



CONGRATULATIONS! **Providers of the Month** **September 2011**

CHERI QUISHENBERY (CP Office)

ANA OCHOA-CHACON (SJ Office)

DEBBIE BUDNIK (SLT Office)

See their featured meals in Minute Menu Magic!

Program Reminders

Child Enrollment Renewal Reminder

Please remember that as of October 1, 2011, only children that have been renewed (Enrollment Renewal Worksheet received by deadline with parent signatures and October signature dates) will be re-enrolled. Any new children or children who were not included on the Enrollment Renewal Worksheet will need to be enrolled as a NEW child in Minute Menu.

Upcoming Holidays and Closures

Please be aware The Choices for Children Office will be closed on the following Holidays (as noted in Minute Menu):

November 24th & November 25th (Thanksgiving)

December 26th & December 27th (Winter Break)

January 2nd (New Year's Day)

January 16th (Martin Luther King Day)

Meals served on these days are not reimbursable due to the State requirement that in order for meals to be claimed on holidays staff must be available to monitor on these days.

Are you Going to be Away?

With the busy holiday season, shopping and family events may take you out of the house. **If you will be gone from your home during a meal time**, remember to call/email the office and **let us know in advance**. The more notice you provide, the better. For Webbers, your on-line calendar can be a wonderful tool, but day-of or day-before notices must be made via phone or email due to data transfer issues with Minute Menu.

Thank you and Happy Holidays!



Choices for Children is now on Facebook!
Check us out!

For Local Choices for Children Events and Provider Resources

Visit our website at: www.choices4children.org

This Month's Claim Deadlines:

WebKids: Submit by Saturday November 5th.

Scanners: Received by Friday November 4th.

Nutrition News



Eat Better, Eat Together at Family Meal Time

Research has shown that families who eat together tend to *eat better*, with higher intakes of fruits, vegetables and key nutrients like calcium, fiber and iron. Perhaps lesser known are the benefits that family meals can have on students' academic achievement. Well-nourished children tend to perform better in school with fewer tardies or absences.

California State PTA President-elect Colleen You defines a *family meal* as "uninterrupted, dedicated time for household members to gather and eat an enjoyable and healthy meal." The focus should be on each other with an absence of technology. According to Colleen, the benefits of family meals go way beyond what is eaten. Many activities related to preparing a meal for the family offer excellent opportunities for parents to interact with children. She offered the following specific examples.

- Planning menus for the week gets kids thinking and planning into the future - which is a higher level thinking skill.
- Creating the shopping list and then shopping together allows the parent the opportunity to teach simple math skills and how to shop for value in the grocery store.
- Setting the table gets children thinking about the mechanics of eating a meal; how many forks do I need so everyone has a fork? Do we need spoons with this meal?

Family mealtime can be used as an educational experience both at home and in the classroom. In particular, Colleen remembers helping at school during a lesson where children learning English were taught how to set the table. The lesson included not only vocabulary but also shapes and patterns in the table setup. Additionally, family meals that include foods from all the food groups can reinforce healthy eating concepts taught in the classroom.

The other key benefit of family meals is the "therapeutic benefit", Colleen said. "The research is clear - teens who have more family meals exhibit less risky behavior such as smoking and drug use." Even though schedules get very hectic as kids get older, planning to have family meals whenever possible tells teens they are an important part of the family. And the dialogue at the meal helps kids stay connected with their parents and offers a chance to communicate what the family values.

Check out the *Eat Better, Eat Together* blog series by registered dietitians, educators and parents whose stories and advice help families start or strengthen a commitment to balanced family meals. Take the *Eat Better, Eat Together* Family Meal Pledge at:

[Facebook.com/DairyCouncilofCalifornia](https://www.facebook.com/DairyCouncilofCalifornia).

Source: Adapted from: <http://www.dairycouncilofca.org>

Policy Updates

Water Availability in the Child Care Food Program

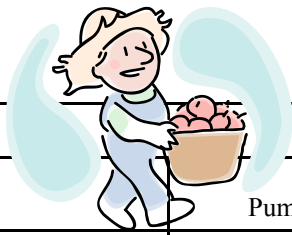
Effective October 1, 2011, Section 221 of the Healthy, Hunger-Free Kids Act of 2010 establishes a requirement to make drinking water available to children in the CCFP, as nutritionally appropriate. Throughout the day, including at meal times, water should be made available to children to drink upon their request, but does not have to be available for children to self-serve. While drinking water must be made available to children during meal times, it is not part of the reimbursable meal and may not be served in lieu of fluid milk.

The 2010 Dietary Guidelines for Americans do not establish a daily minimum intake for water consumption, but do recommend that water be consumed daily. However, providers should not serve young children too much water before and during meal times; excess water may lead to meal displacement, reducing the amount of food and milk consumed by the children. If a child requests water during meal time, water should be given in a separate cup from the milk so that milk is also served.

Providers can make water available to children in a variety of ways which include but are not limited to: having cups available next to the kitchen sink faucet, having water pitchers and cups set out, or simply providing water to a child when requested.

Source: <http://www.cde.ca.gov>

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Minute Menu Magic



November 2011

BREAKFAST				
Pumpkin Seeds		<i>Breakfast with</i> ANA OCHOA-CHACON		
Oranges (26)	Warm Applesauce (02)	Pears (32)	Fruit Salad (16)	Mixed Dried Fruit (13)
100% Bran Flakes (140)	Spiced Pumpkin Bread (44)	Pancakes (101)	English Muffins (23)	Warm Hulled Barley(75)
1% Milk (6)	1% Milk (6)	1% Milk (6)	1% Milk (6)	1% Milk (6)
SNACK				
		<i>Snack with</i>		
Edamame (180)	Sliced Tomatoes (250)	<i>(Apple Nachos)</i> Cheddar Cheese (132)	CHERI QUISHENBERY Hard Boiled Eggs (151)	Sardines (84) (packed in water)
Warm 1% Milk (06) (with cinnamon & vanilla)	Enriched Rice Crackers (257)	(melted on) Apple Rings (01)	Honeydew Melon (21)	Saltine Crackers (254)
LUNCH/DINNER				
<i>Lunch with</i>				
Roast Thanksgiving Turkey (108)	DEBBIE BUDNIK Grilled Cheddar Cheese (132) Sandwiches	Baked Orange Roughy (82)	Beef Barley Soup (266)	*Crispy Turkey Tostadas (108)
*Mashed Curried Sweet Potatoes (228)	HM Corn Chowder (268)	Sautéed (245) Spinach with Slivered Almonds	with Mushrooms (211) & Onions	Diced Tomatoes (253) , Lettuce & Avocado
Broccoli (164)	Cucumbers (177)	Baked Pumpkin (237)	Waldorf Salad ¹ (01)	Black Beans (160)
Cornbread Stuffing (127)	Whole Wheat Bread (56)	Rosemary French Bread (25)	Hulled Barley (75)	Baked Corn Tortillas (130)
1% Milk (6)	1% Milk (6)	1% Milk (6)	1% Milk (6)	1% Milk (6)

W E E K L Y G R O C E R Y L I S T	Refrigerated 1% Milk Reduced-Fat Sour Cream Eggs Monterey Jack & Cheddar Cheeses Margarine Non-Fat Yogurt ¹	Canned / Bottled Sardines(packed in water) Black Beans Diced Tomatoes Cooking Spray Applesauce	*Mashed Curried Sweet Potatoes Peel, boil and drain 2 medium sweet potatoes, add 1/4 tsp. curry powder, 1/4 tsp. pumpkin pie spice, and a tsp. of margarine. use potato masher and mash them up. Serve a bit lumpy. If you prefer, whip until smooth with your mixer. Serves 8, 3-5 year olds. <i>Source: Connie Evers' Blog</i>	
	Produce Cucumbers Apples ¹ Honeydew Melon Tomatoes Romaine Lettuce Spinach Cilantro Sweet Potatoes Pears Onions Mushrooms Spinach Broccoli Oranges Pumpkin Corn Celery ¹ Avocado	Packaged Enriched Corn Bread Stuffing Mix Whole Wheat Bread Rosemary French Bread Corn Tortillas Hulled Barley Saltine Crackers 100% Bran Flakes Vegetable Broth Slivered Almonds Salsa Pumpkin Pie Spice Curry Powder Mixed Dried Fruit Enriched Rice Crackers English Muffins Raisins ¹ Walnuts ¹	*Crispy Turkey Tostadas 1 14-ounce can petite diced tomatoes 1/4 C prepared salsa 1 medium onion, thinly sliced 2 T reduced-fat sour cream 3 C shredded cooked turkey (12 ounces) 2 T chopped fresh cilantro 8 corn tortillas 1 C shredded romaine lettuce Cooking spray 1/2 cup shredded Monterey Jack cheese 1 avocado, pitted	
	Frozen Edamame	Meat Whole Turkey Stew Beef Orange Roughy	Preheat to 375°F. Bring tomatoes to a boil in a medium saucepan over medium heat. Add onion and cook, stirring occasionally, until the onion is soft and most of the liquid has evaporated, 15 to 20 minutes. Add turkey and cook until heated through, 1 to 2 minutes. Meanwhile, coat tortillas on both sides with cooking spray. Divide the tortillas between 2 large baking sheets. Bake, turning once, until crisped and lightly brown, about 10 minutes. Mash avocado in a bowl. Stir in salsa, sour cream and cilantro until combined. To assemble tostadas, spread each tortilla with some of the avocado mix. Top with the turkey mix, lettuce and cheese. Serves 8, 3-5 year olds. <i>Source: EatingWell, 11/08</i>	

