

The Benefits of Breakfast

BREAKFAST REFUELS THE BRAIN AND BODY after an all-night fast. Experts agree, breakfast really is the most important meal of the day! Research shows that children who eat breakfast are more likely to have higher test scores, miss less school and are tardy less often. Eating breakfast helps children focus, concentrate, solve problems, learn and even makes it easier for

them to behave in the classroom. A simple, nutritious breakfast of whole grains, fruit and milk can provide one-fourth of a child's daily nutrient needs. Children who skip breakfast seldom make-up for the nutrients they missed out on later in the day. Eating breakfast can also help with weight control.

Healthy Breakfast

A nutritious breakfast includes a whole grain, a fruit or vegetable and a serving of low-fat or non-fat milk. While not required on the CACFP, a serving of protein is a hearty addition to a balanced breakfast. Grab and go fruit such as an apple or banana or a fruit smoothie will help children get the five or more servings of fruits and vegetables they need every day. Cold cereals can be nutritious and quick. Look for cereals made from whole grains that are low in sugar and have fiber and iron. A variety of quick meals can start with the toaster. Have whole grain breads, bagels and English muffins on hand. They can be kept in the freezer for up to three months and pulled out and popped into the toaster as needed. Toast can be topped with almost anything, let children use their imaginations; banana slices,



did you know...

- ▶ On average, families spend only 17 minutes a day preparing and eating breakfast.
- ▶ Eighty-nine percent of moms want their kids to eat breakfast everyday but forty percent report their child doesn't eat breakfast daily.
- ▶ Thirty-five percent of moms want their kids to talk with the family during breakfast time but many report their kids are too busy watching TV.
- ▶ While 77 percent of young children eat breakfast every day, the number falls to 50 percent in the middle-school years and 36 percent among high school students.

Source: Kellogg's Breakfast in America Survey

Quotable Quotes

“Fettucini alfredo is macaroni and cheese for adults.”

— Mitch Hedberg

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The Benefits of Breakfast

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nut butters, cottage cheese, applesauce, hummus, tomato slices, deli sliced meat or raisins! Some children also enjoy an unconventional breakfast of left-overs from the night before; this is quick and healthy too.

Make Breakfast a Habit

Stick to a morning routine that is simple, flexible and always includes a stop in the kitchen for a balanced breakfast.

- Keep breakfast foods on hand that take almost no time to prepare, such as, cold cereal with milk, bagel with cream cheese, peanut butter on toast or frozen waffles.
- Have fruit, yogurt and hard boiled eggs available. Fruit for the morning can be rinsed and sliced the night before. Eggs can be boiled and peeled ahead of time.
- Save more involved breakfast dishes such as pancakes, hot cereal and omelets for weekend mornings.
- Plan ahead by packing lunches, laying out clothes and showering the night before to free up more time for breakfast.
- Follow a routine that allows you to be a good role model. Your kids will know that you value breakfast if you take the time to eat yourself.

— Catherine Stafford
Contra Costa Child Care Council

Minute Menu—Try It, You'll Like It!

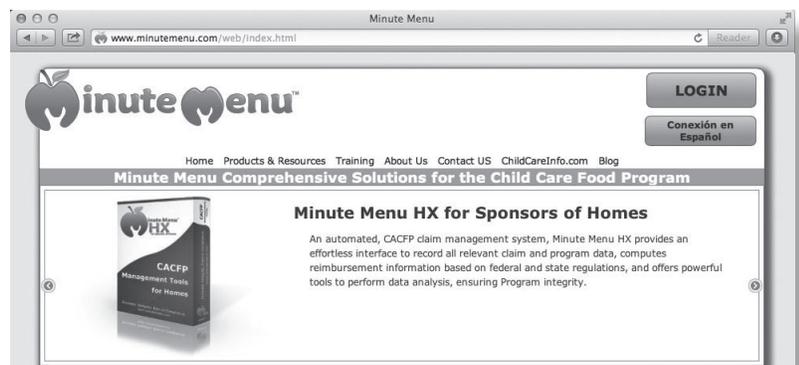
A Provider's Thoughts About Using Minute Menu

I have many years of experience with the Food Program and even though I have a very busy facility, I pretty much had the paperwork down to a science. When I heard about the requirement/STRONG suggestion of using Minute Menu, initially I was skeptical because I imagined it would be time consuming and a chore to use. Honestly, I even considered getting out of the program, because I was already so busy and didn't want one more thing being added to my plate

I couldn't have been more wrong!

Minute Menu has greatly reduced the amount of time I spend doing administrative work for the Food Program and, given the choice, there is no way I would ever go back to using paper forms. The program is user friendly and intuitive. I spend only a few minutes each day recording meals and attendance. You will find that if you give it a chance, you will quickly become proficient at using it—and you simply can't beat the report functions for tracking purposes. I downloaded the phone App on my I-Phone and have, at times, used that as well. Even the phone App is easy to use and great in a pinch if your

If you need help getting started on Minute Menu, please contact your sponsor.



website: www.minutemenu.com

computer is down, or you need to record while you are in the presence of the children. If you have not embraced Minute Menu yet, I strongly urge you to be open-minded and give it a try. You will be asking yourself “why didn't I do this sooner!”

— Sonja Reed Hill
Hansel & Gretel Daycare & Preschool

KIDS' HEALTH & SAFETY

Healthy Celebrations

START THE NEW SCHOOL YEAR with a healthy celebration policy for your childcare. Kids love a celebration and what food is served really doesn't matter. By centering a party on eating "junk" food, kids begin to associate unhealthy foods with fun occasions. Why not build that association around healthy foods and creative experiences instead?

Celebration Ideas

- Involve children in planning and preparing for the party. Let them make decorations and favors.
- Provide a special birthday physical activity, clapping for # of years, leading a parade, dancing to a special song, etc.
- Plan creative activities such as art, music and cooking.
- Allow the birthday child to be the special helper or leader for the day.
- Have the birthday child bring in a picture of themselves as a baby, to share.
- Plan to celebrate all birthdays for the month on one day.
- Use a paper crown to acknowledge the birthday child/children.
- Focus on the fun. Refreshments should complement activities, not be the "main event".
- Don't use food as rewards or prizes.



- Allow parents, who want to bring something, to bring non-edible treats, such as stickers or crayons.
- Have parents bring in one type of fruit to combine for a friendship fruit salad or a vegetable for a friendship soup or salad.

Healthy Food Ideas

- Fruit smoothies
- Fresh fruit assortment
- Quesadillas
- Finger sandwiches
- Whole-grain crackers with cheese cubes or hummus
- Veggies with low-fat dip
- Apple slices with yogurt dip
- Homemade mini-muffins

— *Contra Costa Child Care Council*

A Winning White House Healthy Lunchtime Challenge

The following is a success story from the USDA Child and Adult Care Food Program (CACFP). The owner of Tipton Adaptive Daycare, Deb VanderGaast and her daughter, Corrine, entered a recipe in the White House Healthy Lunchtime Challenge. The contest was part of Michelle Obama’s Let’s Move! initiative. Winners were selected by a panel of judges on the basis of health, affordability, originality and taste. The VanderGaast recipe, Stone Curry with Brown Rice was created as a nutrition activity for the daycare kids. The recipe was selected as the 2013 Iowa winner.

Mrs. VanderGaast adapted a recipe and then turned it into a fun learning activity by naming it Stone Curry with Brown Rice, a reference to the Stone Soup folk story. The children act out the story while helping to prepare the soup. VanderGaast portrays the hungry stranger, asking each child or “villager” to add an ingredient. As they plop the tomatoes or sweet potatoes, they have chopped, into the pot, all the “villagers” say, “Curry from a stone? Fancy that!” In addition, VanderGaast explains what nutrients the ingredient provides and why their body needs them.

Stone Curry with Brown Rice

Chickpeas, drained and rinsed	2 (15-ounce) cans
Tomato, chopped	1 medium
Red-skinned potatoes, diced	2 cups
Sweet potato, diced	1 cup
Spinach, washed and chopped fine	4 cups
Onion, diced	1 medium
Olive or canola oil	3 tbs
Golden Curry Sauce Mix	1 package
Water	2½ cups
“Stone”	1 ice cube
Brown rice, cooked	4 cups

1. In a large fry pan, sauté onion in oil until soft.
2. Place sautéed onions, chickpeas, chopped vegetables, sauce mix, water and the “stone” into the pot and bring to a low boil. Cook covered on medium-low heat until the potatoes are soft but not mushy, about 30 minutes.
3. Serve over brown rice with a side of fruit and a glass of milk for a healthy, balanced meal.

Get the Winning Recipes! Download the Healthy Lunchtime Challenge Cookbook at: www.letsmove.gov/blog/2012/08/21/get-winning-recipes-download-healthy-lunchtime-challenge-cookbook

— Adapted from, Kevin E. Schmidt, Quad-City Times

Food Funny Q: What would you have if a dinosaur sat in your room?
A: A mushroom!

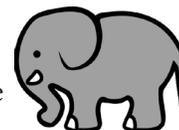
Activity Corner

ONE ELEPHANT

A great game to play rain or shine.

Song or Chant:

*One elephant went out to play
on a spider’s web one day.
he/she had such enormous fun,
he/she called for another elephant
to come!*



- Children sit in circle. One child becomes the first “elephant,” places one arm out in front to make a trunk and walks around the circle while the group sings the song.
- When the group sings, “called for another elephant to come,” the first child chooses another child to become an “elephant.”
- The first child extends their free hand between their legs to make a tail. The second child extends one arm to make a trunk and grabs a hold of the first child’s tail. The two walk trunk to tail as the song continues. Repeat, adding an elephant each time.

— Rainy Day Recess

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