

5 Ideas for Growing Healthy

- 5 Eat at least **5** fruits and vegetables a day.
- 2 Keep screen time down to **2** hours or less per day.
- 1 Get **1** hour or more of physical activity every day.
- 0 Drink **0** sugar-sweetened drinks.

In December we will learn about Root Crops

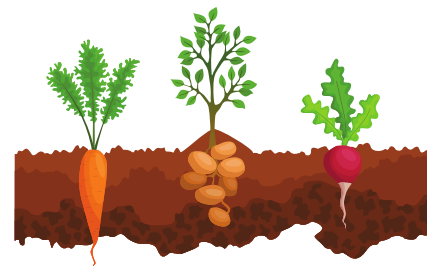
Carrots, beets, potatoes, and sweet potatoes are all root crops that grow in Iowa.

Root crops grow underground.

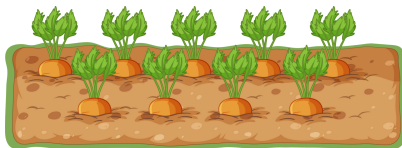
- Carrots are rich in beta carotene, which your body converts into vitamin A. Vitamin A promotes good vision, growth development, and immune function
- Beets are full of nutrients. Did you know they come in a variety of colors like purple, red, and yellow?
- Both sweet potatoes and potatoes are a healthy and filling food to add to your diet. You can try fresh, frozen or canned options.

Try roasted root vegetables. [Scan QR code or click for recipe.](#)

[scan QR code or click to watch potato video](#)



Carrot Grocery Store Scavenger Hunt



Directions:

1. Take your child to the grocery store and look for different kinds of carrots at the store.
2. Help your child find carrots with a green top in the produce section.
3. Carrots grow underground. Talk to your child about how carrots grow. Ask them whether carrots grow above or below ground.
4. Go explore the canned vegetable aisle and find canned carrots.
5. How many different kind of carrots did you find at the store? _____
6. Optional: You can ask your child if they want to try any of the carrots at home.

Name of your child: _____

Date activity completed: _____

Parent/Guardian Printed Name: _____

Signature: _____

Turn completed form in for 15 minute in-kind credit.

Choking Prevention

- Cutting up food into smaller pieces and mashing foods can help prevent choking



Ways to prevent your child from choking:

- Encourage children to chew food well.
- Supervise meal times
- Insist that children sit down while eating. Children should never run, walk, play, or lie down with food in their mouths
- Keep mealtimes calm. Avoid distractions, disruptions, and rushing when eating



December 2023

Family Meal Tracker for In-Kind Credit



Choking can be prevented. Food accounts for over 50% of choking episodes. Children can also choke on toys like buttons, marbles, and small toys. December is National Safe Toys and Gifts Month. When it comes to toys and gifts, it is critical to remember to consider the safety and age range of the toys.

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:
					B L D 1	B L D 2	Total Weekly Meals: <u> </u>
B L D 3	B L D 4	B L D 5	B L D 6	B L D 7	B L D 8	B L D 9	Total Weekly Meals: <u> </u>
B L D 10	B L D 11	B L D 12	B L D 13	B L D 14	B L D 15	B L D 16	Total Weekly Meals: <u> </u>
B L D 17	B L D 18	B L D 19	B L D 20	B L D 21	B L D 22	B L D 23	Total Weekly Meals: <u> </u>
B L D 24	B L D 25	B L D 26	B L D 27	B L D 28	B L D 29	B L D 30	Total Weekly Meals: <u> </u>
B L D 31	B L D	B L D	B L D	B L D	B L D	B L D	Total Weekly Meals: <u> </u>

Child Name: _____

Address: _____

Guardian Name: _____

Signature: _____

Total Monthly Meals:

December Menu 2023

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

"This institution is an Equal Opportunity Provider"



We support local farmers!
We serve local yogurt and other local food when seasonally available.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Lumpia include various types of spring rolls commonly found in Indonesia and the Philippines. They are made of thin paper-like or crepe-like pastry called "lumpia wrapper" enveloping savory or sweet fillings. We are having deconstructed egg rolls on December 13, our take on Lumpia's. Scan for the QR code for the recipe:



- 1
Clementine
WG Kix
- Pork Loin
Butternut Squash
Peas
WG Dinner Roll
- Mini Peppers
Cottage Cheese

<p>4 Mand Orange WG Rice Chex</p> <p>Chicken Stir Fry with Brown Rice Pears</p> <p>Yogurt Grapes</p>	<p>5 Peaches WG Bagel</p> <p>Beef Goulash with Noodles Broccoli Applesauce</p> <p>Mango Milk</p>	<p>6 Strawberries Turkey Sausage CN</p> <p>WG,CN Popcorn Chicken Peas & Carrots Tropical Fruit</p> <p>Apple Milk</p>	<p>7 Banana WG Toast</p> <p>Beef Nacho Dip WG Tortilla Chips Corn Refried Beans</p> <p>WG Goldfish Crushed Pineapple</p>	<p>8 Pears Yogurt</p> <p>Build Your Own Pepperoni Pizza WG,CN Cucumbers</p> <p>Banana Milk</p>
<p>11 Mango Oatmeal</p> <p>WG,CN Country Fried Beef Mashed Potatoes Green Beans</p> <p>Apple Milk</p>	<p>12 Cherries WG Waffle</p> <p>Sloppy Joe on WG Bun Roasted Root Veg Applesauce</p> <p>Carrots with Parmesan Dip</p>	<p>13 Apricots WG Muffin</p> <p>Deconstructed Egg Rolls with Brown Rice Tropical Fruit</p> <p>Grapes Milk</p>	<p>14 Banana Hard Boiled Egg</p> <p>WG Mac & Cheese Normandy Veggie Pears</p> <p>Yogurt Blueberries</p>	<p>15 Plums WG Cheerios</p> <p>Taco Soup Peaches WG Cornbread</p> <p>WG Cheese It Banana</p>
<p>18 Yogurt Strawberries</p> <p>Chicken Ratatouille Crushed Pineapple WG Breadstick</p> <p>Kiwi Milk</p>	<p>19 Mand Oranges WG English Muffin</p> <p>Scrambled Egg Hash Brown Patty Fruit Cocktail WG Muffin</p> <p>Carrots String Cheese</p>	<p>20 Blueberries WG Pancake</p> <p>Meatloaf CN Corn Banana WG Bread</p> <p>Cottage Cheese Cherry Tomatoes</p>	<p>21 Banana Turkey Sausage CN</p> <p>Hamburger CN Sweet Potato Puffs Wax Beans WG Bun</p> <p>Apple Milk</p>	<p>22 No School</p>
<p>25 No School</p>	<p>26 No School</p>	<p>27 Consolidated Care (WRAP Only) Cook's Choice: Breakfast, Lunch and Snack</p>	<p>28 Consolidated Care (WRAP Only) Cook's Choice: Breakfast, Lunch and Snack</p>	<p>29 Consolidated Care (WRAP Only) Cook's Choice: Breakfast, Lunch and Snack</p>

This month we will learn about carrots, beets, potatoes and sweet potatoes. All of these vegetables can be grown in Iowa. They are all root vegetables (we eat the plant part that is grown underground). For root vegetable recipes and more information scan QR code:



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1
Pork Loin
Butternut Squash
Peas
WG Dinner Roll

4

Chicken Stir Fry with Brown Rice Peas

5

Beef Goulash with Noodles Broccoli Applesauce

6

WG,CN
Popcorn Chicken Peas & Carrots Tropical Fruit

7

Beef Nacho Dip
WG Tortilla Chips Corn Refried Beans

8

Build Your Own Pepperoni Pizza WG,CN Cucumbers

11

WG,CN
Country Fried Beef Mashed Potatoes Green Beans



12

Sloppy Joe on WG Bun Roasted Root Veg Applesauce



13

Deconstructed Egg Rolls with Brown Rice Tropical Fruit



14

Winter Break



15

18

19

20

21

22



25

26

27

28

29

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