

NUTRITION NEWS

LSF Child Care Food Program

Building a Healthier Generation

SEPTEMBER 2018

Four Steps to Food Safety



CLEAN



SEPARATE



COOK



CHILL

CLEAN

- Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
- Wash your utensils, cutting boards, and countertops with hot, soapy water.
- Rinse fresh fruits and vegetables under running water.

- Use separate cutting boards and plates for raw meat, poultry, and seafood.
- When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.
- Keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge.

SEPARATE

COOK

- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture.

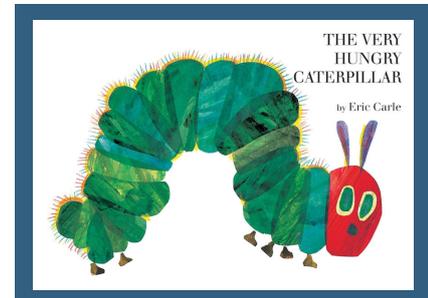
- Keep your refrigerator below 40°F and know when to throw food out.
- Refrigerate perishable food within 2 hours. (If outdoor temperature is above 90°F, refrigerate within 1 hour.)
- Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter, because bacteria multiply quickly in the parts of the food that reach room temperature.

CHILL

Source: www.cdc.gov

Storytime

Everyone loves the best-selling children's book *The Very Hungry Caterpillar* by Eric Carle. The Very Hungry Caterpillar eats many foods on his journey to becoming a butterfly. You can help young children on his or her own journey to grow up healthy and strong.



Discuss healthy active living using *The Very Hungry Caterpillar*:

- Teach children that apples, pears, plums, strawberries, and oranges are all fruits. Ask children if they can name other fruits.
- Talk about how fruits are good for the body.
- Talk about how when the caterpillar overeats, he gets a stomachache— so it is important to stop eating when you feel full.
- Talk about how some foods are “sometimes” foods—like cake and ice cream—and how it is not a good idea to eat them all the time.
- After reading the page where the caterpillar eats the green leaf and feels better, talk to your child about how you too eat green leaves (lettuce, spinach, cabbage, etc.) and how it is good for your body.
- Teach children that is important to eat healthy foods, so he can grow up healthy and active like a butterfly.

Source: www.healthychildren.org

WELCOME
TO OUR NEWEST
DAY CARE HOME PROVIDERS!

Araceli Gomez-Cruz
Tonia Hammond
Madelyn Prieto

WHAT ARE SOME WAYS TO SERVE WHOLE GRAINS AT MEALS AND SNACKS?

Whole grain foods are filled with vitamins, minerals, fiber, and other nutrients that help us stay healthy. Remember, each day, at least one of the grain components of a meal or snack must be whole grain. Whole grain food items must be offered at least once per day, not once per meal/ snack.

Breakfast

Oatmeal*
WG Pancakes or Waffles
Toast made with Whole Wheat Bread
WG English Muffin, Bagel, or Biscuit
WG Cereal*

Lunch / Supper

Whole Wheat Macaroni or Spaghetti
Brown Rice
Quinoa
Bulgur
Wild Rice
Whole Wheat Bun or Roll
WG Tortilla

Snack

WG Crackers
WG Pita Triangles
WG Cereal Mix*
WG Pretzels
Rice Cakes made with Brown Rice

*Cereal must meet CCFP sugar limits; WG: Whole Grain

Becky Morris, Administrative Assistant, is celebrating

*25
years*

of service with LSF. We appreciate the years and long service Becky has committed with LSF's Child Care Food Program. We are thankful for her dedication and hard work.



TRAININGS

October

13 - Managing Stress in the Child Care Setting (UF/Hillsborough County Extension Service)

To register: go to www.Eventbrite.com and type in "Hillsborough Extension Child Care Training"

18 - Identifying Whole Grain-Rich Foods for the CACFP Using the Ingredient List (Team Nutrition webinar)

To register: go to <https://www.fns.usda.gov/cacfp-halftime-thirty-thursdays-training-webinar-series>

27 - Getting Read to Read and Write (UF/Hillsborough County Extension Service)

To register: go to www.Eventbrite.com and type in "Hillsborough Extension Child Care Training"

Oct 5, 11, 19, 25 - 20 Minute KidKare Basics (Live webinar)

To register: go to <https://training.minutemenu.com/hx-training/kidkare-training.aspx>