Help Children Stay Healthy in Child Care

Avoid Illness
• Have children wash hands with soap and warm water when they arrive at child care and before eating.
• Teach children to cover their mouths with their elbow when they cough or sneeze.

Sleep - Have a regular nap time and/or rest time for all young children.
• Most children under age six need at least ten hours of sleep a night. Ask parents when children go to bed and get up each morning.

Exercise - Encourage children to live an active lifestyle. Schedule plenty of indoor and outdoor active-play.
• Limit or eliminate television, videos and computer time.

Eat Nutritiously - Limit all sweets, chips and other “junk food”.
• Give children a variety of healthy foods every day.
• Encourage but do not force children to eat and do not use food as a reward or punishment.

Be Safe Outdoors
• When children go out to play in the sun, use sunscreen with an SPF of 15 or higher and when possible have children wear hats, sun glasses and long sleeves.

Observe Dental Health - Have children brush their teeth daily. Teach them not to swallow toothpaste.
• Check with parents that children brush at home and visit the dentist on a regular basis.

Create a Healthy Environment - Use only non-toxic cleaning and art supplies.
• Lock up or get rid of any poisons including medicines, garden products, cleaning supplies, make-up and plants.

Support Emotional Health - Encourage children with positive statements and give hugs.
• Establish a routine and be consistent. Children behave better when they know what to expect.

Immunizations - Check with parents to be sure children are getting their scheduled immunizations.
• Encourage parents to get the flu shot for all children over 6 months of age, every year.

Don’t Smoke - Smoking is not allowed in or near child care facilities.

Program Reminders/ Updates

Monthly Reimbursement Checks
• Please cash your checks within 60 days of receipt to avoid bank blocking checks after.
• June on-time reimbursements will be 1 week late due to computer problems. We apologize for the inconvenience.

Minimum Serving Sizes
• Please remember that in order to claim a meal/snack you must serve at least the minimum portion size of all components at the beginning of meal/snack.

Audit
• Thank you to everyone who participated in this years’ audit. You did great. Keep up the good work.

Annual Training
• Last chance for the in-person mandatory annual training is August 19th 2015. Call to sign-up.

Source: Roundtable Nutrition Edition #48
Tuna Boats**

**Ingredients:**
- 4 Large cucumbers
- 1 lemons
- 2 green onions
- 1 (6 oz. low-sodium) cans tuna
- 1 (15 ½ ounce) can white beans
- 1 Tbsp. Dijon mustard
- 1 Tbsp. canola oil
- Salt and pepper to taste

**Instructions:**
1. Rinse cucumbers. Peel off skin every ¼ inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon. 2. Rinse lemon. Zest using the small holes of a box grater. Cut in half. In a small bowl, squeeze juice. Discard seeds. 3. Rinse and chop green onions. 4. Drain tuna. In a colander, drain and rinse beans. 5. In a medium bowl, mash beans lightly with a fork. 6. Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 Tablespoons of the lemon juice to beans. Mix with a fork. 7. Fill each cucumber half with ¼ tuna mixture. Serve.

Source: http://cookingmatters.org/recipes/tuna-boats

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**Menu Ideas – Meatless Mondays**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Breakfast</th>
<th>Lunch or Dinner</th>
<th>Lunch or Dinner</th>
<th>Snack Am or Pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole grain cereal</td>
<td>HM Apple Muffin</td>
<td>Baked chicken</td>
<td>Turkey</td>
<td>Carrot sticks</td>
</tr>
<tr>
<td>Raspberries</td>
<td>Strawberries</td>
<td>Bread rolls</td>
<td>Brown rice</td>
<td>Yogurt</td>
</tr>
<tr>
<td>Milk 1 %</td>
<td>Milk 1 %</td>
<td>Peas &amp; Carrots</td>
<td>Scalloped potatoes</td>
<td>Cucumber</td>
</tr>
<tr>
<td>Milk 1 %</td>
<td>Milk 1 %</td>
<td>Apples</td>
<td>Summer squash</td>
<td>Quesadilla</td>
</tr>
<tr>
<td>Milk 1 %</td>
<td>Milk 1 %</td>
<td>Micro greens</td>
<td>Sweet pot. fries</td>
<td>Cinn. toast</td>
</tr>
</tbody>
</table>

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**Activity Corner – Banana Pops**

Children will enjoy making these fun, easy, healthy frozen treats.

**Materials:** Popsicle sticks, cookies sheet, wax paper, large zipper bags, rolling pin, bananas, peanut butter, graham crackers.

1. Have children peel and cut in ½ bananas
2. Help children insert popsicle stick 1 inch into bananas
3. Place on cookie sheets and freeze for several hours
4. Have children place graham crackers in zip-lock bags & roll pin over crackers. Pour crumbs onto a large plate.
5. After demonstrating, give children butter knife to spread peanut butter onto each banana pop & roll in graham cracker crumbs.

Source: Roundtable Nutrition Edition #48

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