



June 2023 Nutrition Newsletter

Strawberries



National Strawberry Parfait Day - June 25

June is National Dairy Month and Iowa's peak strawberry season, the perfect time to enjoy a Strawberry Parfait.

To make a strawberry parfait:

1. Layer strawberries and yogurt.
2. Top with granola (sub rice crispy cereal for younger children to prevent choking).



FUN FACT: Strawberries are the only fruit with seeds on the outside--200 on a typical berry!



Make sure to include 1 1/2 to 2 1/2 cups of dairy products (milk, yogurt, cheese) in your child's diet each day!

Myth: Dairy is harmful to my child's health.

Fact: Dairy is power packed with essential vitamins and minerals that will help your child build strong bones and prevent some bone-related diseases.

Myth: Waiting to expose my child to dairy products will decrease their chance of a milk allergy.

Fact: Exposing children to highly allergenic foods earlier in life has actually been shown to help prevent food allergies (Chin, 2014). Introduction of dairy products is recommended around 6 months of age when a baby starts eating solid foods (Fleischer, 2013).

For more dairy myth busters visit:
<https://extension.usu.edu/nutrition/research/dairy-in-your-childs-diet>



Go Berry Picking!

There's no better way for your child to learn how strawberries grow then by picking their own berries!
Strawberry harvest season typically occurs during June in Iowa.



Visit a Strawberry Farm with your child and receive 1 hr in-kind credit!

Care Giver Name: _____

Care Giver Signature: _____

Child Name: _____

Child Birthdate: _____

Date Visited Strawberry Farm: _____

Farm You Visited: _____

Local strawberries are expected to be ripe around June 12 this season. Visit Heartland Farms to pick fresh strawberries (price per pound picked).

Heartland Farms

5111 Osage Rd, Waterloo, IA

- <https://heartlandfarmswaterloo.com/strawberries/>
- <https://www.facebook.com/heartlandfarms.waterloo>
- call (319) 232-3779

June Menu



We support local farmers!
Locally sourced food is indicated in **red**



"This institution is an Equal Opportunity Provider"

Milk served daily at breakfast and lunch.
Whole milk for 12-24 months, low fat milk for 2+.
Water available all day.
Menus developed following USDA CACFP.
WG = Whole Grain CN = Child Nutrition Label

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| <p>5</p> <p>Pears WG Cheerios</p> <p>Cheese Pizza^{WG CN} Butternut Squash Tossed Salad</p> <p>Celery + PB Milk</p> | <p>6</p> <p>Mandarin Os WG English Muffin</p> <p>Chicken Taco on WG Tortilla with Lettuce, Tomatoes Refried Beans</p> <p>Cherry Tomatoes Cottage Cheese</p> | <p>7</p> <p>Fruit Cocktail WG Rice Chex</p> <p>Italian Chicken CN Asparagus Marinara Sauce WG Breadstick</p> <p>Banana Milk</p> | <p>8</p> <p>Banana WG Waffle</p> <p>Southern Beans Creamy Coleslaw Crushed Pineapple WG Cornbread</p> <p>Apple WG Crackers</p> | <p>9</p> <p>Peaches Oatmeal</p> <p>Chicken Strips^{WG CN} Sweet Potato Puffs Green Beans</p> <p>Banana String Cheese</p> |
| <p>12</p> <p>Peaches Oatmeal</p> <p>Turkey & Beans Local Veggie Fruit Cocktail WG Bread</p> <p>Apple Nutter Butter Dip</p> | <p>13</p> <p>Pears WG Cheerios</p> <p>Buffalo Chicken Dip Hash Brown Dish Raw Veggies WG Crackers</p> <p>WG Chips Salsa</p> | <p>14</p> <p>Mango Yogurt</p> <p>Cod Nuggets^{WG CN} Tropical Bean Salad over Tossed Greens</p> <p>Banana Milk</p> | <p>15</p> <p>Banana Hard Boiled Egg</p> <p>Pork Rib Patty CN on WG Bun Green Beans Mandarin Oranges</p> <p>Raw Veggies Milk</p> | <p>16</p> <p>Grapes WG Rice Chex</p> <p>Turkey Ham^{CN} & Cheese Sandwich^{WG} Raw Veggies Blueberries</p> <p>Banana Yogurt</p> |
| <p>19</p> <p>No School</p> | <p>20</p> <p>Fruit Cocktail Turkey Sausage CN</p> <p>Popcorn Chicken^{WG} Orange Spinach^{CN} Salad Strawberries</p> <p>Cottage Cheese Raw Veggie</p> | <p>21</p> <p>Pears Oatmeal</p> <p>Scrambled Eggs Hash Brown Patty Mandarin Oranges WG Muffin</p> <p>Banana Yogurt</p> | <p>22</p> <p>Banana WG Cheerios</p> <p>Chix Popper Dip Raw Veggies WG Crackers Cottage Cheese</p> <p>Pineapple Icery WG Grahams</p> | <p>23</p> <p>Peaches Yogurt</p> <p>Hamburger CN on WG Bun Green Beans Banana</p> <p>Apple String Cheese</p> |
| <p>26</p> <p>Applesauce WG Cheerios</p> <p>Turkey Sloppy Joe on WG Bun Dilled Cucumbers Fruit Cocktail</p> <p>Strawberry Fruit Parfait</p> | <p>27</p> <p>Mandarin Os WG Bagel</p> <p>Build Your Own Personal Pepperoni Pizza Peaches^{CN}</p> <p>Apple Milk</p> | <p>28</p> <p>Peaches Cottage Cheese</p> <p>Rock & Roll Beef on WG Tortilla Peas & Carrots Crushed Pineapple</p> <p>Banana Milk</p> | <p>29</p> <p>Banana Yogurt</p> <p>Turkey Coins CN + Cheese + WG Crackers + Fresh Veg + Apple Slices</p> <p>Hard Boiled Egg Grapes</p> | <p>30</p> <p>Blueberry Oatmeal</p> <p>Tuna Salad in WG Pita Pocket Pea Salad Diced Pears</p> <p>Banana WG Grahams</p> |



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. Other common ingredients include: plantains, beans, coconut and more.



This month we will learn about STRAWBERRIES!

- Strawberries are grown in Iowa and ready for harvest in June.
- Strawberries contain more vitamin C than oranges!



June 2023 Family Meal Tracker for In-Kind Credit



Think beyond a single meal. Keep in mind what your child eats over time. Meals and healthy snacks give children several chances everyday to eat a variety of foods. If your child eats only a little or nothing at one meal, don't worry. They'll make up for it with other meals and snacks to what what they need for good health over time.



Rules for Credit:
Circle meals eaten together
B = Breakfast **L** = Lunch **D** = Dinner
Eat Together
Sit Around Table Together
No TV - Focus On Meal Conversations

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total Weekly Meals: |
|--------|--------|---------|-----------|----------|--------|----------|-------------------------------------|
| | | | | 1 | 2 | 3 | Total Weekly Meals: <u> </u> |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | Total Weekly Meals: <u> </u> |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | Total Weekly Meals: <u> </u> |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | Total Weekly Meals: <u> </u> |
| 25 | 26 | 27 | 28 | 29 | 30 | | Total Weekly Meals: <u> </u> |

Child Name: _____ Address: _____

Guardian Name: _____ Signature: _____

Total Monthly Meals: