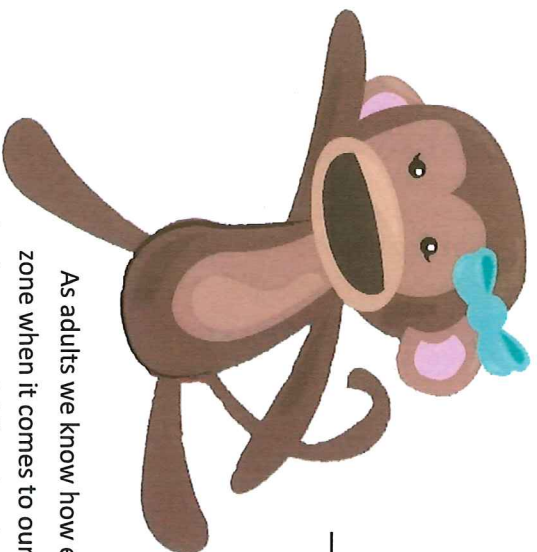


HEALTHY HABITS:

Nutrition for the Nursery & Beyond



As adults we know how easy it is to stay in our comfort zone when it comes to our daily routines. Now think back to your childhood and your experiences trying new foods. New foods often mean new textures and colors, unknown flavors, and interesting combinations. We now know that forcing, bribing, rewarding, and punishing doesn't work, so it's all about the delivery!

Through the use of classic nursery rhymes, the 2017 NCA Nutrition Calendar, provides the opportunity for children to try new foods and games, many of which are familiar - but with a twist! Better yet, all recipes are kid friendly and a fantastic chance to get them hands-on in the kitchen, helping with the preparation of meals and snacks.

This training module will review ways to help open their minds to trying new foods, along with offering suggestions for keeping them healthy and active. As always, we'll help you make nutrition a priority while keeping things practical and budget-friendly. Before you check out the nursery rhyme classics from your library, remember to always follow CACFP meal pattern requirements and to check with your CACFP sponsoring organization for additional information on planning your menus, including your snacks.



Treasures in the Classics

Kids love to use their imaginations and participate in pretend play. By dressing up, and incorporating foods and activities from several classic nursery rhymes, they'll have the opportunity to get into character. They can even imagine they're someone else... someone who likes to try new foods! With a different nursery rhyme showcased each month, we've made it easy to introduce the classics. We hope that you'll take advantage of these monthly themes and really dive into the many featured recipes and activities to introduce new foods or try familiar foods in a different context. Maybe your kids will find a new treasure that becomes their favorite!

Try It!

It's true that the activities can be spread out over the entire month rather than accomplished in one day. Try picking an easy one and planning ahead to create a week where you dive in and read a new nursery rhyme, participate in activities, and introduce foods to go along with it. Take the second week of May for example. After reading *The Muffin Man*, lead up to Mother's Day by learning how to make a new twist on the old classic of *Macaroni and Cheese* with *Mac and Cheese Muffins* and make Mom a muffin liner bouquet of flowers. Don't stop there! Check out other books from the library, print pages to color and incorporate other crafts and snacks that Mom will love.

A Tisket, A Tasket

You don't always have to put the same things in your basket! Swapping out simple ingredients or making a twist on a classic recipe can make food fun. Our 2017 Nutrition Calendar offers many recipes that offer a small change to an otherwise familiar recipe. Strawberry S'Mores are a healthy, tasty version of the traditional campfire treat and the coffee cup scramble allows children to experience a new way of cooking eggs.

Including children in the preparation of snacks and meals is another sure way to get them creating good habits at a young age. Keep the conversation going by talking about why certain foods were selected. These eggs will keep your bones strong and give you energy for our nature walk later. Try some blueberries. They're good for your brain and will help make you smart! By matching health benefits to individual foods, they'll be learning how to create a balanced meal.

Explaining why we make certain choices is also beneficial in educating children. If told why and given the opportunity to ask question and share ideas, the information is more likely to be retained. Let's try skipping our way to the next activity instead of walking. It's good for our muscles and we'll get our heart rates going, too! Since we're already having fruit and yogurt, let's drink water with our snack instead of juice or milk. Plus, water is good for our skin and teeth!

Try it!

Challenge yourself to incorporate these ideas into your daily activities. Set a goal to plan one snack a day where the children can get involved in the preparation. Or, learn a few fun facts about something you can tie to the nursery rhyme of the month and share that knowledge with your group.



Tools of the Trade

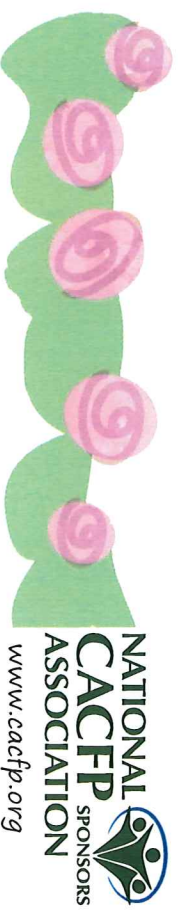
It's not only what you serve but how you serve it that can get kids either turning up their noses in refusal or raising their hands for more.

We're often telling kids to use their forks and not their fingers, but what if you gave them sticks instead? Chopsticks that is! The simple act of using a new utensil can be just enough to get them sampling a recipe they might not have tried otherwise.

Also remember that it can often take several tries for a child to develop an interest in new foods. This is one of many techniques we share that will not only get children trying new-to-them foods, but they'll also begin acquiring a taste and acceptance for these nutritious foods.

Try it!

Chopsticks can be tricky, but not when used with a little "cheater." Do an internet search for chopstick + helper to find clever (and inexpensive) gadgets to take the fuss out of these fun utensils. Or look for instructions to make your own using only the chopstick wrapper and a rubber band. Then check out the month of March in the 2017 Nutrition Calendar for the Garden Stir-Fry recipe – perfect to test out their new tools!



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Very Berry Good!

Good nutrition and fun physical activities don't have to cost a fortune.

Video games are expensive whereas a child's imagination is free.

Encourage them to find new uses for old toys and discarded objects.

Who needs a bat and ball when you

have a wrapping paper roll and crumpled

paper. Stuck indoors on a cold winter day?

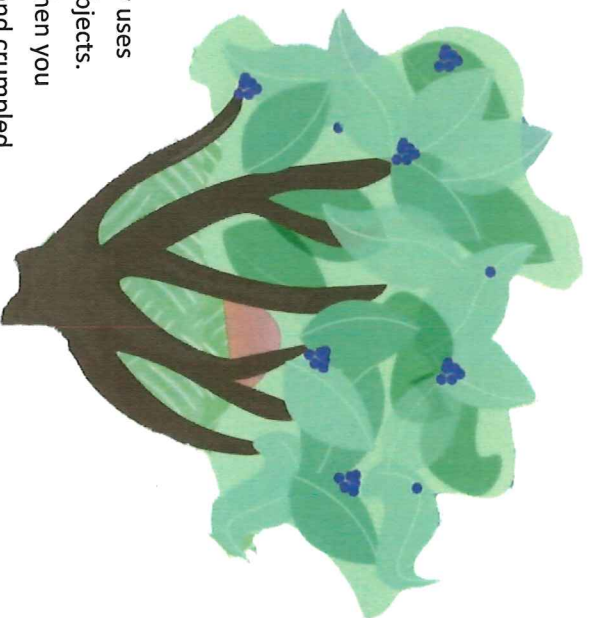
Use a ball of paper and kitchen bowl to score baskets!

Nutritious foods don't have to break the bank either. Plan meals around fruits and vegetables that are in season or grown locally. Try purchasing items that do double duty such as low-fat yogurt which can be served on its own, blended in a favorite fruit drink, or transformed into a healthy dip.

Try it!

Challenge yourself to find options that are both kid-friendly and budget-friendly. Or learn a few fun facts about a fruit or veggie you'll be serving and share that knowledge with your group.

Check out March, June, July, August, and December in your 2017 Nutrition Calendar for even more fruit and veggie recipes.



What's in Season

While seasonal produce varies from place to place, here is a list of fruits and veggies that may be available for each month of the year.

January	avocados, cabbage, kale, mushrooms, oranges
February	oranges, tangelos, grapefruit, lemons, papayas, broccoli, cauliflower
March	pineapples, mangoes, broccoli, lettuce
April	pineapples, mangoes, zucchini, rhubarb, artichokes, asparagus, spring peas, broccoli, lettuce
May	cherries, pineapples, apricots, okra, zucchini, rhubarb, artichokes, asparagus, spring peas, broccoli, lettuce
June	watermelon, strawberries, cantaloupe, cherries, blueberries, peaches, apricots, corn, lettuce
July	watermelon, strawberries, cantaloupe, blueberries, peaches, apricots, kiwi, raspberries, plums, cucumbers, tomatoes, summer squash, corn, green beans, lettuce
August	watermelon, strawberries, cantaloupe, blueberries, peaches, apricots, kiwi, raspberries, plums, cucumbers, corn, eggplant, tomatoes, summer squash, green beans, lettuce
September	grapes, pomegranates, persimmons, eggplants, pumpkins, tomatoes, spinach, lettuce
October	cranberries, apples, pomegranates, grapes, sweet potatoes, pumpkins, winter squash, broccoli, spinach, lettuce
November	cranberries, oranges, tangerines, pears, pomegranates, persimmons, pumpkins, winter squash, sweet potatoes, broccoli, mushrooms, spinach
December	pears, oranges, tangelos, grapefruit, tangerines, papayas, pomegranates, sweet potatoes, mushrooms, broccoli, cauliflower
Always	bananas, potatoes, celery

Classics from the Cupboard: 2017 CACFP Calendar Training



Child Care providers that are interested in the voluntary credit will review the information in the calendar and the module provided and complete the quiz. Quiz must be completed and sent to SENDCAA to earn the training credits. This training opportunity is only available to **SENDCAA** providers and is **Growing Futures approved**. At the end of each month, providers that have completed the credit will be sent a completed certificate and their name will be sent to Growing Futures.

Name _____

Growing Futures registry ID number _____

Email _____

Phone number _____

Deadline: December 31st, 2017

Please mail to:
SENDCAA CACFP
3233 S University Drive
Fargo ND, 58104

Or email to sharlao@sendcaa.org

USDA is an equal opportunity provider and employer.



QUIZ

HEALTHY HABITS:



Nutrition for the Nursery & Beyond

Use the training module and your 2017 Nutrition Calendar to answer these questions.

1. If you are unable to grow your own garden at your child care center, what is an alternative for providing your children with a farm to table option?

2. What are two ways you can incorporate seasonal fruits and locally produced foods into snacks?

3. What are three ways you can involve kids in the kitchen to get them creating good habits at a young age?

4. TRUE OR FALSE?

Children under age 6 are at the highest risk for choking.

____ TRUE ____ FALSE

5. Which of these are whole-grains?

- a. Rice
- b. Corn
- c. Oats
- d. All of the above.

6. List three ways to get milk into a healthy diet for children?

7. TRUE OR FALSE?

According to the What's in Season chart, bananas are an example of a fruit that is always in season.

____ TRUE ____ FALSE

8. How many grams of protein does an egg contain?
