

SENDCAA NEWS

Volume 21 Issue 3

"Where Healthy Eating Becomes a Habit"

March 2019

Is it a Go or a Whoa?

Calling foods "good" or "bad" can lead to unhealthy thoughts about foods. Instead, use words like "Go" or "Whoa" foods or "Anytime" and "Sometimes" to help children ages 2 to 5 years old decide what foods they should eat.

GO Foods

- All fresh, frozen, and canned fruits (if canned in juice)
- Almost all fresh, frozen, and canned vegetables (not frozen potato products)
- Whole grain breads or pasta
- Brown rice
- Skim or 1% milk and fat-free yogurt
- Water
- Beans
- Skinless chicken or turkey breast

WHOA Foods

- Fruits canned in heavy syrup
- Deep fried meats or vegetables
- Muffins, sweet rolls, doughnuts
- Cookies
- Bacon and sausage
- Hotdogs
- Chicken nuggets
- Soda, fruit drinks, and other sugary beverages

*You can also add the category of SLOW Foods to help older children fine tune their choices. Slow foods include: white bread, 100% fruit juice, and pizza.

Activity materials:

- One poster board cut in half with "Go" written on the top of one and "Whoa" written on top of the other (or make a large stoptight)

- Several pictures of "Go and Whoa" foods
- Glue for each child

How to do the activity:

1. Explain that many foods help us to grow, but other foods do not help our bodies as much (be careful NOT to use the words "good" or "bad" foods).
2. Hold up "Whoa" poster board and explain that foods that don't help us to grow are called "Whoa" foods. When saying "whoa," lean back slightly, hold hands by face, and say "whoooooaaaaa." Ask children to join you in this movement.
3. Hold up the "Go" poster board and explain that foods that help us grow are called "Go" foods. When saying "go," pump a fist in air three times, saying "Go! Go! Go!" Ask children to join you in this movement.
4. Using pictures you have of Go and Whoa foods, ask children to help you glue Go Foods on the Go Poster and Whoa Foods on the Whoa Poster.
5. Display the posters in your program. Discuss during other lessons, meal times, or snack times.



childcarealive.org

USDA Mandatory Training

Every year the USDA requires the Child & Adult Care Food Program to offer an annual mandatory training to all child care providers. You should have received an email on February 4th with a link to complete this training. The answers to this training can be found in your provider handbook (blue binder) and by reading the civil rights training info attached in the quiz.

This training is mandatory and Growing Futures approved for one hour. The deadline to complete the training and to receive Growing Futures approved credit is **August 30th, 2019**. Failure to complete by the deadline could result in a corrective action to take place.

If you would prefer to take this training manually rather than electronically, go to our website sendcaa.org—> **child & adult care food program**—> **at home training** to print a PDF or contact our office to request a hard copy by mail, 701.232.2452 ext. 132 or jennyn@sendcaa.org.

Spring Conference

FREE, Growing Futures approved training!

Saturday, March 30th

DMF

4141 28th Ave S Fargo

9:00am-12:15pm

Registration and breakfast beginning at 7:30am

9:00am-10:30am "Child Maltreatment: Indicators and Disclosers" presented by: Greg Lemke from the Rape and Abuse Crisis Center

10:45am-12:15pm "Sensory Feeding Disorders" presented by: Brianna Jastram, MS OTR/L, Pediatric Therapy Partners

Three ways to register

- Follow the link in the email invite that was sent to you
 - Go to our website and register
 - Call our office at 232-2452 ext. 132



Contact us:

Fargo
 geril@sendcaa.org
 1-800-726-7960
 3233 University Drive South
 Fargo ND 58104

Wahpeton
 dianaf@sendcaa.org
 701-642-3497

Grand Forks
 bjmcnamee@hotmail.com

Find us online at:

www.sendcaa.org

You will find:

- Program information
- Printable forms
- Training
- Nutrition resources



**Sendcaa Child & Adult Care
Food Program**

- Announcements
- Recipes
- Fun Activities

Welcome,

Amanda Hostutler

to the SENDCAA
Food Program!

March is National Nutrition Month

During national nutrition month here are some ways to encourage your children to try new foods:

1. Offer one new food at a time. Start small. Let your kids try small portions of new foods
2. Offer new food first. Your child is most hungry at the start of a meal.
3. Cook and garden together. These activities make new fruits and vegetables fun.
4. Be a good role model. Try new foods yourself. Describe the taste, texture, and smell.
5. Be patient, new foods take time. It may take 10 or more tries for a child to accept a new food.



Baked Chicken Tenders



- 1 cup Panko breadcrumbs
- 2 eggs
- 1 lb. chicken breasts cut into strips
- 1/3 cup flour

1. Preheat oven to 425° and place a wire rack on rimmed baking sheet. Coat the rack well with nonstick spray.
2. Break the eggs into a shallow dish and beat lightly. Add the flour to a second shallow dish with a sprinkle of salt and add the panko crumbs to a third shallow dish.
3. With each strip, dredge the chicken into the flour, and then the egg, and then the crumbs, and then place on the prepared rack.
4. Bake for 14-15 minutes or until completely cooked. Serve warm.

<https://www.yummytoddlerfood.com/ecipes/baked-chicken-tenders/>

A Week's Worth of Menu Ideas!

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • French Toast WG • Kiwi slices • Milk 	<ul style="list-style-type: none"> • Strawberry/Mango Parfait • Yogurt in Parfait • Milk 	<ul style="list-style-type: none"> • Kix Cereal WG • Honey Dew Slices • Milk 	<ul style="list-style-type: none"> • Peanut Butter Banana Wrap • Banana • Flour Tortilla • Milk 	<ul style="list-style-type: none"> • Mixed Berries • Oatmeal WG • Milk
Lunch	<ul style="list-style-type: none"> • Beef Meatballs • Mashed Potatoes • Pineapple Chunks • Roll WG • Milk 	<ul style="list-style-type: none"> • Tuna Salad Sandwich • Celery Sticks • Apple Slices • Milk 	<ul style="list-style-type: none"> • Cheeseburger • Baked Potato • Strawberries • Bun WG • Milk 	<ul style="list-style-type: none"> • Baked Chicken Tenders • Pear Slices • Green Beans • Fettuccini Noodles • Milk 	<ul style="list-style-type: none"> • Turkey Deli Meat • Spinach/Tomato/Cucumber • Carrot Sticks • Pita Pocket • Milk
Snack	<ul style="list-style-type: none"> • Grapes • Cheddar Cheese Chunks 	<ul style="list-style-type: none"> • Graham Cracker • Milk 	<ul style="list-style-type: none"> • Fresh Veggies • Hummus HM 	<ul style="list-style-type: none"> • Cheerios • Dried Fruit Mix 	<ul style="list-style-type: none"> • Peanut Butter • English Muffin WG

USDA is an equal opportunity provider.