

**CHILD CARE FOOD
 PROGRAM**



**Jan-Feb 2010
 Issue**

~~~~ UPDATES & REMINDERS ~~~~

- ◆ When sending a fax you no longer need to send a cover letter, it comes directly into our office.
- ◆ Remember pets are not allowed in the kitchen or dining area when you are preparing meals or while children are eating.
- ◆ Please make sure enrollment forms are signed by both you and the parent before you send them in. On that same note..... it is **your** responsibility to have enrollment forms and bright future information in our office when you send in or before you submit your claim, by the **6th** NOT the 8th. The number of late claims is increasing, late claims are supposed to be for **EMERGENCIES** only, please make every effort to get your claim in on time!

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*We have some really great children's cookbooks
 in our lending library!!!*

- * Salad People And More Real Recipes: A New Cookbook For Preschoolers & Up - by Mollie Katzen
- * Pretend Soup and Other Real Recipes: A New Cookbook For Preschoolers & Up - by Mollie Katzen and Ann Henderson
- * Kids in the Kitchen: 100 Delicious, Fun & Healthy Recipes to Cook & Bake - by Micah Pulleye & Sarah Bracken
- * Kids Cook! Fabulous Food For The Whole Family by Sarah Williamson & Zachary Williamson

To check out our lending library go to our website:
www.childcarefoodprogram.org
 and click on the newsletter tab



CHECK OUT THESE WEBSITES

Ever wonder how long your favorite food or beverage will stay safe and tasty? What's the best way to store it? How safe are those leftovers? Keep it or toss it?

Get Information about how long you can keep thousands of foods and beverages at:

StillTasty.com

National Network for Child Care Great Kid friendly recipes:

www.nncc.org/Nutrition/recipe.kid.html

Spatulla Cooking 4 kids online:

www.spatulaata.com **

**This website even has a full section of vegan and vegetation recipes.

Are Soy Beverages Nutritionally the Same as Milk?



By Maureen Bligh, MA, RD

Soy beverages, while wholesome and nutritious, are not the nutritional equivalent of milk. Since soy beverages are naturally low in calcium (about 10 milligrams per serving), manufacturers fortify them with calcium salts to boost the calcium content. However, the amount of calcium salts added is not regulated and may vary from 80 to 500 milligrams per serving. Some soy beverages are not fortified with calcium at all. It is critical that consumers read the food label.

Even fortified soy beverages that contain the same amount of calcium as cow's milk do not provide the same health benefit due to less absorption. Creighton University researchers calculated that the body absorbs about 25 percent less calcium from a fortified soy beverage than from cow's milk. A serving of milk (8 ounces) contains about 300 milligrams of calcium. It would take 500 milligrams of calcium in an 8-ounce serving of fortified soy beverage to equal the calcium in a glass of cow's milk.

A bigger issue is the settling problem in calcium-fortified soy drinks. Most soy beverages have appreciable sedimentation of the added calcium; in other words, it settles to the bottom of the glass. A study conducted by Heaney (Robert, MD) in 2006 found that in a shaken sample, the mean calcium level was 59 percent of the value shown on the label. Unshaken samples only contained on average 31 percent of the calcium listed on the label. Very few consumers would shake a carton of soy beverage, pour out a glass and then chug it down quickly. If you set the glass aside, even for a few minutes, the calcium settles to the bottom of the glass. Reduced bioavailability and sedimentation combine to make the calcium content in soy beverages far less than in milk.

Trying to get the children to remember to cover their mouth when they cough? Try putting a sticker on their shirt by the inside of their elbow (you could also use a washable tattoo on their skin if it is OK with their parents) Remind them to cough onto the sticker or tattoo. This can also help educate the parents, when they ask why there is a sticker/tattoo on their arm.



Three New Uses For Baking Soda

1. Throw a pinch into potatoes while mashing to make them fluffier.
2. Shine silver with a mixture of three parts baking soda and one part water.
3. Wash fresh vegetables in cold water with 2 to 3 tablespoons of baking soda to get them extra clean.

FAD DIET DANGER

Gluten-free diets are catching on across the country. But trying one may do more harm than good if you don't have celiac disease—an autoimmune disorder in which your body's reaction to gluten—a protein found in wheat, barley, and rye, damages the lining of your small intestine. In a new study in Spain, healthy adults who ate a gluten-free diet for a month had a dramatic drop in protective gut bacteria and immunity-boosting chemicals.

INTUI CARE

Quality On-Line Trainings & Resources

IntuiCare, LLC offers a wide range of services designed to advance the field of early education for young children. These services improve the overall experience for each child served. There is a growing need for high quality services for professionals in early childhood education.

IntuiCare's development team is comprised of early education professionals with extensive experience in child care, early education, curriculum development, professional training, program administration and customer service. The services provided are a collaboration of parents and professionals through focus groups that assisted in designing one of the newest and innovative systems that are guaranteed to improve each child's early developmental experience.

More info call: 1-978-735-4499 www.IntuiCare.com

CORN CHOWDER*

- 4 slices bacon, cut into 1-inch strips
- 4 green onions or 1 medium yellow onion, peeled and chopped
- 1 cup water
- 1 medium sweet red or green pepper chopped
- 1-10oz. package frozen corn
- 2 cups milk or half and half
- 2 tablespoons minced parsley
- 1/4 teaspoon salt & 1/8 teaspoon pepper



Cook bacon until crisp, remove and set aside to drain.

Pour all but 2 tablespoons of bacon drippings from the saucepan, add onions and peppers, cook for 5 minutes, add water and corn, simmer covered for 10 minutes.

Add the half and half and reheat, uncovered. Do not let soup boil or it may curdle. Stir in parsley, salt and black pepper.

* from Quick Thrifty Cooking, a Cookbook from our Lending Library

Do You Know Or Is It You???

We are still trying to determine who is the provider that has been on the food program the longest, if you know who it is or think it might be you let us know.

**Do you have information you'd like to share with
other providers via the newsletter?
Just let us know.**