



Nutrition Edition

Your Guide to Child Health and Nutrition



Nutrition Edition
Issue 81

CCFPRoundtable.org



6 **BENEFITS OF CACFP**

PARTICIPATING PROGRAMS PROVIDE MEALS ACCORDING TO THE NUTRITION STANDARDS SET BY USDA ENSURING THAT CHILDREN AND ADULTS IN CARE RECEIVE BALANCED, NUTRITIOUS MEALS AND SNACKS..

Happy Birthday CACFP

CACFP's Economic Value

"CACFP supports jobs and careers in the child care industry."

Happy Birthday CACFP

CHILD AND ADULT CARE FOOD PROGRAM

HAPPY BIRTHDAY CACFP

CACFP provides aid to child and adult care centers and family or group day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth, and development of young children, and the health and wellness of older adults and chronically impaired disabled persons.

#CACFPWorks #CACFP50Birthday

CHILD AND ADULT CARE FOOD PROGRAM

HAPPY BIRTHDAY CACFP

The Child and Adult Care Food Program (CACFP) pays for nutritious meals and snacks for eligible children and elderly or disabled adults enrolled at participating child care centers, family child care, afterschool and Head Start programs, adult care centers, and homeless shelters.

#CACFPWorks #CACFP50Birthday

CHILD AND ADULT CARE FOOD PROGRAM

HAPPY BIRTHDAY CACFP

NEW HEALTHY NUTRITION STANDARDS FOR THE MEALS AND SNACKS THAT CACFP PROVIDES MAKE A GOOD PROGRAM EVEN BETTER.

CHILD AND ADULT CARE FOOD PROGRAM

HAPPY BIRTHDAY CACFP

"CACFP PLAYS A VITAL ROLE IN IMPROVING THE QUALITY OF CHILD CARE AND MAKING IT MORE AFFORDABLE FOR MANY LOW-INCOME FAMILIES".

CHILD AND ADULT CARE FOOD PROGRAM

HAPPY BIRTHDAY CACFP

CACFP ENSURES THAT CHILDREN:

- RECEIVE A NUTRITIOUS DIET.
- START GOOD NUTRITION HABITS EARLY IN LIFE.
- GROW HEALTHY AND STRONG, AND ARE PREPARED FOR SCHOOL, READY TO LEARN.

CHILD AND ADULT CARE FOOD PROGRAM

HAPPY BIRTHDAY CACFP

2.08 BILLION MEALS SERVED EVERYDAY IN CACFP

CHILD AND ADULT CARE FOOD PROGRAM

HAPPY BIRTHDAY CACFP

4.3 MILLION CHILDREN SERVED MEALS EVERYDAY IN CACFP

INSIDE:

- Walk and Bike to School Day
- Mommy Songs for Mother's Day
- Recipes
- Food Funny

CACFP's 50th Birthday Celebration

— Continued from front page

THE BIRTH of the Child and Adult Care Food Program as a pilot project was on May 8, 1968. Let's celebrate 50 years of CACFP and take the opportunity to educate the public about CACFP and your Child Care program.



CELEBRATE AND CREATE AWARENESS

Educate representatives, parents and the community about how the CACFP serves nutritious meals to grow healthy children:

- Serve well balanced, nutritious meals.
- Promote proper nutrition for growing children.
- Ensure and promote the long-term health benefits of the CACFP.

CELEBRATE THE CACFP'S 50TH BIRTHDAY AND YOU!

- Make and send a birthday card signed by the children to your food program sponsor and elected officials.
- Celebrate with a #CACFP Fun Run/Walk with kids and parents and serve creditable snacks. Build your own USDA CACFP Birthday mixing bowl recipe book with the children and parents.
- Take pictures with signs like #CACFP50 and post on social media.
- Share your CACFP birthday story with the media, social media too.
- Celebrate the CACFP Birthday using the USDA *Make Today a Try-Day* materials. Go to www.fns.usda.gov/tn/resource-library
- Have a CACFP Birthday Party and help the children decorate and create a healthy birthday “cake” and snacks. Share with parents and social media using #CACFP50.
- Celebrate that ***CACFP participation is considered an indicator of quality childcare and that you are a part of it.***

TAKE THE PLEDGE TO TELL ONE PERSON ABOUT THE CHILD AND ADULT CARE FOOD PROGRAM'S BIRTHDAY

USDA's Child and Adult Care Food Program plays a vital role in improving the quality of child care and making it more affordable for many low-income families. Over four million children receive 2.2 billion nutritious meals and snacks through CACFP. The program also provides meals and snacks to 130,000 adults who receive care in nonresidential adult day care centers. CACFP reaches even further to provide meals to children residing in emergency shelters, and snacks and suppers to youths participating in eligible afterschool care programs. Let someone know and celebrate 50 successful CACFP years!

Thanks to the National CACFP forum for the birthday graphics and activities. For more celebration ideas visit www.cacfpforum.com/happy-birthday-cacfp

DID YOU KNOW...

May 11th 2018 is **Provider Appreciation Day!**



- Research cites participation in CACFP as one of the major factors influencing quality care.
- CACFP plays a vital role in making child care more affordable for many low-income families.
- Studies show that children in CACFP receive meals that are nutritionally superior to those served to children in comparable child care settings without CACFP.
- National Bike to School Day is May 9th, 2018.

FRAC, walkbiketoschool.org

Quotable Quotes

“There is something in the flavor and aroma of the fresh strawberry that no amount of skill has been able to preserve.”

– E.F. White

KIDS' HEALTH & SAFETY

National Walk and Bike to School Day is May 9th

REMEMBER the excitement of first riding a bike? Capture that feeling again by hopping on your bike to get to school! Join this national day of promoting healthier habits, a cleaner environment and a sense of community by riding or walking to school. When families ride a bike or walk to school, they can enjoy quality time together, connect with the community by seeing friends and neighbors, and notice things in nature; all things we miss out on when we are in our cars every day.



day, we will see less congestion and improve conditions for walking or biking. As the community sees more people walking and biking, it encourages more people to do so. A win-win for everyone!

HEALTHIER HABITS

Biking and walking to school promotes physical activity that children need each day while also helping them to form lifelong healthy habits. It is recommended that children and adolescents get one or more hours of physical activity each day. Regular physical activity helps build strong bones, muscles and joints and decreases the risk of obesity. With almost one-third of American children overweight or obese, childhood obesity is now the number one health concern among parents and health care providers. Walking or riding with our children models healthy behaviors and habits plus it's fun!

CLEANER ENVIRONMENT

When ditching the car for a bike or our own two feet, we help keep our air clean. Cars contribute to air pollution by emitting toxic chemicals that increase greenhouse gasses in the atmosphere, which leads to global warming. We can help offset our footprint by leaving the car at home, while getting some beneficial exercise at the same time.

COMMUNITY BENEFITS

Less traffic. Let's face it, we all hate traffic. By reducing the number of cars commuting to school each

STRONGER SENSE OF COMMUNITY

When we have a common goal of promoting and improving conditions to walk or ride to school, families, neighbors, school officials and community leaders are all working together as a community. We are also building community relationships when we walk or ride by a neighbor and chat or say hello.

SAFER STREETS

Communities that have higher rates of walking or riding tend to have lower accident rates. One reason may be that motorists drive more cautiously because they know to expect walkers and cyclists. Also, more people outside provide more "eyes on the street" to keep neighborhoods safe.

IMPROVED ACCESSIBILITY

Enabling students of all abilities to walk or bike to school benefits the entire community by making it easier for everyone to get around, including those with mobility impairments, parents with strollers, senior citizens and those without cars.

Strap on your helmets or slide on your sneakers and join the thousands of students, families, community partners and elected officials around the country who will be participating in this year's Walk and Bike to School Day on May 9th. Then try to make it a regular routine as often as you can.

—Adapted from walkbiketoschool.org

Mother's Day Egg in a Hole Breakfast

Mayonnaise	1/3 cup
Parmesan cheese, grated	1/4 cup
Bread, whole wheat	6 slices
Eggs, large	6
Salt and pepper	to taste

1. Stir together mayonnaise and cheese in a bowl. Spread on both sides of each bread slice, dividing evenly. Cut a 3-inch circle from the center of each bread slice.
2. Heat a large nonstick skillet over medium heat. For each egg in the hole cook bread and bread rounds until golden brown on one side, 1 to 2 minutes. Turn both and immediately crack an egg into the hole of each slice; season with salt and pepper.
3. Reduce heat to medium-low and partially cover pan. Cook until eggs are set, about 3 to 4 minutes. Top with bread round.

Yield: 6 servings

Meets requirement for whole grains and meat/meat alternate

— Adapted from *CountryLiving.com*

Fiesta Cheesy Bean Quesadillas

Whole wheat flour tortillas	8
Refried beans	1 (15.5 ounce) can
Monterey jack cheese, shredded	2 cups
Butter or olive oil	1 1/2 tsp

1. Divide the refried bean mixture between 4 tortillas, spreading it to the very edges. Sprinkle evenly with cheese and top each with another tortilla.
2. Melt butter in a large skillet and cook quesadillas one at a time until the cheese begins to melt and the bottom tortilla is light brown.
3. Flip quesadilla and continue cooking until the second side is light brown.
4. Remove to a cutting board and cut in wedges with a knife or pizza cutter.

Yield: 8 servings

Meets requirement for whole grains and meat/meat alternate

— *Cooking Class*

ACTIVITY CORNER

Mommy Songs for Mother's Day



Teach children a new song and make Mommy's day!

(To the Tune of B-I-NGO)

I love her and she loves me,
And Mommy is her name-o
M-O-MMY
M-O-MMY

M-O-MMY and Mommy is her name.

(To the Tune of Twinkle Little Star)

Mommy, Mommy, let me say.
"I love you in every way.
I love you for all you do.
I love you for being you."
Mommy, Mommy, let me say.
"Have a Happy Mother's Day!"

Create some hand movements for fun.

— *The Busy Box*

This Nutrition Edition is brought to you by:

and is produced by:



CocoKids™
Childhood Champions
Child Health & Nutrition Program

www.CoCoKids.org
nutrition@cocokids.org
(925) 676-6117 • (Fax) 676-5829

Program Director..... Paula James
Co-Editor..... Donna Green, RD
Supervisor, Co-Editor..... Catherine Stafford

Food Q. What kind of key opens a banana?
Funny A. A monkey.