



February 2015

Developing Healthy Eating Habits

www.communitybridges.org

As childcare providers, you have the unique opportunity to help your children develop healthy lifestyles by promoting healthy eating habits and physical activity at a young age. Today, more than 30% of our children are overweight or obese. This means that sometimes you may be faced with addressing this with parents or in coping with a child that wants to eat more than what is recommended or requested by the parent. When speaking to them it is important to establish common goals that can help the child in creating healthy habits both in and out of day care.

- Make sure to listen to a parent's concerns about their children and provide them with helpful information in regards to developing a healthy and active household (see below).
- Keep them in the loop and inform them on the programs you plan on implementing so they can participate in the decision making process.

Developing Healthy eating habits with Children:

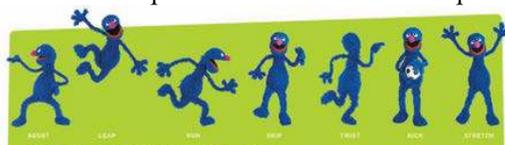
Children are often picky eaters, and getting them to eat well is often a difficult task. Unfortunately, sugary and fatty foods are tasty, and kids want them. So what can you do to help solve this issue? Here are some tips to help you take on childhood obesity.

- Children must receive at least 60 minutes of exercise per day
- Provide foods that are high in nutrients (e.g. fruits, vegetables, & whole grains). This will help with mental and physical development, and keep the children full for longer.
- Do not restrict a child's food intake or treat food as either a punishment or a reward. This can be dangerous and is not an effective way to confront obesity.
- Make a daily or weekly schedule that lets the children know what and when they will be eating that day (snack time, lunch time, etc.).
- Make eating a social activity that everyone does together.
- Model desired behaviors by committing to a healthy lifestyle yourself. Children often mimic adult behaviors, so eating well and engaging with children in physical activities can really go a long way.
- Turn off the T.V. Studies show that kids who watch excessive amounts of television are more likely to develop unhealthy eating habits. Instead, focus on engaging the children in healthier and more stimulating activities (e.g. reading, or games)
- Educate yourself. Look up healthy food recipes, fun activities, and other ways you can be a positive influence in a child's life.

Promoting physical activity

There are many stimulating and creative games that can get kids exercising. Games like tag and catch are no-brainers, but can often lack variety. Thankfully, there are many suggestions out there that can help spice up the routine and make play time more exciting. <http://pbskids.org/zoom/activities/games/avoidtheoctopus.html> has very helpful suggestions and a list of exciting games for children to play.

Engage with children who do not want to play or participate in physical activity. Actively provide them with options or ideas. If a child begins displaying rude behavior, be sure to speak with their parents about the issue promptly.



CACFP Reminder

Please notify your consultant in advance when you will be closed or not claiming during regular business hours. 

Example: If you plan on taking extra time off for Presidents Day week (2/16/15), please call us as soon as you know of planned closure.



Menu Ideas – Introducing Meatless Mondays

Breakfast

Corn Tortilla Omelet	WW Waffles	Granola & Yogurt	Walnut Oatmeal	HM Pumpkin Bread
Bell Peppers	Cinnam. Apples	Blueberries	Papaya	Strawberries
Milk	Milk	Milk	Milk	Milk

Lunch/Dinner

Cheddar Cheese	Ham	Steak Fajitas	Salmon Burgers	Chicken Alfredo
WW Toast	<i>Broccoli lemon pasta*</i>	WW Tortilla	WW Bun	WW Roll
Cauliflower	Broccoli	Bell Peppers	Lettuce/Tomato	Green Beans
Orange Slices	Pears	Green Salad	Sweet Potato Fries	Apples
Milk	Milk	Milk	Milk	Milk

Snack Am/Pm

Carrots, Cucumber	Cottage Cheese	Baked Zucchini Sticks	Mixed Nuts	Mozzarella Cheese
Hummus Dip	Canned Peaches	Yogurt Dip	Grapes	Multigrain Crackers

* *Broccoli Lemon Pasta & Ham Rolls* *

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|------------------------------------|--|
| 4 Broccoli heads | 1 heaping tablespoon of freshly squeezed lemon juice |
| 1 tsp minced garlic | 2 tsp kosher salt |
| 1 box of whole wheat pasta | Freshly Shredded Parmesan Cheese |
| 2 Tbsp olive oil & unsalted butter | Rolled Ham Slices |



1. Steam chopped broccoli, boil pasta and combine the two in a bowl.
2. Melt butter and olive oil over medium low heat, then add garlic and lemon zest and cook for about a minute. Remove from heat and add salt and lemon juice and mix ingredients together.
3. Add lemon mixture to pasta and broccoli and mix so all pasta is well coated.
4. Top with parmesan cheese and add ham slices on the side.

Source: Adapted from Choose Health LA Child Care

Yoga Activity

Yoga can do wonders to boost your mood, physique and peace of mind. With our fast-paced lives and crazy work schedules we rarely get to take time for ourselves to reboot. Yoga is the perfect practice to implement into your daily life, because you can experience its many benefits quickly. All it takes is 15 minutes a day for a sunnier disposition, and a greater sense of well-being.

Here are five basic poses that will help you feel better in your own skin, and they don't take long if you want to include them in your daily routine!

Remember yoga is meant to be gentle. Warm up for at least five minutes by walking/jogging in place. Do not force yourself into a yoga pose.

Focus on breathing as much as possible. Poses become harder to hold as time goes on. Start by holding each pose for 2 breaths and slowly increase the number of breaths as you develop balance and endurance.



Dolphin



Warrior II



Warrior III



Triangle



Pigeon Pose

Source: <http://www.mindbodygreen.com/0-14591/5-basic-yoga-poses-to-make-you-feel-fantastic-in-15-minutes.html>

Community Bridges CACFP

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Did
You
Know!



- Children who eat healthy foods and exercise are more likely to perform well in school and maintain healthy lifestyles!
- Teaching children healthy eating habits will not only help them with their physical health, but with their mental development as well. Studies show that unhealthy children are more prone to psychological stress and depression later on in life.
- Maintaining a healthy lifestyle boosts self-esteem and helps fight depression and eating disorders.

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