

FOUR NUMBERS.

ONE AWESOME WAY FOR KIDS TO STAY HEALTHY!



March 2021 Nutrition News

This month we will be learning about berries!

There are several different types of berries, the most common berries include blueberries, blackberries, raspberries, and strawberries.

Select fresh berries that are not mushy or moldy. Store fresh berries in your refrigerator for up to a week, make sure to keep dry. When berries are more expensive (like during the winter) consider frozen or dried berries.

Add berries to oatmeal, cereal, yogurt, salads, Jell-O muffins or smoothies. Berries are also great plain—grab a handful and enjoy.

Test your berry knowledge:

1. What are the little hairs on raspberries and blackberries called?
2. Why do blueberries have a silver-dusty color on them?
3. What's the average number of seeds on a strawberry?



Answer Key: 1. Styles. Styles are leftover from the berry blossom, they serve to protect the berry from damage. Styles are completely safe for consumption. 2. The silver color is called 'bloom'. Bloom acts a natural barrier to seal in



Books with Berries!

- ✧ *Jamberry*, by Bruce Degen
- ✧ *Blueberries for Sal*, by Robert McCloskey
- ✧ *More Blueberries*, by Susan Musgrave



Berry Fruit Pizza

Serves 8, Serving: 1 wedge



All you need:

For the cookie crust:

- 1 large egg white
- 1/4 cup vegetable oil
- 1/4 cup brown sugar
- 1/3 cup all purpose flour
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon baking soda
- 1 cup uncooked quick cooking oatmeal
- Cooking spray

For the Topping:

- 3 oz. cream cheese
- 6 oz. vanilla yogurt
- Assortment of berries

All you do:

1. Preheat the oven to 375 degrees Fahrenheit.
2. Use a medium mixing bowl to beat egg white until foamy. Add oil and sugar. Beat until smooth.
3. Use a small bowl to stir together the flour, cinnamon and baking soda. Add to sugar mixture. Stir in oatmeal.
4. Line a baking sheet with aluminum foil and spray with cooking spray. Spread the dough in a 9-inch circle.
5. Bake about 12 minutes. Crust will begin to puff but does not look done.
6. Use a small bowl to stir together the cream cheese and yogurt until smooth. Cover with plastic wrap and refrigerate until cool.
7. Transfer the crust to a serving plate. Spread the cream cheese mixture over the crust. Arrange berries on top.
8. Cut into wedges and serve, or refrigerate up to 2 hours, covered and uncut.

March 2021 Family Meal Tracker for In-Kind Credit

RULES FOR CREDIT: EAT TOGETHER—TURN OFF TV—SIT AROUND TABLE TOGETHER—PASS FOOD FAMILY STYLE—HAVE MEAL CONVERSATIONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
1 Meals Eaten Together (circle): B L D	2 Meals Eaten Together (circle): B L D	3 Meals Eaten Together (circle): B L D	4 Meals Eaten Together (circle): B L D	5 Meals Eaten Together (circle): B L D	6 Meals Eaten Together (circle): B L D	7 Meals Eaten Together (circle): B L D	Total Meals for Week:
8 Meals Eaten Together (circle): B L D	9 Meals Eaten Together (circle): B L D	10 Meals Eaten Together (circle): B L D	11 Meals Eaten Together (circle): B L D	12 Meals Eaten Together (circle): B L D	13 Meals Eaten Together (circle): B L D	14 Meals Eaten Together (circle): B L D	Total Meals for Week:
15 Meals Eaten Together (circle): B L D	16 Meals Eaten Together (circle): B L D	17 Meals Eaten Together (circle): B L D	18 Meals Eaten Together (circle): B L D	19 Meals Eaten Together (circle): B L D	20 Meals Eaten Together (circle): B L D	21 Meals Eaten Together (circle): B L D	Total Meals for Week:
22 Meals Eaten Together (circle): B L D	23 Meals Eaten Together (circle): B L D	24 Meals Eaten Together (circle): B L D	25 Meals Eaten Together (circle): B L D	26 Meals Eaten Together (circle): B L D	27 Meals Eaten Together (circle): B L D	28 Meals Eaten Together (circle): B L D	Total Meals for Week:

Child Name: _____ **Parent Name:** _____

Address: _____

Staff Signature: _____ **Parent Signature:** _____

Total Meals:	_____
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Early Childhood Health Services News

Head Start Health Services Staff: Pauline, Health Service Coordinator, Darcie and Abby our Unity Point Contracted Nurses

Oral Health

Oral health is just as important as your child's physical, mental, and hearing health.



Tooth decay is the most common chronic childhood disease and the most preventable.

That is why having a child have a dental home and regular dental exams are part of the Head Start performance standards. We are here to help you with any barriers you may have in obtaining a dental exam or dental treatment for your child.

If you are experiencing barriers to your child having a dental exam, please contact your Head Start Health Coordinator, Pauline, at 235-0383. Our partnership

Dental Partnerships—Our program is partnering with Dr. Fontaine Walker to provide oral health services to our children and families. Providing dental exams in our centers and home visits throughout the year and providing fluoride varnish applications every three months. Including children without insurance. We also partner with the I-SMILES program providing oral screens for Head Start children in the elementary schools.

Preventing Dental Carries (Cavities)

- Brush teeth, tongue, and gums twice a day for 2 minutes with fluoridated toothpaste
- Have your child eat a well balanced diet. Limit or eliminate sugary/sticky snacks
- Consult a physician/dentist regarding supplemental use of fluoride or sealants
- Take your child to the dentist by 1 year of age
- Maintain regular check ups every 6 months

Our Oral Screen includes a Fluoride Varnish

How fluoride works!

It's like a vitamin for teeth!

- **At Birth**
 - Teeth are forming, but are not in a baby's mouth yet
 - Fluoride makes them grow stronger
- **Teeth in the Mouth**
 - Fluoride makes teeth stronger
 - Protects teeth from acid that germs make
 - Stops germs from making acid
 - Helps fix places where acid started to eat holes (cavities) in the outside layer (enamel) of teeth
 - Slows cavities down

MARCH MENU



Tri-County
Child & Family
Development Council, Inc.
Your partner for healthy child development



Monday	Tuesday	Wednesday	Thursday	Friday
1 B: Pears & CN Egg Patty L: WG CN Chicken Patty Roasted Root Veg. <u>Blueberries</u> S: Apple/WG Grahams	2 B: Mix Fruit & Oatmeal L: Hmong Beef WG Rice Mixed Vegetables Mandarin Oranges S: Pineapple/Milk	3 B: <u>Strawberries</u> / WG Toast L: Chicken Pot Pie over WG Biscuit Green Beans Applesauce S: Pears/Yogurt	4 B: Orange & WG Chex L: Beef Goulash over WG Noodles Corn Mixed Fruit S: Peppers/String Cheese	5 B: Apple/WG Cheerios L: Mediterranean Tuna in WG Pita Bread Carrot Sticks Tropical Fruit S: Peaches/Milk
8 B: Apple/WG Cheerios L: CN Hamburger Patty on WG Bun Green Beans Tropical Fruit S: Peaches/Yogurt	9 B: Orange/WG Toast L: White Chicken Chili with WG Saltines Carrot Sticks <u>Blueberries</u> S: Mix Fruit/Milk	10 B: Pears/Oatmeal L: WG Rock & Roll Beef Wraps Carrots Cottage Cheese S: wg Breadstick/Marinara	11 B: Applesauce/ Turkey Sausage L: WG Chicken Alfredo Tossed Salad Apricots S: Pineapple/Milk	12 B: Mixed Fruit/Yogurt L: WG CN Maxi Stick Minestrone Soup Apple Slices Cucumbers+Ranch S: WG Sunchips
15 B: <u>Strawberries</u> / WG Waffles L: WG Spaghetti Cauliflower Peaches S: WG Pita/Hummus	16 B: Mix Fruit & Yogurt L: BBQ Chicken on WG Bun Peas Applesauce S: Pears/Milk	17 B: Apple Slices/ WG Cheerios L: WG Enchilada Bake Fiesta Salad Fruit Cocktail Tomato Wedge/ S: String Cheese	18 B: Pears/WG Chex L: Chicken Drumsticks Black Eyed Peas Yams WG Bread <u>Build Your Own</u> S: <u>Berry Fruit Pizza</u>	19 B: Orange & WG Toast L: Scrambled Eggs Hash brown Patty Peaches <u>wg Blueberry Muffin</u> S: Apple Slices/Milk
22 B: Apple, WG Toast L: wg Chicken Spaghetti Broccoli Apricots S: wg Breadstick/Marinara	23 B: Orange, Egg Patty L: CN Hamburger Patty on WG Bun Green Beans Corn S: Carrot Sticks/Milk	24 B: Pears/WG Cheerios L: Honey Lime Chicken over Coconut Rice Honey Roast Carrots Crushed Pineapple S: Apple Slices/Yogurt	25 B: Peaches/WG Oatmeal L: Beef Chili with Beans Oyster Crackers Mixed Fruit <u>Berry Delicious</u> S: <u>Trail Mix</u>	26 B: <u>Strawberries</u> /Yogurt L: WG Tuna & Noodles Peas Peaches WG Chips/Salsa + S: Milk
29 B: Mandarin Orange/ Turkey Sausage L: Chicken Salad on WG Bread Carrots Apple Slices S: Pears/Yogurt	30 B: Peaches/Oatmeal L: WG Beef Turkey Loaf Mashed Potatoes Peas S: Hummus/WG Pita	31 B: Orange/ <u>wg Blueberry Muffin</u> L: Chicken Tacos on WG Tortilla Refried Beans Mangos S: Applesauce/Grahams	 <p>This month's focus is berries - try fresh, frozen or dried!</p> <p>Try making your own Berry Delicious Trail Mix - just mix dried blueberries & your choice cereals!</p>	

Menu subject to change. WG= Whole Grain. Substitutions may be provided for Early Head Start classrooms due to choking hazard.

Milk served daily with breakfast & lunch. Whole milk for children 12-24 months old, low-fat milk to children 2+, water available all day.

Menus developed following USDA CACFP menu planning guidelines. "This institution is an equal opportunity provider"



CHECK YOUR HOME – AND TODDLER – FOR LEAD!

PREVENT LEAD POISONING.



SO, WHAT CAUSES LEAD POISONING?

GOOD QUESTION!

Lead poisoning happens when children have too much lead in their bodies. It's usually caused when toddlers come in contact with lead-based paint chips or lead dust found in homes built before 1978. So if toddlers live in or visit older homes, it's especially important to get them tested!

THERE ARE MANY WAYS TODDLERS CAN GET LEAD POISONING.

Putting lead-based paint chips or dust in their mouths.

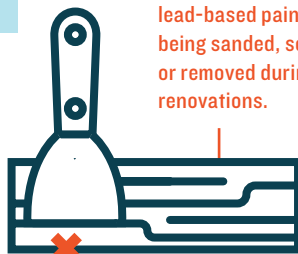


Chewing on items that may contain lead, including toys, jewelry or household items.



Placing dusty or dirty hands, toys, bottles or pacifiers in their mouths.

Breathing in dust from lead-based paint that's being sanded, scraped or removed during home renovations.



Playing in dirt or a sandbox near an old building or where an old building was torn down.



KEEP TODDLERS AWAY FROM LEAD!

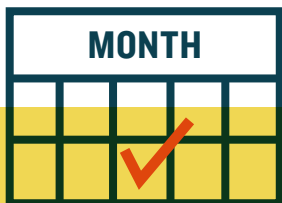
Did you know lead is highly toxic and can cause developmental delays, learning difficulties, headaches and more? That's why it's so important that children – and especially toddlers – don't come in contact with lead! It's also why it's important for parents to get them tested for lead poisoning early and often.

WHAT ARE THE **SYMPTOMS** OF LEAD POISONING?

MOST TODDLERS WITH LEAD POISONING DON'T LOOK SICK, which can make it hard to diagnose. The only way to tell for sure if children have lead poisoning is to have their blood tested.

SOME SYMPTOMS INCLUDE:

- > Get easily excited
- > Problems paying attention
- > Stomachaches and headaches
- > More tired than usual



Ask your health care provider to do a blood lead test at your child's yearly checkup.

TEST ONCE A YEAR. EVERY YEAR.

All Iowa children must be tested for lead poisoning before starting kindergarten. But the Iowa Department of Public Health suggests that children should be tested for the first time when they're 12 months old and then get tested at least once a year until they turn 6 years old.

WHAT HAPPENS IF YOUR TODDLER HAS LEAD POISONING?

If your toddler is found to have lead poisoning, someone from a local health or housing agency or the Iowa Department of Public Health may contact you. They will help you figure out how your child is getting exposed to lead and what can be done to take care of the problem.

THERE'S GOOD NEWS.

→ **LEAD POISONING IS PREVENTABLE!**

HELP PREVENT YOUR TODDLER FROM GETTING LEAD POISONING.

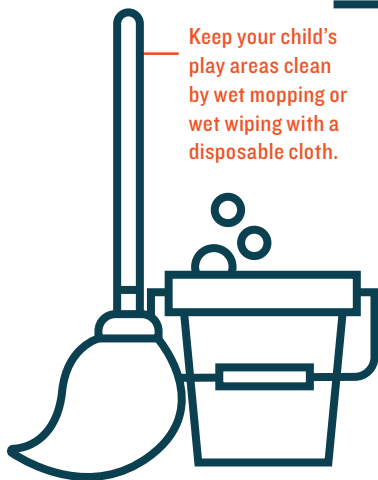


Wash your child's hands before meals, snacks and naps.

Check your home and other homes where your child visits for lead-based paint that's chipping or peeling.



Keep your child's play areas clean by wet mopping or wet wiping with a disposable cloth.



Wash your child's toys, blankets and pacifiers often.

Regularly clean high-risk areas like windowsills, sashes and jambs, floors and porches to remove possible lead dust or paint chips.

Get your toddler tested for lead poisoning EARLY AND OFTEN!



Visit the Childhood Lead Poisoning Prevention Program page at idph.iowa.gov or call 1-800-972-2026 for more information about preventing childhood lead poisoning.