

March 2010

# Nutrition Edition

From CCR's CACFP

## Nutrition Notes

Spring is in the air, and just around the corner. Celebrate spring this year by planting a small garden with your children. Gardening is a great way to get the children to try different fruits and vegetables, and to teach them that food doesn't just come from the grocery store. It is also a wonderful way to promote environmental awareness.

The following "top 10" crops are relatively easy to grow, have short growing seasons, and are fun to harvest:

- |               |                    |
|---------------|--------------------|
| 1. Sunflowers | 6. Lettuce         |
| 2. Radishes   | 7. Snow peas       |
| 3. Carrots    | 8. Cherry tomatoes |
| 4. Bush beans | 9. Potatoes        |
| 5. Pumpkin    | 10. Zucchini       |

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## March is National Nutrition Month

This year's theme from the American Dietetic Association is "Nutrition From the Ground Up." A garden is one way to ensure that you are fostering healthy eating patterns while also encouraging outdoor activity.

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*Children love to watch things grow!*

## Important Reminders

- We will pick up from the Ravalli drop boxes on **April 2, 2010**.
- All reimbursement claims must be received by **April 2, 2010**.
- Checks will be mailed and direct deposited on **April 14, 2010**.
- Daylight savings time starts at 2:00 am on **March 14, 2010**. Remember to set your clocks ahead one hour!
- The first day of Spring is **March 20, 2010**.



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# From the CACFP's Kitchen to Yours

## How Does Your Garden Grow?

**With delicious and nutritious foods that your children will enjoy eating!**

In honor of spring, try this fresh and tasty recipe. As your own garden grows, you can use your own fresh vegetables! Any vegetable listed below can be substituted with any raw veggie you wish.

### Garden Pasta Salad

#### Ingredients:

- 1 16 oz. package of uncooked tri-color spiral pasta
- 1/2 cup thinly sliced carrots
- 1/2 cup chopped radishes
- 1 cup cherry tomatoes, cut in half
- 1/2 cup snow peas
- 1/2 cup grated Parmesan cheese
- Low-fat Italian dressing (enough to coat pasta and veggies)

#### Directions:

- Cook pasta in a large pot of boiling water, according to package directions. Rinse under cold water and drain.
- Mix veggies together in a large bowl.
- Combine cooled pasta and veggies together in large bowl. Pour Italian dressing over mixture.
- Add Parmesan cheese and mix well.
- Chill one hour before serving.

*This recipe serves 10 three-to five-year-old children and meets the requirement for a vegetable and bread alternative.*

