

January 2010

# Nutrition Edition

From CCR's CACFP

## Nutrition Notes

When trying to make good choices about the food we eat and serve to our children, it is best to keep things simple. Michael Pollan, author of *In Defense of Food-An Eaters Manifesto*, suggests a few simple rules to remind us to not get caught up in the hype that can surround "healthy" food:

- **Eat food.** It sounds so obvious that at first it seems funny. However, when we look at the ingredients listed in some foods, we find unfamiliar and unpronounceable items that are not what we would consider food.
- **Avoid foods that make health claims.** Health claims often mean the food is fabricated and is full of unnatural ingredients.
- **Shop the outside of the supermarket.** Most fruits, vegetables, unprocessed meats and breads are found on the outer aisles. Avoid the middle of the store and you will avoid most of the processed foods.
- **Do not eat too much.** This again is obvious, but how many of us follow that simple rule? By eating meals and snacks at regular times, and by sitting down at the table to eat, we can make more conscious decisions about what we are putting into our bodies.
- **Don't get your fuel from the same place your car does.** Convenience foods are quick and easy, but the unhealthy ingredients do not make it worth the compromise.
- **Would your grandmother have eaten it?** Get back to basics by eating whole foods and avoiding highly processed foods like fruit snacks, potato chips and hotdogs.

*The key is to keep it simple and eat foods that remember where they came from.*

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*Whole foods should be chosen as often as possible!*

## Important Reminders

- We will pick up from the Ravalli drop boxes on **February 2, 2010.**
- All reimbursement claims must be received by **February 2, 2010.**
- Checks will be mailed and direct deposited on **February 12, 2010.**
- Child Care Resources' office will be closed on **January 18, 2010** for Martin Luther King Day. PV 91873
- Last opportunity for the mandatory face-to-face CACFP training will be held on **Wednesday, February 10, 2010** from 7-9 pm. If you did not attend a food program workshop in November or January, you must attend!

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# From the CACFP's Kitchen to Yours

## January is National Fiber Focus Month

An eating plan high in fiber with moderate amounts of fat may help children reduce their risk of developing heart disease and some types of cancer later in life. Good sources of high fiber include whole grain breads and cereals, legumes, fruits, and vegetables. Try serving the following recipe to increase the fiber in your children's diet.

### Maple Baked Beans

#### Ingredients:

- 1-12 oz. cans vegetarian baked beans (1/2 cup beans/serving/child)
- 1/2 cup maple-flavored syrup
- 1/3 cup onion, chopped
- 1/4 cup ketchup
- 1 Tbsp prepared mustard
- 1/4 cup lowfat white cheddar cheese, shredded (optional)

#### Directions:

- Preheat oven to 350° F.
- Mix all ingredients together.
- Pour into a greased casserole and bake, uncovered, for 30 minutes..
- Sprinkle cheddar (optional) on top for the last ten 10 minutes of baking.
- Serve warm.

1/2 cup serving meets the requirement for meat/meat alternative for a six to 12 year old. Dietary fiber is six grams per 1/2 cup serving.

