILDREN!

Lead is poisonous to the mind and body. It can damage health and cause problems that make it hard for your child to learn. It can even kill.

Babies exposed to lead before birth may be born too small or too early. The harm lead can cause them may never go away.

Lead comes from many sources. Of these, contaminated dust is the most common. Dust can come from lead-based paint, auto exhaust residues, or soil, or it can come from home remodeling. Other sources of lead include water that has traveled through old pipes containing lead solder.

## WHAT ARE THE SIGNS OF LEAD POISONING?

### Symptoms in children

The signs and symptoms of lead poisoning in children may include:

- Irritability
- Loss of appetite
- Weight loss
- Sluggishness and fatigue
- Abdominal pain
- Vomiting
- Constipation
- Learning difficulties

### Symptoms in newborns

Babies who are exposed to lead before birth may experience:

- Learning difficulties
- Slowed growth

A child can be hurt by lead but have no obvious symptoms.



# LEAD POISONING



# WHAT CAN YOU DO TO PREVENT LEAD POISONING?

Children may eat lead or breathe it in. Keep them from eating paint chips, dust, or dirt. Clean dust with a wet mop or wet cloth, not with a vacuum cleaner. If you work around lead, avoid bringing lead dust into your home.

Let water run one minute before drinking.

Keep areas where your children play clean. Have children wash their hands and toys often.

Have children play in a sandbox instead of in the dirt. For more information in EPA-Recognized Lead Kits, go to [www2.epa.gov/lead/epa-recognition-lead-test-kits#recognized](http://www2.epa.gov/lead/epa-recognition-lead-test-kits#recognized).

Healthy eating is important too, because it helps protect the body against lead's effects. A lower-fat diet is best, especially one that includes foods with lots of calcium, iron, and zinc.

Have your child tested for lead. Every child under the age of six should be tested. All that is required is a simple blood test, which can be done at your doctor's office or a local health clinic.

Pregnant women need to be tested, too. A woman with lead in her body may give it to her unborn child.

Take action in your home. To find out about having your house and water tested for lead, call your local health department, housing authority, or water company.

## For Further Information

Get an expert to help if you have a problem with lead. For more information on lead poisoning, go to

[www2.epa.gov/lead/forms/lead-hotline-national-lead-information-center](http://www2.epa.gov/lead/forms/lead-hotline-national-lead-information-center).



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Call the National Lead Information Center at  
**1-800-424-5323**  
for answers to specific questions about lead.

## References:

1. Backgrounder: CDC Releases New Guidance on Lead Screening  
[www.cdc.gov/nceh/lead/publications/1997/backgr.htm](http://www.cdc.gov/nceh/lead/publications/1997/backgr.htm)
2. EPA Recognition of Lead Test Kits  
[www2.epa.gov/lead/epa-recognition-lead-test-kits#recognized](http://www2.epa.gov/lead/epa-recognition-lead-test-kits#recognized)
3. Lead Hotline - The National Lead Information Center  
[www2.epa.gov/lead/forms/lead-hotline-national-lead-information-center](http://www2.epa.gov/lead/forms/lead-hotline-national-lead-information-center)

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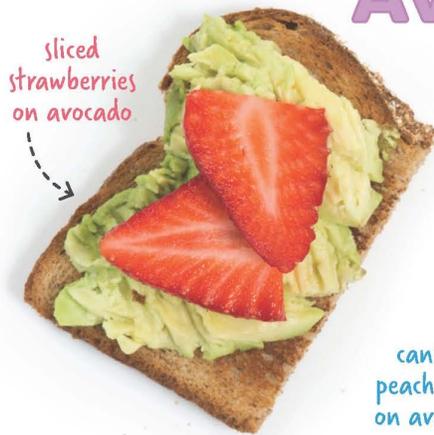
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## Avocado Toast

A yummy choice for lunch  
or a quick snack.



sliced  
strawberries  
on avocado



canned  
peach slices  
on avocado



tomato slices  
on avocado



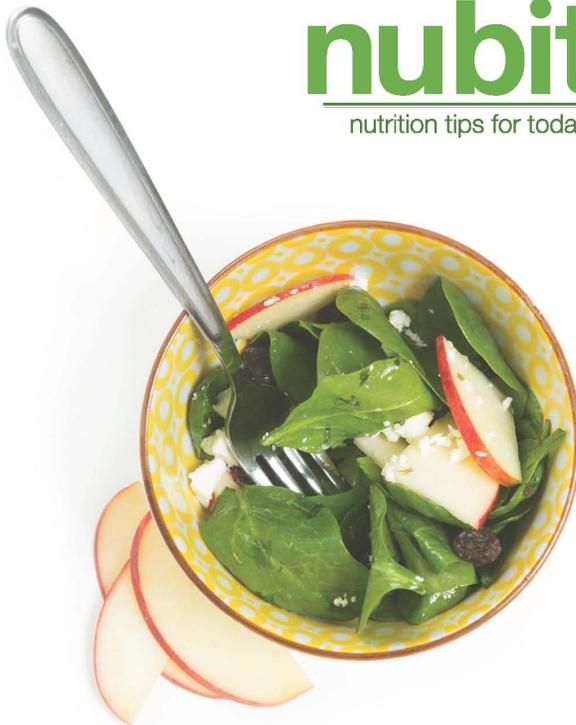
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## Apple Spinach Salad

- 2 cups baby spinach
- 1 cup thin apple slices
- ½ cup raisins
- ¼ cup feta cheese

Toss spinach, apple slices, raisins and feta cheese together. Sprinkle with your favorite vinaigrette salad dressing.



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## egg salad wrap

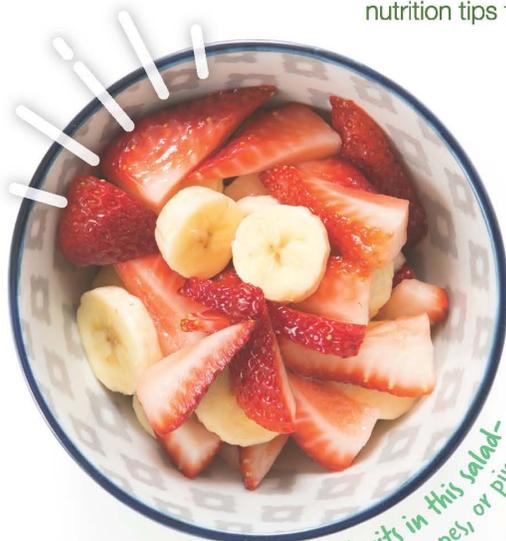
- 5 cooked chopped eggs
- ½ cup mayonnaise
- ½ teaspoon mustard
- ½ teaspoon onion powder
- salt and black pepper to taste

**step 1** Combine eggs, mayonnaise, mustard, onion powder, salt and black pepper together.

**step 2** Spoon egg salad into lettuce leaves. Roll up and eat.



An easy summertime lunch!



Try other fruits in this salad—blueberries, melon, grapes, or pineapple.

## summer strawberry salad

- 3 cups sliced strawberries
- 1 cup sliced bananas
- 2 tablespoons honey
- 2 tablespoons lime juice

**step 1** Combine honey and lime juice together.

**step 2** Pour dressing over strawberries and bananas, and toss lightly.

*\*Do not give your baby honey or foods made with honey until he is 1 year old.*

# Connect the dots!

