



Food Program Tidbits

December 2009

Taking Care of Business

Recordkeeping Calendars are here again this year!

We are distributing the 2010 Recordkeeping Calendars on our home visits over the next few months.



Happy Holidays!

How-To's for Happy Healthy Parties

- Variety is the "spice of life" and the "life of the party." Plan several contrasting activities - active and quiet, indoor and outdoor, individual and group.
- Try something new. Children like adventure. In addition to familiar games and foods, offer something different.
- Plan creative experiences such as art, music and cooking.
- Involve children in planning and preparing the party. Let them make decorations and favors.
- Put food in its proper place. Refreshments should compliment the fun, not become the "main event."
- Be sure that each child receives a prize or favor, if

such awards are given.

- Don't use food as rewards or prizes.
- Choose foods for fun, good taste and health. Parties that feature healthful foods provide opportunities for children to practice making wise food choices.

Core Nutrition Message

Sometimes new foods take time. Kids don't always take to new foods right away. Offer new fruits and veggies many times. Give them a taste at first and be patient with them.

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Feeding Kids is our Business



Fill your Holiday Celebrations with Healthy Fruits and Veggies

Happy Snack Packs

Fill small containers or snack bags with cut-up veggies.

Add a small container of fat-free ranch dressing for dipping.

Decorate the outside of the bags with stickers.

Store in the refrigerator on a shelf where they are easy for your child to see.

Dip Your Favorite Veggies in These Tasty Dips

Honey-Mustard Dipping Sauce

1/4 cup fat-free plain yogurt

1/4 cup low-fat sour cream

2 teaspoons honey

2 teaspoons spicy brown mustard

Mix all ingredients together. Store in a

covered container in the refrigerator.
Makes 4 servings.

Curry Dip

1 cup fat-free sour cream

1 cup fat-free plain yogurt

1 tablespoon curry powder

Mix all ingredients together. Store in a covered container

in the refrigerator. Makes 16 servings.

Avocado Dip

2 medium ripe avocados

1 tablespoon lemon juice

1/4 cup salsa

1/8 teaspoon salt

Peel and chop avocados. Toss avocado with lemon juice in small bowl. Add salsa and salt. Mash with a fork.

Cover and store in the refrigerator.
Makes 12 servings.

More Healthy Food Ideas for Holiday Celebrations

- Low-fat or nonfat plain or flavored milk, 100% juice, water, flavored/sparkling water (without added sugars or sweeteners), sparkling punch (seltzer and 100% fruit juice)
- Fruit smoothies (blend berries, bananas and pineapple)
- Fresh fruit assortment, fruit and cheese kabobs, fruit salad, fruit with low-fat whipped topping
- Dried fruit (raisins, cranberries, apricots, banana chips), 100% fruit snacks
- Vegetable trays with low-fat dip, celery and carrots with peanut butter and raisins
- Whole-grain crackers with cheese cubes, string cheese or hummus
- Waffles or pancakes topped with fruit
- Pretzels, low-fat popcorn, rice cakes, bread sticks, graham crackers and animal crackers
- Angel food cake, plain or topped with fruit
- Bagel slices with peanut butter or jam, fruit or grain muffin (low-fat), whole wheat English muffin, hot pretzels
- Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon), pizza dippers with marinara sauce
- Ham, cheese or turkey sandwiches or wraps (with low-fat condiments)
- Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits or banana splits (yogurt and fruit topped with cereal, granola or crushed graham crackers)
- Quesadillas or bean burrito with salsa
- Low-fat breakfast or granola bars
- Low-fat tortilla chips with salsa or bean dip
- Trail/cereal mix (whole-grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- Nuts and seeds