

tasty times

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



Dear Child Care Provider,

In this issue, we will focus on one of the vitamins needed by the body for good health and nutrition: vitamin C. A little vitamin C can go a long way in helping our bodies maximize the nutrition available in healthy meals. We will also discuss some great sources of vitamin C, healthy snack ideas for picky little ones, and ways to keep things fun and new at the table.

—Nefertiti Ojinjideka (UIC Dietetic Intern)



Fruits and Vegetables with a Purpose: Vitamin C!

Fresh fruit is great for children’s health and provides many of the vitamins they need for growth and development. The benefits of fruit include: low calories, high in fiber, portability (easy to grab because their skins protect them from spoilage), variety (many different types), and they can be eaten fresh or dried to offer health benefits.

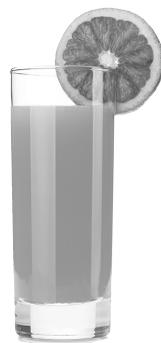
Fruits offer many different types of vitamins, including the powerhouse vitamin C. This vitamin helps your body to absorb other vitamins and nutrients. It is available in citrus fruits like oranges, lemons, and grapefruits. There are also many other sources of vitamin C including non-citrus fruits, vegetables and meat/meat alternatives. Take a look at this amazing list below! The serving sizes for children ages 1-18 are listed next to the item.

Good sources of Vitamin C: **

Best sources of Vitamin C: ***

FRUIT SOURCES:

TYPE	SERVING SIZE
Blackberries**	¼ cup
Cantaloupe***	¼ cup
Guava***	¼ cup
Honeydew Melon**	½ cup
Kiwi***	½ medium
Mango***	¼ medium
Papaya**	½ cup
Orange juice***	¼ cup
Grapefruit juice***	¼ cup
Raspberries**	¼ cup
Strawberries***	¼ cup
Tangelo***	½ medium
Tangerine***	½ medium
Tangerine juice***	½ cup
Watermelon**	½ cup



VEGETABLE SOURCES:

TYPE	SERVING SIZE
Cooked Asparagus***	¼ cup
Bok Choy cooked**	¼ cup
Broccoli raw or cooked***	¼ cup
Brussels sprouts cooked***	¼ cup
Green Cabbage raw or cooked**	¼ cup
Red Cabbage raw or cooked***	¼ cup
Cauliflower raw or cooked***	¼ cup
Chili Peppers cooked***	¼ cup
Chinese Cabbage cooked**	¼ cup
Kale cooked***	¼ cup
Kohlrabi cooked***	¼ cup
Mustard greens cooked**	¼ cup
Green/Red Peppers raw or cooked***	¼ cup
Plantains green or ripe boiled***	½ medium
Polk Greens cooked***	¼ cup
Potato baked or boiled**	½ medium
Rutabaga cooked**	½ cup
Snow peas raw or cooked***	¼ cup
Sweet Potato baked, boiled/ canned***	½ medium
Tomato**	½ medium
Tomato Vegetable Juice***	3 oz.

October claims are due in our office by **November 5th!**
Warning! Late claims WILL result in late payment!

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Tips to Get Kids to Eat More Fruits and Vegetables

As child care providers you are often faced with the same challenges as parents trying to get little ones to try new things and have the added obstacle of pleasing children from different families with different preferences. To overcome these challenges we have listed several tips that will help you win over little taste buds of all types!

Show Them How to Do It

Kids love to do what you do! Make a game of mealtime by eating the new vegetable first, then having the children try it after you. This makes a new food exciting and encourages the little ones to give it a taste.

Be Creative with the Presentation

All great chefs know that we eat with our eyes first. Make the plate look colorful and appetizing. Use slices of raw vegetables to build shapes on the plate and to add color.

One Thing at a Time

Change the way that meals are served. Instead of placing all of the different food on the plate at once, offer the veggies or fruit first, followed by the sandwich or main course. This also helps children get full off the more nutritious food, which is better for their health.

Be Patient

Children often have to be introduced to a new food 15 times or more before they are willing to try it. This is **normal**, so be patient with the little ones. Try a different food and circle back to the difficult food at a later time.

Mix It Up

Mixing fruits and vegetables into foods that the children like is a great way to get them to try something new. Add diced bell pepper into cooked corn or mash broccoli into a spaghetti sauce. The little ones will still love the meal and get the added nutrients too!

Utilize Seasonings

Seasonings can make bland foods delicious without using butter, oil or fat. It's a great way to add flavor and keep foods nutritious at the same time. Try to use seasonings low in sodium like garlic powder, onion powder; or fresh herbs like thyme, oregano or basil.

Just a Taste

Most people don't eat a lot of any food they try for the first time, and children are no exception to the rule. If they taste the food this is a success! They don't need to eat all of it the first time or second time they try it. It may take several attempts before they like and finish the new food.

Important Healthy Food Program Numbers

Out-of-home voice mail phone number: **(773) 564-8862**



If you are closed, going to be out of your home during a scheduled meal service or the children are not present—state regulations require you to inform us.

Payment release dates call:

(773) 564-8860

To speak to a customer service representative call:

(773) 564-8861

New Providers:

- Tamiko Brown
- Lesia Burley
- Rasalla Haden-Bernard
- Torra Holmes
- Lakesha Mack
- Rosalyn Meija
- Sonia Smith
- Ivette Torres
- Lashawn Ward
- Sandra Wear

Reminder: Holiday Reporting

On the holidays listed below, we will assume that you are closed and not providing child care. **If you are providing child care on any of these holidays you MUST indicate that you are open.** If you use paper forms, use the **Claim Information Form (CIF)** to indicate that you will be open on a holiday. If you use **Web Kids** to enter menus, under the Misc tab use the Mange Provider Calendar option to indicate that you care for children on a holiday. **HOLIDAYS:** New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Christmas Day



Crispy Kale Chips

INGREDIENTS

- 1 head of kale, washed and thoroughly dried
- 2 tablespoons of olive oil
- A sprinkle of sea salt to taste

PREPARATION

1. Preheat the oven to 275 degrees F.
2. Remove the ribs from the kale and cut into 1-1/2-inch pieces. Lay on a baking sheet and toss with the olive oil and salt. Bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food.



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