



Bits & Bites

CACFP nutrition and program updates for Colorado's Child Care Centers

Vol. 16, No. 1

February/March 2004

Program News...

New center/staff training...

The next trainings for new centers and new staff members will be held **Thursdays**:

February 5	Denver
March 4	Denver
April 1	Colorado Springs
May 6	Denver
June 3	Pueblo

HOURS: Registration starts at 8:15 a.m. and training is from **8:30-4:30 p.m.**

The Denver trainings will be held at the Colorado Dept. of Public Health & Env., 4300 Cherry Creek Dr. So., Bldg. A, in the Sabin Room, on the 1st floor.

To sign up, and for other locations, please call our office at (303)692-2330. ■

Commodities survey...

This March all centers will receive the Spring Commodities Survey. The Commodities Survey provides centers with the opportunity to reevaluate the way they are reimbursed by the CACFP. The two options are to:

1. Receive commodity foods plus cash, or,
2. Receive additional cash-in-lieu of commodity foods.

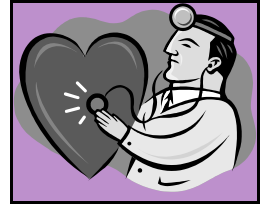
You only need to *return the survey if you are changing your selection*. If you choose to change, return the completed survey to our office by May 15, 2004. ■

Remember to use your new CACFP labels...

You should have received your new CACFP mailing labels with your approval packet for FY '04. Please be sure to **throw away** any **old labels** and use the new ones! Please **place only your center address label on the claim form**, NOT the CACFP address label. ■

February: American Heart Month...

by Tracy Miller, R.D.



February is the perfect time to talk about love, friendship,AND YOUR HEART!! Celebrate American Heart Month by promoting heart healthy lifestyles at your center. Believe it or not, atherosclerosis, also known as fatty build-up in artery walls, begins in childhood and progresses slowly into adulthood! This often leads to coronary heart disease, which is the single largest cause of death in the United States according to the American Heart Association. As childcare providers, you play important roles in providing a healthy environment for children to reduce their risk of coronary artery disease later in life.

patterns also affect cholesterol levels and the ability to maintain a healthy weight, which are important risk factors for heart disease. An ounce of prevention goes a long way. Even a small reduction in cholesterol, if carried into adult life, may greatly decrease the risk of coronary heart disease.

Straight from the heart ...

Reducing risk factors for heart disease during childhood may be beneficial in preventing coronary heart disease in adulthood. The American Heart Association recommends:

Physical activity:

- Encourage children, age two and older, to participate in **at least 30 minutes** of enjoyable, moderate-intensity activities every day. (See Children's Activity Pyramid, page 3.)
- Encourage children to perform at least 30 minutes of vigorous physical activities at least 3-4 days each week to achieve and maintain a good level of heart and lung fitness.

An ounce of prevention...

You may find it hard to believe that children can have high cholesterol levels. As a matter of fact, children and adolescents who live in the United States have higher blood cholesterol levels and consume more saturated fat than children and adolescents in other countries.

Some children may be more likely than others to have high cholesterol because of family genetics. However, poor eating

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American Heart Month...

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🏆 If the children in your center do not have a full 30-minute activity break each day, try to provide at least two 15-minute periods or three 10-minute periods in which they can engage in vigorous activities appropriate to their age, gender, and stage of physical and emotional development.



Heart healthy food choices:

👤 Encourage children age 2 years and older to eat at least five servings of fruits and vegetables daily as well as a wide variety of other foods low in saturated fat and cholesterol to maintain normal blood cholesterol levels and promote cardiovascular health.

Heart disease, diabetes, and overweight are now major health problems with serious consequences faced by children. As child-care providers, you have the responsibility to set the stage for healthy lifestyles. Offering a variety of nutritious foods, providing a physically active environment, and promoting positive feeding practices will make a difference in the lives of the children you care for.

This issue of Bits & Bites includes a **handout** entitled, “**Fats in Foods: How Much for Kids.**” Distribute this handout to parents to promote heart healthy food choices at home. ■

References:

1. American Academy, Committee on Nutrition. Policy Statement: Cholesterol in children (RE9805). Volume 101, Number 1. January 1998, pp.141-147.
2. American Heart Association. AHA Scientific Position: Cholesterol and Atherosclerosis in Children. 2002.
3. American Heart Association. AHA Scientific Position: Exercise (Physical Activity) and Children. 2002.

Activities for “Sweet Hearts”...

Activity #1: Find your heart quick activity



Cut small pieces of paper into heart shapes and write, “I love my heart!” on each shape. Make one for each child. Ask the children if they know where their hearts are located in their bodies. Have them point to the spot. Most children will point to the center of their chests. Explain that the center is not quite the right location. First, ask the children to point to the center of their chests. Then have them move their fingers about two inches to the left. Give each child a paper heart. Help the children secure the shapes on their chests with safety pins or tape to mark the spot where their hearts are located.

Activity #2: Is your heart getting a good workout?

Explain to the children that physical activities are good for the heart because they make the heart work harder. Ask the children to describe activities in which their hearts are working very hard and activities in which their hearts are working not as hard. Ask them to tell about activities they do every day. *When does your heart work very hard? When does your heart work not as hard?*



Sing the following song to the tune of "Are You Sleeping, Brother John?" You may want to ask the children to listen as you sing each verse, and then have children repeat the verse with you. Or sing the first two lines of each verse and have children sing the last two lines.



My heart's beating, My heart's beating,
Thump, thump, thump! Thump, thump, thump!
It's slower when I'm sitting. It's slower when I'm sitting.
Sit and rest, Sit and rest!
[Everybody sits and rests.]



My heart's beating, My heart's beating,
Thump, thump, thump! Thump, thump, thump!
It's faster when I'm moving. It's faster when I'm moving.
Hop and jump, Hop and jump!
[Everybody hops and jumps.]

For additional heart health activities, visit the American Heart Association website at www.americanheart.org. ■

MOVE IT!...for a healthy heart...

Just like adults, kids need physical activity to control weight and reduce the risk of heart disease, diabetes, and some types of cancer. Children especially need physical activity to develop motor skills, coordination, and psychological well-being. Today, many children spend too much time participating in sedentary activities, such as watching television and playing video or computer games.

Developing an active lifestyle begins in childhood. Teach children that moving is fun and expose them to a variety of physical activities to increase their likelihood of adopting an active lifestyle. Use the Children's Activity Pyramid, developed by the University of Missouri-Columbia Extension, as a guide to promote regular physical activity as the norm, rather than the exception.

The Children's Activity Pyramid resembles the format of the USDA Food Guide Pyramid. Encourage children to choose activities described in the base of the pyramid most often and those in the top of the pyramid least often. Plan a variety of physical activities for children to improve overall physical fitness.

Move with them! Participating in physical activities and playing games with children are easy ways for adults to improve physical fitness and health. Encourage teachers and parents to become active role models. Children who observe their adult role models living an active lifestyle are more likely to be active. ■

References:

1. Georgetown University, National Center for Education in Maternal and Child Health. Bright Futures in Practice; Physical Activity. 2001.
2. University of Missouri. Children's Activity Pyramid. MU Extension. 2003.

Program News...

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CACFP welcomes Tracy Miller...

Tracy Miller joined the CACFP staff in September 2003 as a nutrition consultant. She comes



to our office from the Colorado Department of Human Services, where she worked with developmentally disabled persons as a registered dietitian for four years. She is currently working toward her Master's Degree in Public Health at the University of Colorado Health Sciences Center.

Tracy is originally from Northern Idaho and completed her undergraduate degree in dietetics at the University of Idaho. She enjoys outdoor activities such as mountain biking, hiking, fishing, skiing, etc. She is married and has a dog named Max. **Welcome Tracy!** ■

Lending library information...

A new, updated listing of all CACFP library books is now available. These materials are excellent resources for training or general use and may be checked out for a two week period. Call our office at (303) 692-2343, to obtain a new listing or to reserve materials. ■

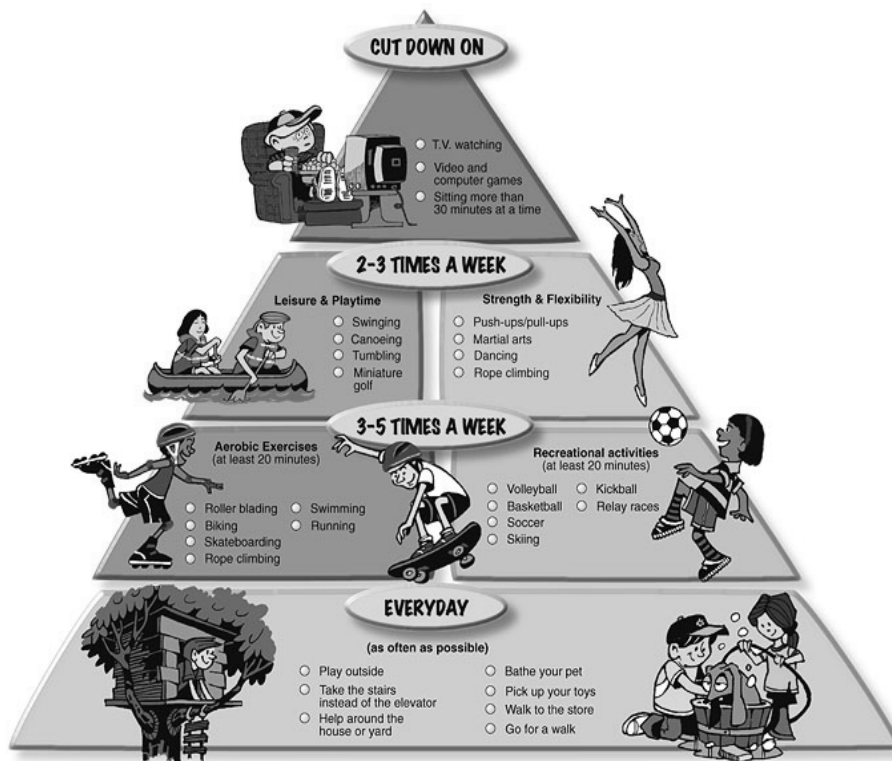
Non-English resources...

Non-English child nutrition resources now available on-line! The USDA Childcare Nutrition Resource System website provides materials in Spanish, Arabic, Bengali, Chinese, and Haitian/Creole. You can obtain information about the CACFP, healthy eating, food safety, infant feeding, and more. This site also offers recipes/nutrition tips for parents. ■

Visit this **website** at:

http://www.nal.usda.gov/childcare/Resources/multilingual_multicultural.html. Enjoy!

Children's Activity Pyramid



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** A blank Children's Activity Pyramid is available for your use. Go to the web, <http://muextension.missouri.edu/xplor/hesguide/foodnut/gh1800.htm>, to download. Personalize your own activity pyramid with activities the children enjoy at your center!

Garbanzo bean and ham soup



2 #300 cans Garbanzo beans, with juice	7 cloves of garlic, finely chopped
4 1/2 lbs. ham, cubed	3 Tbsp. olive oil
1 1/2 lbs. potatoes, peeled, cubed	1/4 tsp. Saffron (or to taste)
1 large onion, diced	Salt and pepper to taste

1. In a large soup pot, cook onion, garlic, and ham in olive oil until onion starts to brown.
2. Add Saffron and water to cover. Bring to boil and simmer for 30 minutes.
3. Add Garbanzo beans and cook for 30 minutes more.
4. Add potatoes, salt, and pepper. Add more water as needed. Bring back to boil and then turn heat to simmer. Simmer until potatoes are cooked and begin to fall apart. Continue to add more water as needed. Stir occasionally to prevent sticking. **Note:** The longer this soup simmers, the better the flavors blend together.

Serves: 25, 3 through 5 year old children. Each 1/2 cup serving is credited as one meat/meat alternate and one vegetable serving. Serve with a fruit or vegetable, bread/bread alternate and milk to meet the lunch requirement.

Reference: From the kitchen of *Patti White*, Renaissance Children’s Center, 2003.

Bits and Bites is published four times a year by the Colorado Department of Public Health & Environment-Child & Adult Care Food Program, 4300 Cherry Creek Dr. South, Denver, CO 80246-1530, (303) 692-2330.

Your comments/questions are encouraged.

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Please pass this newsletter along to:

_____ Cook _____ Director

_____ Other staff who work with the Child and Adult Care Food Program