

June 2010

Nutrition Edition

From CCR's CACFP



Nutrition Notes

Milk Helps Build Strong Bones

Milk and milk products help growing children build and maintain strong bones. Childhood and adolescence are critical periods for establishing healthy dietary practices and lifestyle behaviors that can support skeletal health. The Child and Adult Care Food Program requires that you serve milk to the children with every meal. (Meals consist of breakfast, lunch or dinner. Water can be served with snacks.) However, other dairy products can be served in addition to the milk in order to help children get the minimum calcium recommendation as set forth by the USDA, in the Dietary Guidelines for Americans. The USDA recommends that children ages two to eight years consume two cups of milk, or its equivalent, daily.

Yogurt and cheese are good sources of calcium, and children love them! When serving milk or other dairy products, remember to serve low-fat varieties to children over the age of two. Low-fat and skim milk provide the same nutrients and vitamins as whole milk, with little or no fat. Reduced-fat or fat-free varieties of cheese and yogurt are healthy sources of dairy.

Try the recipes on the back page to incorporate more healthy dairy products into your child care menus.

Judy is Retiring!

With a sad heart, we are announcing that Judy Kendall is retiring from Child Care Resources. Judy has been with CCR since 2001, first working part-time with NAFCC mentoring, then moving into her current position as the CACFP Coordinator. CCR wishes Judy all the best. She will be greatly missed! CCR will be posting a job opening in the near future. If you or someone you know is interested, please watch for the posting at www.childcareresources.org.

406.728.6446 * Judy ext. 244 * Maureen ext. 228



Milk, does a body good!

Important Reminders

- PV77096
- We will pick up from the Ravalli drop boxes on **July 2, 2010**.
- All reimbursement claims must be received by **July 2, 2010**.
- Checks will be mailed and direct deposited on **July 15, 2010**.
- Child Care Resources' office will be closed on Monday, **July 5, 2010** in observance of Independence Day.



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From the CACFP's Kitchen to Yours

Strawberry Frozen Yogurt Squares

Ingredients:

- 1 cup crunchy wheat and barley cereal
- 3 cups fat-free strawberry yogurt
- 1 (10-ounce) bag frozen unsweetened strawberries (about 2 1/2 cups)
- 1 cup fat-free sweetened condensed milk

Directions:

Line an 8x8-inch baking pan with foil. Sprinkle cereal evenly on the bottom of the pan; set aside. Place yogurt, strawberries and condensed milk in a blender; cover and blend until smooth. Pour the mixture over the top of the cereal, gently smoothing the yogurt mixture to the edges of the pan. Cover with foil (or plastic wrap) and freeze for eight hours, or until firm. Use the edges of the foil to loosen and remove from pan. Let thaw for five to 10 minutes. Cut into squares and serve.

Makes five servings. Each serving provides 35 percent of the Daily Recommended Allowance of calcium and meets the requirements for a three- to five-year-old child for a fruit and a meat alternative for a snack.

Storage tip: squares may be individually wrapped and frozen for single servings.

Frozen Fruit Sorbet

Ingredients:

For each child, you will need:

- 1-6 oz. container low-fat vanilla yogurt
- 1/2 cup frozen berries of your choice

Blend together until the mixture is a smooth consistency, add to serving dish.

Each serving provides 35 percent of the Daily Recommended Allowance of calcium and meets the requirements for a three- to five-year-old child for a fruit and a meat alternative for a snack.



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