

Nutrition News

June 2022



Stay Healthy Every Day!

- ☑ Eat **5** or more fruits and vegetables
- ☑ Limit screen time to **2** hours or less
- ☑ Exercise or play **1** or hour or more
- ☑ Choose **0** sugary drinks



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—all of which can be grown in Iowa!

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.

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?



Source: Driscoll's.

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 as a natural barrier to seal in moisture within the blueberry. 3. 200 tiny seeds



Books with Berries!

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



Go Berry Picking!

There's no better way for your child to learn how strawberries grow than by picking their own berries!

Visit Heartland Farms to pick some fresh strawberries with your child.

Heartland Farms

5111 Osage Rd

Waterloo, IA

For details:

<https://heartlandfarmswaterloo.com/strawberries/>

<https://www.facebook.com/heartlandfarms.waterloo>

or call (319) 232-3779



Strawberry harvest season lasts about 4 weeks in Iowa. It is typically over at the end of June. Here is a picture of what you might expect the strawberry patch you are visiting to look like.





Berry 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 (firmly packed)
- 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 ounces cream cheese, softened
- 1/2 container (6 ounces) vanilla yogurt
- Assortment of berries for topping the pizza

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.

Source: Healthy & Homemade, 2nd Edition from Iowa State University Extension and Outreach

Very Berry Smoothie

This refreshing pineapple, banana and berry blend smoothie has 2 and 1/2 cups of fruit per serving. Get an additional food group in your smoothie by adding 1 cup of spinach or kale.

Serves 2

All you need:

- 1 cup frozen strawberries
- 1 cup frozen raspberries
- 1 cup pineapple chunks
- 1 banana
- 1 cup skin milk
- 1 1/2 cups ice

All you do:

1. Peel and slice the banana.
2. Gather all ingredients and combine in a blender.
3. Cover and blend until smooth.
4. Serve right away or pour into ice cube trays and freeze. During the week, pop out the cubes for a quick on-the-go breakfast.



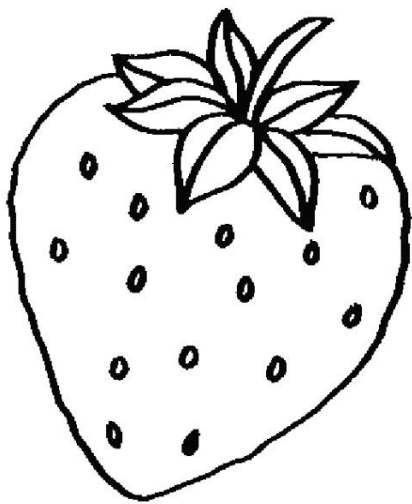
Source: USDA Center for Nutrition Policy & Promotion

Different Berries

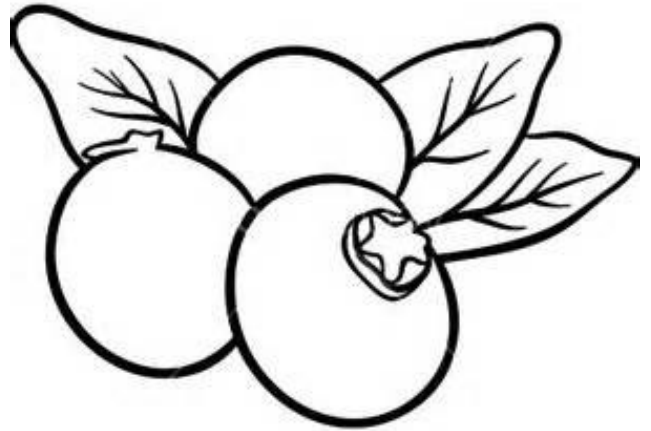
Aim for 5 servings of fruit and vegetables every day! Berries are in the fruit family.

Name: _____

Color each fruit the color used to describe it.



I have a **RED** strawberry.



I have a **BLUE** blueberry.



I have a **PURPLE** blackberry.



I have a **RED** raspberry.

June 2022 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	Total Meals for Week:
6 Meals Eaten Together (circle): B L D	7 Meals Eaten Together (circle): B L D	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	Total Meals for Week:
13 Meals Eaten Together (circle): B L D	14 Meals Eaten Together (circle): B L D	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	Total Meals for Week:
20 Meals Eaten Together (circle): B L D	21 Meals Eaten Together (circle): B L D	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	Total Meals for Week:
27 Meals Eaten Together (circle): B L D	28 Meals Eaten Together (circle): B L D	29 Meals Eaten Together (circle): B L D	30 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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June 2022 Menu - Maywood

Monday	Tuesday	Wednesday	Thursday	Friday
June is Caribbean American Heritage Month Caribbean-Americans have ancestry in one of the 13 Caribbean countries. Seafood is a commonly served protein and Cod is a popular choice due to its versatility. Common ingredients include: plantains, beans, coconut and more. We will have a celebration meal featuring some of these ingredients on June 22.		1	2	3
		Apple WG Cheerios	Banana WG Oatmeal	Fruit Cocktail WG Rice Crisps
		WG CN Chicken Strip Corn Pears	WG CN Pizza Quesadilla Broccoli Blueberries	WG CN Chicken Drumstick Butter Beans Butternut Squash
		Orange Milk	Tropical Fruit Milk	Banana Milk
6	7	8	9	10
Apple WG Cheerios	Pears WG Oatmeal	Orange <i>Yogurt</i>	Banana WG Oatmeal	Apple WG Rice Crisps
Arroz Con Pollo (rice with chicken) Black Beans Tropical Fruit	CN Hamburger Patty Mashed Potato Stewed Tomatoes WG Bread	WG CN Chicken Patty Green Beans Applesauce	Cubed Turkey with Veggie Stir Fry with Ginger WG Rice	Scrambled Eggs Sausage, Hash brown Strawberries WG Muffin
Peaches Milk	Crushed Pineapple Milk	Tropical Fruit Milk	Peaches Milk	Banana <i>Yogurt</i>
13	14	15	16	17
Apple <i>Yogurt</i>	Orange WG Oatmeal	Pear WG Cheerios	Banana WG Rice Crisps	Apple <i>Yogurt</i>
WG CN Crispy Chicken <i>over Tossed Lettuce</i> Crushed Pineapple	WG Tuna & Noodles Carrots Fruit Cocktail	Beef Taco Meat WG Tortilla Refried Beans Blueberries	Italian Chicken Over WG Angel Hair Mixed Vegetable s Crushed Pineapple	Chicken BBQ on WG Bun Baked Beans Coleslaw
Peaches Milk	Applesauce Milk	Pineapple <i>Yogurt</i>	Mandarin Orange Milk	Banana Milk
20	21	22	23	24
NO SCHOOL	Mandarin Orange <i>Yogurt</i>	Fruit Cocktail WG Oatmeal	Banana <i>Yogurt</i>	Peaches WG Cheerios
	Sloppy Joe On WG Bun Baked Beans Applesauce	CN Cod Nuggets Baked Plantains Tropical Bean Salad	Chicken Fajita On WG Tortilla Corn Strawberries	CN Hamburger On WG Bun Peas Apple Slices
	Peach Milk	Apple Milk	Tropical Fruit Milk	Banana Milk
27	28	29	30	Food of Month Berries Blueberries, strawberries and raspberries can all be grown in Iowa. 
Orange <i>Yogurt</i>	Peaches WG Cheerios	Fruit Cocktail <i>Yogurt</i>	Banana WG Oatmeal	
Honey Mustad Chicken On WG Bun Sweet Potato Fries Blueberries	Tuna Salad on WG Bread Cucumber Slices Apple Slices	WG CN Maxi Stick Marinara Sauce Green Beans	Chicken Drummy Baked Beans WG Macaroni Salad	
Mandarin Orange Milk	Pears Milk	Apple Milk	Orange Milk	

Local Item: Menu subject to change. WG = Whole Grain. CN = Child Nutrition Label. Substitutions may be provided to Early Head Start. Milk served daily at breakfast and lunch. Whole milk for children 12-24 months old, low-fat milk for children 2+, water available all day. Menus developed following USDA CACFP. "This Institution is an Equal Opportunity Provider"