



June 2014

## National Fresh Fruits & Vegetables Month

www.communitybridges.org

### Getting kids to eat more fruits & vegetables!

Statistics show kids aren't getting nearly enough fruits and veggies. Only 22% of children ages 2 to 5 meet government recommendations for vegetable consumption (2009, OSU).

While there's no magic trick that will get your kids to eat more fruits & veggies, here are some tips straight from moms.

- 1. Get them while they're hungry.** If they're hungry, they'll eat.
- 2. Make up cute names.** Marketers do this, so why shouldn't you? E.g. call Brussels sprouts "hero buttons", or "dinosaur spinach", or "magic fairy beans".
- 3. Visit store or farmers market.** Let them pick out the fruits and vegetables. Talk about the produce and admire the colors.
- 4. Get kids involved.** Have kids mix, stir, measure, and even cook fruits/veggies.
- 5. Plant a vegetable garden.** This will help engage kids and show them where food comes from.
- 6. Hide the veggies.** Try shredding them into a quesadilla or onto spaghetti.
- 7. Let them play with their food.** Encourage kids to make a mini broccoli and celery forest out of broccoli. Have a contest as to who can spell their name fastest w/ veggies.
- 8. Let them use fun gadgets.** What kid doesn't love gadgets? Let them use a blender, juicer, and food processor to make smoothies and other recipes with fruits and vegetables. Use proper supervision, of course.
- 9. Add healthy dips.** Peanut butter, hummus, homemade bean dip, vanilla yogurt, etc...



### Program Reminders

#### Are you going to be away?

Spring is in the air which means you may be planning more outside events/activities with the kids. If you plan to be away from your home during a meal time\*, remember you must call/email the office to let us know in advance (7CFF 226.10(d) and 226.18). The more notice you provide, the better. For Webbers, your on-line calendar can be a wonderful tool (under "Tools", then "Manage Calendar"). Last minute notices must be made via phone or email.

### Refer a friend

As prices increase for gas, food and other basic items, the CACFP is a source for providers.



A provider with three children in attendance, five days per week for an average month, with two meals and one snack each day, can receive reimbursement of \$250 per month.

Spread the word of the benefits of the CACFP. For each provider you refer to the program, your name will be entered into a drawing for a \$20 gift card.

**Program Rules:** New provider must identify the referral source. CACFP provider will be entered into drawing after new provider begins claiming.

## Menu Ideas

Breakfast				
WW English Muffin	Mini bagels	Waffles	Low-fat granola	Whole grain cheerios cereal
Cantaloupe	Pears	Strawberries	Cantaloupe	Blueberries
Milk	Milk	Milk	Milk	Milk
Lunch/Dinner				
Stir fried chicken	Ground beef	Garbanzo Burgers*	Ground turkey	Bbq. chicken
Brown rice	Corn tortillas	WW Buns	Spaghetti	Bread rolls enriched
Bok Choy	Nopales	Spinach, carrots	Broccoli	Corn cob
Carrots	Tomatoes	Apples	Oranges	Zucchini
Milk	Milk	Milk	Milk	Milk
Snack Am/Pm				
Cucumber	Raspberries	Zucchini bread	Peanut. Butter	Mozzarella cheese sticks
Hummus	Pretzels	Milk	Asian pears	Saltine crackers

### Did you Know!

California is in the midst of an obesity and diabetes epidemic. Obesity now rivals smoking as the largest cause of preventable death and disease.

There is new bill, SB1000 that would require Sugar-Sweetened Beverages to have a Safety Warning label in California. This initiative was started by Senator Bill Monning.

A child's risk of obesity increases an average of 60% with each additional daily serving of soda or other sugary drink. Adults who drink at least one soda per day are 27% more likely to be overweight or obese compared to non-drinkers. Individuals who drink 1 or 2 sugary drinks per day have a 26% higher risk for developing type II diabetes.

You can support this bill by asking your senator to vote yes.

### \*Garbanzo Burgers!

1 15-1/2 oz can garbanzo beans, drained	1/8 tsp garlic powder
1-1/2 cup rolled oats	1 cup water
1-1/2 Tbsp soy sauce or 2 tsp Worcest. sauce	1 tsp Italian seasoning
1 small onion, minced or 1 tsp onion powder	1 Tbsp olive oil



Run beans through food processor until they have a texture like ground meat. Add remaining ingredients (except for oil) and allow to sit for 10-15 minutes so water is absorbed. Heat olive oil in skillet. Spoon large or small patties into the skillet; press down into burger shapes. Cook on both sides until browned.

**Serves:** 4-5 preschoolers or 3 schoolage children for 1 meat alternate at lunch or dinner.

Source: 4 C's of Alameda County

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