

February 2010

Nutrition Edition

From CCR's CACFP

Nutrition Notes

As child care providers, you are role models for the children in your care. The American Heart Association recommends the following 10 tips to help children develop healthy lifestyles.

1. Be a positive role model by practicing healthy habits.
2. Be active by taking walks, bike rides or playing games like hide-and-seek.
3. Limit TV, video, and computer time.
4. Encourage physical activities that the children enjoy. Not all children love soccer or baseball. Think outside the box and be creative.
5. Be supportive. Focus on the positive and not the negative.
6. Set specific goals, and stick to them! Try one hour of physical activity a day, or substituting fruit for two desserts per week.
7. Don't reward children with food.
8. Make mealtime a social activity.
9. Make a game of reading food labels with older children.
10. Stay involved. Be an advocate for programs that encourage healthy habits.

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Physical activity should be enjoyable for everyone!

Important Reminders

- We will pick up from the Ravalli drop boxes on **March 2, 2010**.
- All reimbursement claims must be received by **March 2, 2010**.
- Checks will be mailed and direct deposited on **March 12, 2010**.
- Child Care Resources' office will be closed on **February 15, 2010** for President's Day.

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**Child Care
Resources**

**40
Years**
1969 - 2009



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From the CACFP's Kitchen to Yours

February is American Heart Month

Heart disease is the leading cause of death in the United States. A healthy diet and lifestyle are the best weapons you have to fight heart disease. Make healthy food choices for yourself and the children in your care. It is never too early (or too late) to start preventing heart disease!

Spanish Rice

Ingredients:

- 1 lb lean ground turkey
- 1 15-ounce can tomato sauce
- 1 14.5-ounce can diced tomatoes
- 1 11-ounce can diced tomatoes with chili peppers
- 2 cups uncooked instant brown rice
- 2 1/2 teaspoons chili powder
- 2 teaspoons Worcestershire sauce

Directions:

- Brown turkey in skillet, drain off fat and discard.
- Place turkey and remaining ingredients in a slow cooker.
- Stir to mix ingredients.
- Cook over low heat seven to nine hours or on high heat for three hours.
- Stir before serving.

The above recipe serves eight six to 12 year old children and meets the requirement for meat alternative and bread alternative.

