

Newsletter 113
Provider Edition
April 2008

This Month's Theme:
Healthy Happy Mealtimes

The FDA has increased the amount of fruits and vegetables we should eat to keep us healthy. Start children off right by eating food that grows from the earth and they'll make it a lifetime habit.

What's Inside?

Fabulous Food Tales . . . 3

Toddler Recipes 4

Foody Fingerplays . . . 5

FDA Food Guidelines for Children 6

Next Month

It's time to get out in the yard or park and get a real close look at BUGS!

Breast or Bottle? Organic or Conventional? The Latest Research on Healthy Eating From Birth to Age Six

We seem to be inundated with information from studies from all over the world about health and nutrition. It can be quite frustrating when some of that research is contradictory. The best advice is to stick to facts that are supported by many studies done over time rather than trust the results of a single study. In 2007 the Department of Health and Human Services completed a meta-analysis on breastfeeding research. A meta-analysis is a study of the results of many studies, in this case 9000, on the relationship between disease and breastfeeding. The results found a reduction in disease by the following percentages.

Sudden Infant Death	36%
Type 1 Diabetes	19-27%
Type 2 Diabetes	39%
Leukemia (lymphocytic)	19%
Leukemia (myelogenous)	15%
Asthma	27%
Gastrointestinal Infection	64%
Lower Respiratory Tract Disease	72%
Atopic Dermatitis	42%
Acute Otitis Media	50%

The study also found a reduction of disease for the mothers for Type 2 diabetes (4 - 12%), Ovarian cancer (21%) and Breast cancer

(28%). These are powerful numbers and leave very little question



as to the benefits of breastfeeding on reducing disease.

Studies not included in this meta-study include studies from the National Institute of Child Health and Human Development (2002) and The Kinsey Institute (2002), showing higher IQ scores in babies that are breastfed. Because of the wealth of information we now have, The American Academy of Pediatrics recommends

breast feeding for a full year after birth.

If you're a child care provider, it's important you help support

Moms who want to continue breast-feeding their children. You can do this by learning to handle breast milk carefully and by supporting Moms who need to nurse after work or may want to stop by during the day.

Taking care of breast milk at child care is really no different than caring for pre-made bottles with formula. Make sure Mom is carefully dating the bottles, and then use any bottles that have been stored in a cooler at her place of work within 24 hours. If Mom has expressed milk and gotten it in the refrigerator immediately, it can be used within 3 - 5 days of the date, although the provider should use milk delivered to child care the day of delivery. This is because the transport of the milk may allow it to warm up. If Mom has frozen milk it can be used within 8 to 12 weeks of the date. Again if the milk arrives at child care thawed, use that milk immediately. The best process is to have Mom deliver dated milk on a daily basis. You know that you've used the milk within 24 hours and that the baby is getting the freshest milk possible.

If Mom has chosen to nurse part time, she still needs your support. If she's lucky enough to work nearby, she may want to eat lunch with you and nurse the baby before returning to work. You are not obligated to supply lunch, but you can make her feel welcome in your home. She also needs you to try your best to keep to the agreed upon feeding schedule. Nothing is more uncomfortable than engorged breasts and a totally disinterested baby. Keeping the daily rhythm will make her more comfortable and help her body produce enough milk to continue feeding her baby morning and evening. If the infant is terribly hungry before Mom gets there in the evening, talk to her and come up with a solution together. It's worth it for the health of the child.

Organic vs Conventional Baby Food

The world changes and grows and with change we have more decisions to make. Past generations didn't have much choice when they shopped for baby food. They either made it themselves or purchased it from a large manufacturer. Today you can choose from multiple baby food companies, organic or conventional, even frozen or shelf stable food and milk.

For the longest time the debate was whether organic fruits and vegetables contained more nutrients than conventional food grown with pesticides and the research is still conflicted on this issue. What we do know is that food is only as healthy as the soil it's grown in, so a piece of fruit will absorb all the nutrients the soil has to give. An apple from depleted soil will have fewer nutrients than an apple from a nutrient dense soil. Depleted soil as well as rich soil can be found on both organic and conventional farms. The conclusion is that an apple is as good as the soil it's grown in regardless of the "organic" status of the farm. There is a great deal of continuing research and I'm sure we'll know more in the years ahead.

We do know that conventionally grown fruits and vegetables contain more pesticide and herbicide residue and the components of some of this residue can cause cancer in laboratory animals. A customer who consumes only organic has only one third the exposure to these toxins as someone who consumes conventional food. While there is no conclusive evidence that the residue will definitely cause cancer in humans, the question becomes whether you want to or can reduce that risk for the children in your care.

Of course, most providers will tell you they want to offer the best diet possible. However, organic produce and baby food are more expensive. There are things you can do to reduce the risk, without totally blowing your

budget. Purchase organic when you feel the residue has not been fully washed away before the food was pureed. For instance, berries are washed, but we don't actually peel the skin and dispose of it, so there is more risk of residue included in the baby food. Conventional bananas and oranges have their skin peeled away and discarded, so any residue gets thrown in the garbage or compost and then the fruit is processed. Save money by purchasing the conventional baby foods from fruits and vegetables that have had their skins discarded. Purchase organic baby food when the skin is included in the product.

If you cannot afford organic food, but parents would like to feed their child exclusively organic, it's up to them to provide meals for their child. If you have a group of parents who all want organic food, pass the price increase on to them in your fee. You need to do the best you can with your budget and have the confidence to tell parents that an increase in the cost of supplies means an increase in their bill. If you choose this option it also becomes an added benefit to your program and you should advertise it as such.

The promising thing is that more people are buying organic, driving the price down. In time we should see more products available at lower prices. Everyone deserves to have the best and most nutritious food, regardless of income. You can also save money on organic by cutting out the middleman. Buy directly from the farm at your local Farmers Market and you'll discover New Jersey is still the Garden State. Teach the children to eat food from the earth and they'll benefit for years to come.

**See the FDA
Food Pyramid For
Children Under Age Six
Page 6**

Fabulous Food Tales

Orange, Pear, Apple Bear by Emily Gravett

Pleasantly uncluttered illustrations help infants and toddlers define and understand the meaning of the four words in the title. In fact, the author never uses anything but those four words until the last page of the story. First the fruit is labeled, its attributes clearly defined in the softly colored, black outlined illustrations. Each fruit gets its own page, as does the friendly bear. On the following pages, the writer combines the words, stretching the reader's concept formation. There's an orange pear and then an apple bear whose rotund body has transformed into a subtle apple shape. Spend time gazing at the illustrations. There's more here than beautifully painted fruit. (ages 1½ - 4)

Little Pea by Amy Krouse Rosenthal

Little Pea has an extraordinary life. He loves to roll down hills and hang out with all his pea friends. But there's one thing he hates. He detests candy. You see Peas have to eat candy to stay healthy and he needs to eat every last piece before he gets dessert. He suffers through until he finally gets to the good part: a big bowl of steamy green spinach. The twist in the story will elicit conversation about what's healthy for children to eat and why it's so important to the people who love them. (ages 2 - 5)

Duck Soup by Jackie Urbanovic

Duck is so excited. He's going to make soup. But not soup from someone else's recipe. He's made up his own. The creative chef adds and tastes and decides he needs one more thing from the herb garden. Just as he leaves, his friends arrive and notice a feather in the pot. There's quite a fuss as they try to save their friend whom they believe is about to be cooked. When Duck returns he is devastated at the destruction of his recipe. But all agree it's better than being Duck Soup. (ages 2 - 6)

Pancakes, Pancakes by Eric Carle

We've become so disconnected from where our food comes from. This family, who lives on their own farm, brings the reader back to the wheat field, the chicken coop and the cow pasture, when Jack decides he wants pancakes for breakfast. From there they need to mix and blend the collected ingredients until they finally fry a pancake over the fire. Food for thought and conversation next time you sit down with the children and eat a simply delicious pancake. (ages 3 - 8)

Pretend Soup by Mollie Katzen and Ann Henderson

Some children's cookbooks simply take easy to make recipes and simplify the language so children can understand the directions. This is more a cooking curriculum with recipes specifically designed for children and tested at The Child Education Center. The recipes have both written directions and then visual instructions to help those that have not yet learned to read. There are instructions for the adult also, highlighting how best to be a supportive chef while keeping the children in charge. These are healthy and tasty recipes worthy of serving at snack or mealtime.(all ages)

Cooking Involves.....

Chemistry
Math
Following directions
Teamwork
Small motor skills
Creativity
Language skills
Pre-reading skills
Feelings of accomplishment

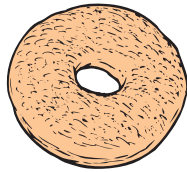
**But the children just need
to know it's fun.**

Recipes and Activities

Grocery Store Seek and Find

Have a treasure hunt at the grocery store. Make a separate list for the fresh food department written in easy to read print. Bring the children to the store and spend some time having them find the fruits and vegetables. They'll learn to identify fresh foods and have fun at the same time. With repetition they may even learn to recognize the printed words. Each shopping trip, let them choose one unfamiliar vegetable to try. How about an artichoke or a rutabaga? Be adventurous. Everyone will be healthier for it.

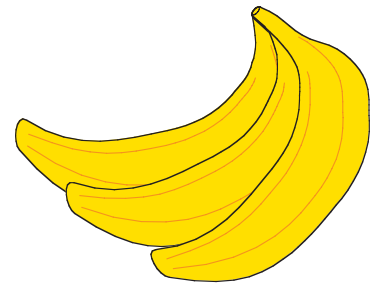
Bagel Faces from *Pretend Soup*



1 medium carrot, cut into thin rounds
Tiny cherry tomatoes, halved or sliced
Black olives, sliced
Small bell pepper, sliced into thin curves
Alfalfa sprouts
Small cucumber, sliced into thin rounds
Bagels for the family
A container of whipped cream cheese
Grated carrots or beets
Sunflower seeds

- 1) Slice the bagels into halves.
- 2) Have the children spread the cream cheese on the bagel and then use all the vegetables to design a face. Use the sprouts or shredded vegies for hair. Place the round shapes in position for eyes, ears or nose. Make smiles or frowns using the pepper curves. Let the group use their imagination and think of other ingredients they can use to decorate.

Banana Pie in a Bowl



1 banana
4 graham crackers
Your favorite cooked vanilla pudding mix

- 1) Prepare the pudding and let it cool until it's lost some heat, but is not set.
- 2) Have the children slice the banana with a dull knife.
- 3) In four small pudding dishes or coffee cups, place 1 graham cracker, (the children can break it up to fit), $\frac{1}{4}$ of the banana and $\frac{1}{4}$ of the pudding. Let the group ladle the pudding in the cup if they're old enough or you can provide help. Refrigerate immediately and eat within 24 hours.

Grow Your Own Vegetable Soup

The best activities for children are long term and attached to a theme. This is because children learn by connecting new information to that which they already know. Making a pot of soup will be an activity that will last all spring and summer when you connect the soup to the origin of the ingredients.

First, choose a vegetable soup recipe or create your own. While searching for a recipe look for ingredients you can grow easily in your yard or in pots on your porch. For instance, tomatoes, green beans, peas, potatoes, greens, lima beans and herbs are all vegetables you can grow easily.

Next, share the recipe with the children and talk about making a small garden to grow your ingredients. The gardening section of your activity will take time. Have the children involved in anything you think is safe, and don't worry about their exuberant digging in the dirt. Knowing they've participated gives them great self-esteem.

Finally, harvest your vegetables and involve the children in making the soup. When you look back you realize you've taught them something about gardening (science), hard work (digging), teamwork, nutrition and cooking. You've actually designed your own curriculum and had a great time with your group.

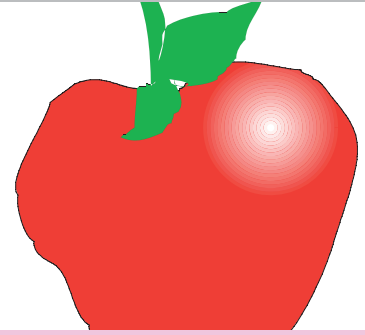
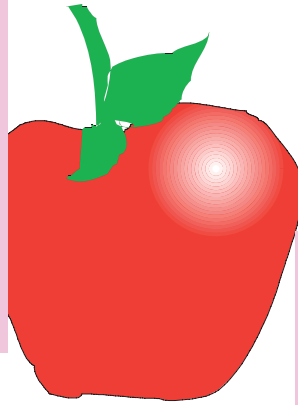
Foody Fingerplay

Color Vegetable Garden

Out in the garden, early in the morning,
See the red tomatoes all in a row.
See the happy farmer coming out to pick them,
Pick, pick, pick, pick and off he goes.

By Jean Warren

For additional verses change the vegetable and the coordinating color.



Apples

Way up in the apple tree,
(Raise hands overhead.)
Two little apples smiled at me.
(Make two fists.)
I shook the tree as hard as I could.
(Shake your arms.)
Down came the apples,
(Flutter hands downward.)
...mmmm... They were good.

Soup's Cooking

(Sing to the tune of Farmer in the Dell)

The soup is simmering.
The soup is simmering.
Stir the pot.
It's getting hot.
The soup is simmering.

First we add the beans.
First we add the beans.
Stir the pot.
It's getting hot.
First we add the beans.

Next we add the carrots.
Next we add the carrots.
Stir the pot.
It's getting hot.
Next we add the carrots.

Add any ingredients the children can think of. While the idea is to familiarize the children with soup vegetables, don't be afraid to get silly. I'm sure someone will want to add Lego pieces or their favorite stuffed animal.

This song extends into a great

activity for toddlers that can be done in a number of ways. The idea is to have them add the ingredients as they sing. There are a number of ways to do this:

- If you have pretend fruits and vegetables, borrow a large pot from your kitchen and have the children drop the vegetables in the pot as you sing.
- Cut vegetables out of flannel. Make a large circle to represent a pot and have the children put the flannel cutouts in (on) the pot.
- Make a large pot out of poster board. Cut vegetables out of construction paper. Have the children glue their vegetables to the pot with a glue stick.
- Plan to make some vegetable soup for lunch. Place the pre-measured ingredients on the table and have the children add them to the pot.



Five Fat Peas

Five fat peas in a peapod pressed.
(Fold hands together in a ball.)
One grew,
(Extend a thumb.)
Two grew
(Extend the opposite thumb.)
And so did the rest.
(Begin extending all fingers.)
They grew and they grew.
And they grew and they grew.
(Pull hands apart slowly.)
They grew so fast and round,
That the pea pod blew!
(Clap hands loudly.)

Food Pyramid For Children



	Two Years Old 1000 Calories	Four Years Old 1400 Calories	Six Years Old 1600 Calories
Grains	3 ounces at least 1½ cups whole grain	5 ounces at least 1½ cups whole grain	5 ounces at least 1½ cups whole grain
Vegies	1 cup various colors	1½ cups various colors	2 cups various colors
Fruits	1 cup	1½ cups	1½ cups
Milk	2 cups	2 cups	2 cups
Meats and Beans	2 ounces	4 ounces	5 ounces
Fats	3 teaspoons	4 teaspoons	5 teaspoons
Minimum Exercise	1 hour	1 hour	1 hour

W A R M L I N E

Providing you with practical, accurate information on health, behavior issues and regulatory information relating to the children in your care.

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