

Food Program Tidbits

CORE NUTRITION MESSAGE FOR JUNE!

Want your Kids to reach for a healthy snack? Make sure fruits and veggies are in reach!

Kids love to dip fresh veggies in low fat dressing.

Cut up some veggies. Store them near the dip on a low shelf in the refrigerator.

ECO-FRIENDLY CHILD CARE TIP OF THE MONTH!

BASIC INGREDIENTS FOR NON-TOXIC CLEANER RECIPES

Five basic ingredients serve as the building blocks for many safe home cleaning needs:

- **Baking Soda** - Cleans and deodorizes. Softens water to increase sudsing and cleaning power of soap. Good scouring powder.
- **Borax** - Cleans and deodorizes. Excellent disinfectant. Softens water. Available in laundry section of grocery store.
- **Soap** - Biodegrades safely and completely and is non-toxic. Available in grocery stores and health food stores. Sold as liquid, flakes, powder or in bars. Bars can be grated to dissolve more easily in hot water. Insist on soap without synthetic scents, colors or other additives.
- **Washing Soda** - Cuts grease and removes stains. Disinfects. Softens water. Available in laundry section of grocery store or in pure form from chemical supply houses as "sodium carbonate."
- **White Vinegar or Lemon Juice** - Cuts grease and freshens.

Recipes for General Household Cleaner

Mix together:

1 tsp. liquid soap (castile, peppermint)
1 tsp. borax
Squeeze of lemon
1 qt. warm water

OR

¼ c. baking soda
½ c. borax
½ c. vinegar
1 gal. water

For surfaces that need scouring, try moist salt or baking soda and a green scouring pad.

WHEN IT'S TOO HOT TO COOK: Try a Hearty Main Dish Salad

Zesty Asian Chicken Salad

3 boneless, skinless chicken breasts, cooked and chilled
3 green onions, sliced
1 1/2 cups of small broccoli florets
2 medium carrots, peeled and cut into strips
1 red bell pepper, cut into strips

2 cups of shredded cabbage
1/2 cup fat free Asian or sesame salad dressing
1/4 cup 100 percent orange juice
1/4 cup chopped fresh cilantro

Cut chicken breasts into small strips and place in a medium bowl with onions, broccoli, carrots, bell peppers and cabbage. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat. Stir in cilantro. Serve at room temperature.

Power Salad

6 cups mixed salad greens
1 cup shredded carrots
2 tablespoons chopped red onion
1/4 cup dressing, such as Creamy Dill Ranch Dressing (recipe follows)

10 cherry tomatoes
4 slices roast turkey breast, cut up (3 ounces)
2 slices reduced-fat Swiss cheese, cut up (2 ounces)
Toss greens, carrots, onion and dressing in a large bowl until coated. Divide between 2 plates. Arrange tomatoes, turkey and cheese on top of the salad.

Creamy Dill Dressing

1 small shallot, peeled
3/4 cup nonfat cottage cheese
1/4 cup reduced-fat mayonnaise
2 tablespoons buttermilk powder (see Note)
2 tablespoons white-wine vinegar
1/4 cup nonfat milk
1 tablespoon chopped fresh dill
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper

With the food processor running, add shallot through the feed tube and process until finely chopped. Add cottage cheese, mayonnaise, buttermilk powder and vinegar. Process until smooth, scraping down the sides as necessary, about 3 minutes. Pour in milk while the processor is running. Scrape down the sides, add dill, salt and pepper and process until combined.

KEEPING SALAD INTERESTING NIGHT AFTER NIGHT IS A CHALLENGE:

Here are some easy, fun ideas to try.

- Chopped romaine lettuce, orange slices & dried cranberries
- Mixed baby salad greens, chopped apple & shredded reduced-fat Cheddar cheese
- Baby spinach, raspberries or sliced strawberries & shredded reduced-fat mozzarella cheese
- Mixed baby salad greens, shredded carrots, raisins & sunflower seeds

**Valley Oak Children's Services
Child Care Food Program**

287 Rio Lindo Ave.
Chico, CA 95926

Phone: 530-895-0561 or 800-273-5343
website: www.valleyoakchildren.org
email: foodprogram@valleyoakchildren.org

Feeding Kids is our Business



Top 10 Fruit Snacks For Kids

Americans are becoming more health conscious when it comes to their kids' snacks. The popularity of serving cookies as a children's snack is on the decline. Fruit is now the number one snack item parents give to children under the age of six, leading researchers to believe that parents are taking childhood nutrition more seriously.

- Homemade 100% juice popsicles served with pretzels.
- Fruit sandwiches: slices of apples or pears with a filling of low fat cheese.
- Fresh fruit with a dab of peanut butter.
- Fresh fruit dipped in low fat yogurt.
- Yogurt smoothies made with fruit.
- Pineapple with cottage cheese.
- Dried fruits with nuts and pretzels.
- Fresh fruit dipped in salad dressings such as poppy seed or balsamic vinegar and crackers.
- Frozen fruit chunks: such as grapes, banana slices, blueberries, watermelon served with graham crackers.
- Rice cakes topped with peanut butter and fresh fruit slices such as peaches, apples, bananas.

Water: The best drink

The following tips may get your preschooler drinking more water:

- Offer water with all meals and snacks.
- Keep chilled water in the fridge for hot days. Add slices of lemon or orange, or a sprig of mint, for interest.
- In summer, freeze chopped fruit in ice blocks and pop into a cup of water.
- Carry filled water bottles when you go out.

Stay Active Even in the Heat

All the research and common sense tells us that we need to keep our kids moving. Too much time spent watching television and playing computer games contributes to childhood obesity and unhealthy kids. Here are some fun activities that will keep them active even when it's hot outside. ***Don't forget the sunscreen and hats.***

- If you are planning on watering your lawn, why not turn on the sprinklers and let your kids run through them to cool off on a hot day. A fun twist on this activity is to set up an obstacle course in the sprinklers. Stations could include drop-kicking a beach ball, jumping rope in the sprinkler spray, shooting a squirt gun at a predetermined target, crawling under and over benches, dancing, wiggling, hopping on one foot... the list is endless!
- Make a rainbow. Turn on the hose and hold it up to a sunbeam. Watch the rainbow you created. Have the kids run under the rainbow.
- Get out a big paintbrush, rollers and buckets of water. Paint the fence, patio or the house with water.
- Fill dish pans full of water and place sponges, cups, funnels in the water for pouring and squeezing.
- Add some water to your sandbox and make sand castles.
- Take the bikes and toys outside. Scrub them down with soapy water and then rinse them off with the hose.