



## Program Updates

Dec 10/Jan 11

### Reminders...

#### For Providers Claiming on-line:

- All new Enrollment Forms need to be **IN** our office by the last day of the month you begin claiming. Otherwise your claim may be disallowed. Child Enrollments not in our office by the 6th day of the month will be disallowed.
- Make sure to obtain **2 signed** copies of enrollment forms. One for our office and one for your records.

#### For providers using the scannable forms:

- **DO NOT** make any notes or cross out rows on scannable forms. Mark only areas designated for a bubble. If you need to note something, write on the CIF. Please do not fold.
- You can mail your enrollment forms with your claim.

#### For all providers:

- All providers need to be keeping sign in/out sheets. Parents need to sign daily. (providers should not be signing this form)
- If you claim dinners, night snacks, or weekends remember that copies of your signed in/out forms are due in our office by the 5th day of the month.
- High Fat meats, sugar/sweets should not be served more than twice a week. Please watch this.
- If you are not receiving your monthly reimbursement by direct deposit—**CALL THE OFFICE!!**
- Class schedules for upcoming trainings will arrive in January 2011

THE CHILD CARE NUTRITION OFFICE  
WILL BE CLOSED FROM  
DECEMBER 20-JANUARY 3

#### Days to Remember...

##### December 2010

- Stress-Free Family  
Holiday Month
- 1- Mail in/Submit Your Claim
  - 1-Hanukkah begins at sundown
  - 6- Saint Nicholas Day
  - 17- Cookie Cutter Day
  - 24- Christmas Eve Day
  - 25- CHRISTMAS DAY
  - 31- New Years Eve Day
  - 31—New child enrollment forms due in the office



##### January 2011

- National Dairy Month
- 1- New Years Day
  - Mail in/Submit Your Claim
  - 23- Peanut Butter Day
  - 28- Kazoo Lovers Day
  - 31—New child enrollment forms due in the office

Keep up the good work  
and Happy Holidays!!



This Institution is an equal opportunity provider.

# HAPPY HOLIDAYS

## Art Activities

\*The children cut red hat shapes out of felt. Then they glue on cotton balls for trim, green holly leaves and red berries. Glue on some jingle bells. Write their names on the top of the cap with the year written underneath.

\*Cut stocking shapes out of red construction paper. Have the children glue cotton balls along the top of the stocking. Decorate with glitter pens, sequins, etc.

\*Encourage the children to make their own wrapping paper.

\*Make Christmas cards using construction paper and craft items. Encourage the children to fold the cards themselves and place in envelopes.

## Fine Motor Activities

\*Have the children "write" a list of things they want for Christmas.

\*Make a stocking, snowman, or other Christmas related objects into tracing cards.

\*Provide red and green pipe cleaners for the children to twist into different shapes and hang on the tree.

## Cognitive Activities

\*Have several candy canes of various sizes for the children to place from smallest to largest.

\*Bring some old Christmas cards. Place them in a large box and have them classify the cards into different groupings.

\*Have Christmas candy in a jar and have the children count the pieces and separate all the red ones, green ones, etc. Or better yet, buy pom pom balls instead of candy.

## Group Activities

\*Toss "snowballs" (cotton balls) into a small box.

\*Simply use this time to decorate a Christmas tree with all the decorations the kids have made.

\*Hold a treasure hunt.



## Science Activities

\*Mix blue and yellow to make green!

\*Have an evergreen branch available to look at with a magnifying glass.

\*Have smelly jars with scents such as cinnamon, vanilla, chocolate, peppermint, etc.

\*Place an ice cube in a jar and time how long it takes to melt. Discuss what happens.

\*Have different kinds of pine cones available for examination.

\*Encourage children to examine different types of nuts. Be careful, though, because nuts can be a choking hazard to small children.



# Holiday Recipes

## Festive Franks

- 1 Can (8 oz) reduced-fat crescent roll dough
- 5 ½ teaspoons barbecue sauce
- 1/3 cup finely shredded reduced-fat sharp Cheddar Cheese
- 8 hot dogs
- 1/4 teaspoon poppy seeds (optional)
- Additional barbecue sauce (optional)

Spray large baking sheet with nonstick cooking spray; set aside.

Unroll dough and separate into 8 triangles. Cut each triangle in half lengthwise to make 2 triangles. Lightly spread barbecue sauce over each triangle. Sprinkle with cheese. Cut each hot dog in half. Trim off rounded edges. Place one hot dog piece at large end of one dough triangle. Roll up jelly-roll style from wide end. Place point-side down on prepared baking sheet. Sprinkle with poppy seeds. Repeat with remaining hot dog pieces and dough. Bake 13 minutes at 356 degrees or until golden brown. Serves 16.

*Counts as 1 meat and 1 bread.*

*Source: www.fbnr.com*

## Holiday Meatballs

- 1 ½ lb. lean ground beef
- 2/3 cup dry bread crumbs
- 1 egg, slightly beaten
- 1/4 cup water
- 3 tablespoons minced onion
- 1 clove garlic, minced
- ½ teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon oil
- 1 cup chili sauce
- 1 cup grape jelly



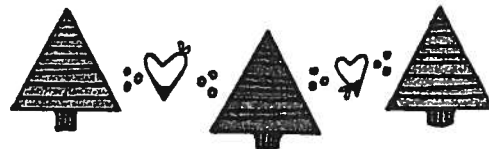
Combine first 8 ingredients. Form into 60 bite-sized meatballs. Place in shallow baking pan. Bake at 450 degrees for 15 minutes or until cooked through. Meanwhile, in a small saucepan, combine chili sauce and grape jelly. Heat until jelly is melted. Place well-drained meatballs in a serving dish. Pour chili sauce mixture over; serve warm.

*Counts as 1 meat.*

*Source: www.fbnr.com*

## Cheesy Christmas Trees

- ½ Cup mayonnaise
- 1 tablespoon dry ranch-style salad dressing mix
- 1 cup shredded Cheddar cheese
- 1/4 cup grated Parmesan cheese
- 12 slices firm white bread
- 1/4 cup red bell pepper strips
- 1/4 cup green bell pepper strips



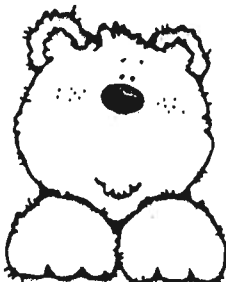
Preheat broiler. Combine mayonnaise and salad dressing mix in medium bowl. Add cheeses; mix well. Cut bread slices into Christmas tree shapes using large cookie cutters. Spread each tree with about 1 tablespoon mayonnaise mixture. Decorate with red and green bell pepper strips. Place on baking sheet. Broil 4 inches from heat 2 to 3 minutes or until bubbling. Serve warm. Makes 12 servings.

*Counts as 1 bread.*

*Source: www.fbnr.com*

## Peanut Butter Teddies

- 1 can (14 ounces) sweetened condensed milk
- 1 cup creamy peanut butter
- 1 teaspoon vanilla extract
- 1 egg
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- ½ teaspoon salt
- 72 miniature semisweet chocolate chips (about 2 teaspoons)



In a large mixing bowl, beat the milk, peanut butter, vanilla and egg until smooth. Combine the flour, baking soda and salt; add to peanut butter mixture and mix well.

For each bear, shape dough into one 1 inch ball, one ¾ inch ball, six ½ inch ball and one ¼ inch ball. On an ungreased baking sheet, slightly flatten the 1 inch ball to form body. Place the ¾ inch ball above the body for head. For ears, place two ½ inch balls above head. For limbs, place four ½ inch balls next to the body. For nose, place the ¼ inch ball in the center of the head. Add two chocolate chips for eyes and one chip for belly button. Bake at 350 for 6-8 minutes or until lightly browned. Cool on baking sheets. Yield: 2 dozen.

Counts as 1 bread.

Source: *Taste of Home's Quick Cooking*, Nov/Dec 2002.

## Taco Soup

- 1 ½ pounds ground beef
- 1 envelope taco seasoning
- 2 cans (15 ½ ounces each) whole kernel corn undrained
- 2 cans (15 ounces each) ranch style or chile beans, undrained
- 2 can (14 ½ ounces each) diced tomatoes, undrained
- Crushed tortilla chips and shredded cheddar cheese
- Flour tortillas, warmed

Brown beef, stir in seasoning, corn, beans, and tomatoes. Cover and simmer for 15 minutes stirring occasionally.

Place tortilla chips in soup bowls; ladle soup over chips. Sprinkle with cheese. Serve with warm tortillas. Yield: 8-10 servings

Counts as 1 bread and 1 meat

Source: *Taste of Home's Quick Cooking*, Nov/Dec 2002

## Turkey Crescents

- ½ cup finely chopped celery
- ¼ cup finely chopped onion
- 1 teaspoon butter or margarine
- 2 cups finely chopped cooked turkey
- 1 can condensed cream of mushroom soup
- 3 packages (8 ounces each) refrigerated crescent rolls
- Dill weed

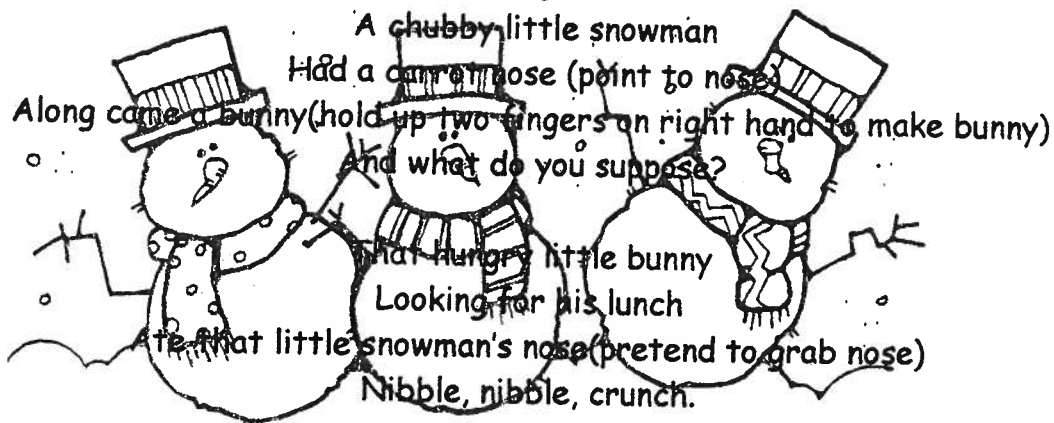


Saute celery and onion in butter. Add turkey and soup; mix well. Separate crescent dough into 24 triangles. Place 1 tablespoon turkey mixture on the wide end of each triangle; roll up from wide end. Place pointed side down 2 inches apart on greased baking sheets. Curve ends to form crescent shape. Sprinkle with dill. Bake at 350 for 8-9 minutes or until golden brown. Yield: 2 dozen.

Counts as ½ meat and ½ bread.

Source: *Taste of Home's Quick Cooking*, Nov/Dec 2002.

## Chubby Little Snowman (Finger play)



Source: <http://members.tripod.com/PatriciaFlemming.html>

### Hanukkah Candles

Eight little candles in a row,  
Waiting to join the holiday glow.  
The first night we light candle number one.  
Hanukkah time has now begun.  
The second night we light candles one and two.  
Hanukkah's here there's lots to do.  
The third night we light all up to three.  
Hanukkah's here there's lots to see.  
The fourth night we light all up to four.  
Each now a part of the Hanukkah lore.  
The fifth night we light all up to five  
Helping our Hanukkah come alive.  
The sixth night we light all up to six.  
Hanukkah's here there's food to fix.  
The seventh night we light all up to seven..  
The glow of each candle reaches to Heaven.  
The eighth night we light all up to eight.  
Hanukkah's here, let's celebrate!

Source: <http://childfun.com/themes/han.shtml>

### Silly Puddy

1 part Elmer's glue  
1 part liquid starch  
food coloring

Stir with a spoon, then  
with hands. Add more  
starch if too sticky.

### Peanut Butter Dough

1 cup peanut butter  
1 cup powdered milk  
1 Tablespoon honey

Knead until stiff

Source:  
[www.members.tripod.com](http://www.members.tripod.com)

### English

You are responsible to understand the information in this letter. If you can't because of a language barrier, call this number: 797-2169 or 1-800 540-2169 for translation services.

### Spanish

Usted es responsable de entender la información que se encuentra en esta carta. Si esto no es posible por una barrera lingüística, llame a este número para solicitar servicio de traducción 797-2169 or 1-800 540-2169.



## ■ Organic Berries

Strawberries from organic farms had more vitamin C, antioxidants and phenolics compounds, and greater shelf life compared to conventionally grown strawberries in a 2-year study of 26 berry farms in California.

Sensory panels in the study judged the organic berries to be sweeter, more flavorful, and as having a better appearance than conventional berries.

But conventionally grown strawberries had higher levels of potassium and phosphorous. (Chemical fertilizers and synthetic pesticides are used in growing conventional produce.)

Soils were healthier on organic farms. Organic soils contained comparatively more carbon, nitrogen, and micronutrients as well as more microbial biomass and activity.

Sale of organic foods is one of the fastest growing elements of the global food industry. "People often buy organic food because they believe organic farms produce more nutritious and better tasting food from healthier soils," stated the researchers.

*Journal of PLoS ONE, 5(9) 2010*

## ■ Noodle Lovers

Historically, noodles originated in Asia. But they are now one of the most popular foods in America. Pasta/noodles, udon (Japanese-style), and ramen (Chinese-type) noodles are common daily fare in many restaurants and homes.

A national survey\* found Americans eat on average about 300 grams of pasta per day.\*\* And 1- to 8-year-olds eat on average 222 grams per day.

By ethnic group, the "other" group (people not classifying themselves as Hispanic, Black or White) had the highest intake, followed by Hispanics, Whites, and Blacks.

\* NHANES 2001-02 databases were used.

\*\*454 grams = 1 pound.

*Nutrition Research & Practice, 4(3) 2010*

## ■ Apples

Apples, especially the peels, are rich in antioxidants. These substances appear to protect cells and help reduce risk of a wide range of diseases.

Recently, a laboratory study at the University of Wisconsin found that antioxidants in *organic* Gala apple peels significantly reduced the viability of a variety of lab dish cancer cell lines.

In conclusion, with respect to antioxidant value, the researchers suggested that apple peels not be discarded from the diet.

*Nutrition & Cancer, May 2010*

## ■ Pomegranates

Pomegranates have a long history in ethnic and traditional folk medicine.

Current research finds that the fruit, flowers, roots, and bark of the pomegranate tree all contain healthful phytonutrients. Juice and peels are high in antioxidants. And juice, peels, and seeds appear to have anti-cancer properties.

*Journal of Ethnopharmacology, Jan 2007*

## ■ Persimmons

The peels of Hachiya persimmons fruit contain an array of health-supporting carotenoids, including alpha-carotene, beta-carotene (vitamin A), lycopene, lutein, and zeaxanthin.

What's more, persimmons have potassium and other minerals, and are an excellent source of vitamin C.

*Annals of Science, Nov 2006*

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This is general information for the public.  
It is not medical advice. For medical  
advice, a doctor should be consulted.  
To find a registered dietitian in your area,  
please call 800-366-1655.

## ■ Cartoon Characters

The influence of licensed cartoon characters on children's food choices was evaluated in a recent study.

Forty 4- to 6-year-old children taste-tested pairs of gummy fruit snacks, graham crackers, and carrots presented in packages with or without a popular licensed cartoon character.

After tasting both foods in each pair, kids indicated whether the 2 foods tasted *the same* or if one tasted *better*. The kids then choose which foods they wanted to eat for snack.

As you might have guessed, children significantly preferred the taste of foods that came in packages with popular cartoon characters, and they considered those foods better tasting. The majority of kids chose those foods (mostly gummy fruit snacks) for snack.

Researchers stated, "These findings suggest that the use of licensed characters to advertise junk food to children should be restricted."

*Pediatrics, Jun 2010*

## ■ Happy Meals' Toys

In the early 1970s, McDonald's invented the Fun Meal. When later they added a toy, the Fun Meal became the enormously popular Happy Meal.



















"Using toys to sell Happy Meals has been extraordinarily successful," says Michael Jacobson, PhD, of the Center for Science in the Public Interest. "Toys based on Shrek, Barbie, Batman, and countless other pop-culture characters played a big role in that success."

But many parents are getting "fed up" with how their kids are being manipulated by inclusion of toys in food that isn't considered all that healthful. Citizens of Santa Clara County, California, recently banned toys in unhealthy restaurant meals. And CSPI is considering legal action, in the best interest of children.

*CSPI, Jul/Aug 2010*

CHILD AND ADULT CARE FOOD PROGRAM

INFANT FOOD CHART

BREAKFAST		AGES:	0-3 MONTHS	4-7 MONTHS	8-12 MONTHS
Iron Fortified Formula or Breast Milk			4-6 ounces	4-8 ounces	6-8 ounces
Iron Fortified Infant Dry Cereal				0-3 Tbsp (Optional)	2-4 Tbsp.
Fruits and Vegetables					1-4 Tbsp. Fruit or Vegetable or both
LUNCH OR SUPPER		AGES:	0-3 MONTHS	4-7 MONTHS	8-12 MONTHS
Iron Fortified Formula or Breast Milk			4-6 ounces	4-8 ounces	6-8 ounces
Fruits and Vegetables				0-3 Tbsp. (Optional)	1-4 Tbsp. Fruit or Vegetable or both
Meat or Meat Alternate	 (Meat)  (Fish)  (Egg yolk)  (Beans)  (Peas)  (Cheese)  (Cottage cheese)           OR  (Cheese food/spread)				<b>(Choose at least one of the four)</b>  (1) 1-4 Tbsp  (2) ½ -2 ounces  (3) 1-4 ounces
Iron Fortified Infant Dry Cereal				0-3 Tbsp. (Optional)	(4) 2-4 Tbsp
SNACK		AGES:	0-3 MONTHS	4-7 MONTHS	8-12 MONTHS
Iron Fortified Formula or Breast Milk			4-6 ounces	4-6 ounces	<b>(Choose one)</b> (1) 2-4 ounces
100% Fruit Juice					(2) 2-4 ounces
Whole Grain or Enriched Bread or Crackers	 OR 				0-½ Slice Bread* OR 0-2 Crackers* <b>(Optional)</b>

\*Must be made from whole-grain enriched meal or flour.



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