

tasty times

important updates for success and more resources from the child care healthy food program



Dear Child Care Provider,

Many people consider cooking a life skill, but that is selling it short. Cooking is indeed a skill that will serve a child well later in life, but it also can benefit them now. Children can build mathematical ability, learn to follow directions and develop self-esteem by helping in the kitchen. It can also introduce children to new food and help win over picky eaters. In this issue of *Tasty Times*, we discuss the benefits of teaching children to cook, and also include some tasty recipes they can help create!

—John R. Gadiant, RD/LDN

Cooking with Kids

What do children learn when they cook?

All five areas of child development are covered while learning to cook.

Cognitive:

Counting, measuring, sorting, sequence of steps in the recipe and use of all their senses

Social and Emotional:

Working with others, taking turns, sharing utensils and building self-esteem in accomplishing a task.

Language and Literacy:

Reading, listening to and following directions

Fine and Gross Motor Skills:

Cutting (with plastic knives), pouring and getting supplies ready.



TEN REASONS TO COOK WITH CHILDREN:

1. Cooking is a great way to spend time together.
2. Children are more willing to try new flavors if they help prepare the meal or snack.
3. Cooking can help boost self-confidence.
4. Healthy eating habits begin in the kitchen—children who cook tend to eat more fruits and vegetables.

5. Children feel they are contributing, which builds their self-esteem.
6. Cooking brings people together and helps make new memories.
7. When children cook, they have the opportunity to learn where food comes from.
8. Cooking can teach children about different cultures.
9. Cooking teaches math, reading and science skills.
10. Cooking with children gives them an important lifelong skill.

Keep in mind for younger children, if they can reach the kitchen counter they can help. If the children cannot reach the kitchen counter, work at a table with them. For children the journey is much more important than the destination. It is not about how long it takes to make the meal, it is the experience that will stay with them. Please remember that while cooking with children, adult supervision is always required! Remember to enjoy your time cooking with the children by eliminating distractions; turn off the phone and schedule the cooking lesson during a time of day when you will not be interrupted.



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Healthy Food Program Number

For the Out of Home voicemail, payment information or to speak to a customer service representative:

Call:
**(773)
564-8861**



Variety Is Important

It is not recommended that you serve the same meal for lunch and dinner. Variety is the key to nutrition. You must change at least the vegetable/fruit component.

Re-enroll Children Annually

Providers are required to re-enroll the children annually. If you have children in your care and have received a re-enrollment worksheet, please send it in.

Welcome New Providers

Alrene Bajjali
Roger Delgado
Rasheed Harris
Wanda Legarreta
Jewel Mitchell
Dorothy Sexton
Ida Whitaker



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4753 N. Broadway, Suite 1200,
Chicago, IL 60640
main: 312-823-1100
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fax: 773-564-8721
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Cheesy Eggs-in-the-Hole



DIRECTIONS

1. Heat a large nonstick skillet over medium-high heat. Fry the turkey bacon until crisp, about 5 minutes. Remove the pan from the heat and transfer the turkey bacon to paper towels to drain; when cool enough to handle, crumble.
2. Add the butter to the hot pan to melt with the rendered turkey bacon fat; set aside.
3. Cut a piece from the center of each slice of bread using a 2 ½ inch round or other decorative 2 ½ inch cookie cutter (star, flower, heart). Brush the slices and cutouts with the butter-bacon fat mixture and transfer them to a plate.
4. Toast 2 slices of bread and 2 cutouts in the skillet over medium heat until browned on one side, about 1 minute. Crack an egg into each hole and sprinkle each toast with 1 tablespoon of the parmesan; cook 2 minutes. Flip the slices and cutouts, season with salt and pepper and cook 2 minutes for a runny yolk or slightly longer for a set egg. Repeat with the remaining bread slices, cutouts, eggs and parmesan.
5. Transfer each egg-in-the-hole to a plate and sprinkle with crumbled turkey bacon. Serve with the toasted cutouts, for dipping in the yolk.

INGREDIENTS

- 4 slices turkey bacon (about 4 ounces)
- 1 tablespoon unsalted butter
- Four ½ inch thick slices of bread from a whole grain loaf
- 4 large eggs
- 4 tablespoons grated parmesan
- Kosher salt and freshly ground black pepper

Quesadilla Bar



INGREDIENTS

- 2 tablespoons olive oil
- ¾ pound lean ground beef
- 1 teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon granulated garlic
- Kosher salt and freshly ground black pepper
- 2 tablespoons ketchup
- 1 ¼ cup cooked and cooled brown rice
- Cooking spray
- Four 8 inch whole wheat flour tortillas
- 1 cup shredded part skim mozzarella

Toppings:

- 1.2 cup grape tomatoes, halved
- 1 red bell pepper, seeded and cut into thin stripes
- ½ cup nonfat Greek yogurt
- Lime wedges

DIRECTIONS

1. Preheat the oven to 400 degrees F. Heat the olive oil in a large nonstick skillet over medium-high heat. Add the beef, breaking it up with a spoon, and cook until most of the liquid has evaporated, about 5 minutes. Stir in the cumin, chili powder, garlic, ½ teaspoon salt and a few grinds of pepper and cook 3 minutes. Stir in the ketchup and cook, stirring regularly, until the beef is browned and completely cooked through, about 2 minutes. Stir in the rice and ¼ cup water and cook until the rice is heated through, about 3 minutes.
2. Spray a rimmed baking sheet with cooking spray. Lay the tortillas on the sheet. Divide the beef mixture among the tortillas and top evenly with the mozzarella. Bake until the mozzarella is melted and the tortilla is beginning to brown, 3 to 5 minutes. Transfer the quesadillas to individual plates and serve with toppings.

Remember, August claims are due in our office by September **6th!**
Warning! Late claims WILL result in late payment!

