

tasty times

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



Dear Child Care Provider,

Getting kids to eat their vegetables can be a struggle. Children may only be willing to eat certain kinds of veggies or refuse them entirely. All too often, dinner time results in punishment and kids view vegetables as an obstacle to dessert. Kids are not alone, adults often struggle with eating enough vegetables too. According to the Centers for Disease Control, only 9.7 percent of adults in Illinois met the recommended federal intake of vegetables. This issue of *Tasty Times* will give you tips on how to make vegetables a no-fuss part of mealtime.

—Chloe Nivala, Healthy Food Program Clerk

Why Vegetables Are Important

Vegetables are high in vitamins and nutrients that regulate our bodies' everyday functions. These vitamins and nutrients include potassium, vitamin A, vitamin C, fiber, and folate. To receive the most nutrients weekly, it is best to eat a variety of different colored veggies (this is true for fruit as well!).

Consuming the federally recommended intake of vegetables greatly reduces the risk of chronic diseases and illnesses, such as Type 2 diabetes, obesity, heart disease, and stroke.

How to Encourage Kids to Eat More Vegetables

Kids are more observant than we think, so it is important to make the experience of eating vegetables casual and routine given the numerous psychological reasons for food preferences. The more pressure we put on kids to eat their veggies, the more likely they are to resist. On the flip side, over-praising a child for eating vegetables has also been shown to make the child wary of eating them. The key is to avoid making vegetables a big event, if the child refuses, don't nag or punish them, simply offer them again for the next meal. Children and especially toddlers can be



Sheet Pan Roasted Okra, Black-Eyed Peas, and Tomatoes

INGREDIENTS

For the okra and tomatoes:

- 1 lb. okra, halved lengthwise (see Recipe Notes)
- 1 c. frozen black-eyed peas
- 5 cloves garlic, finely chopped
- ¼ c. extra-virgin olive oil
- 1 (28-oz. can whole peeled tomatoes)
- 1 T. ground cumin
- 1 T. ground coriander
- 1 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper
- Finely grated zest of 1 medium orange

For the rice:

- 1 c. Carolina Gold or long-grain white rice
- 1 1/2 to 3 c. low-sodium vegetable or chicken broth
- 1 tsp. kosher salt

INSTRUCTIONS

Make the okra and tomatoes:

1. Arrange a rack in the middle of the oven and heat to 400°F.
2. Place the okra and black-eyed peas on a rimmed baking sheet. Scatter the garlic over the top and drizzle with the oil.
3. Put the tomatoes and their juices in a medium bowl. Crush slightly with the back side of a wooden spoon. Stir in the cumin and coriander. Pour evenly over the okra and beans. Sprinkle with the salt and pepper.
4. Roast, stirring halfway through, until the edges of the okra begin to brown, 30 to 35 minutes total. Meanwhile, cook the rice.

Make the rice:

1. Rinse the rice with water and place in a medium saucepan. Add the broth (3 cups for Carolina Gold rice or the amount of liquid listed on the package directions for the rice) and salt. Bring to a low boil over medium-high heat. Reduce the heat to medium and cover. Simmer until the liquid is evaporated and the rice is fluffy, 12 to 15 minutes.
2. When the okra is done, sprinkle with the orange zest. Serve with the rice.

NOTES: **Okra:** If you can't find fresh okra, use 3 cups frozen chopped okra instead. Roast for an extra 8 to 10 minutes since it contains more liquid than fresh. **Rice:** If you can't find Carolina Gold rice, use long-grain white rice and add a little butter at the end of cooking.

Storage: Leftovers can be stored in an airtight container in the refrigerator for up to 4 days.

resistant to change, but if you keep offering them new vegetables, curiosity will take over.

One simple way to make vegetables more appealing is to let the kids choose them. This can also serve as a great opportunity for a field trip to the Farmers Market. The Farmers Market is

a great place to encourage kids to branch out and discover a variety of different vegetables. Kids will be more eager to try what's on their plate if they took part in the decision. Another way to change the way kids view vegetables is to change the way we

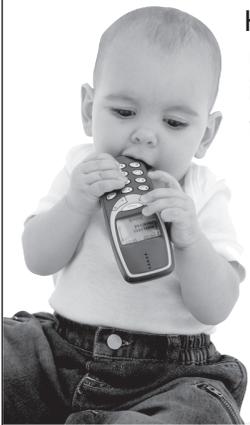
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Healthy Food Program Number



For the Out of Home voice-mail, payment information or to speak to a customer service representative, call:

**(773)
564-8861**

Remember, **September** claims are due **October 7th!**

Warning! Late claims WILL result in late payment!

Welcome New Providers

Stacey Brown
Linda Lockhart
Saffiyah Muhammad
Arica Noble
Corliss Perkins
Loretta Stanberry
Mazell Sykes

Attention Providers! New Change— Reduced Number of Infant Groups

Effective October 1st, 2017, the new CACFP meal pattern went into effect for the Healthy Food Program. As part of these changes, the USDA has reduced the number of infant groups from 3 (0-3 months, 4-7 months, and 8-11 months) to 2 (0-5 months and 6-11 months). Infants 6-11 months are expected to receive foods from all food groups at meals and snacks once the child is developmentally ready to receive them.

It is the expectation that children 8 months and older are developmentally ready to receive all foods. If you have a child that is not developmentally ready or a child whose parents do not believe is developmentally ready at 8 months of age, please notify the Healthy Food Program.

Why Vegetables Are Important *Continued*

serve them by making them the main course and building meals around them. Stir-fry's and veggie bowls are great examples of meals that revolve around veggies. Here are two recipes that center on veggies as the main component. (Note: Feel free to experiment with spices based on your preferences and what's already in your spice cabinet.)

Another way to reintroduce vegetables to children is to substitute pasta with zucchini, butternut squash or sweet potato by either buying pre-formed veggie noodles in the produce section or shaving/spiralizing your own. Another substitution is swapping out pulled pork for shredded jackfruit. Jackfruit has a mild, sweet taste and the texture of its flesh is reminiscent of shredded pork, which makes it an easy substitution for a healthier sandwich.

Here is a simple recipe for Pulled-Jackfruit Sandwiches:

Pulled-Jackfruit Sandwiches

INGREDIENTS

- Two 20 oz. cans young green jackfruit, in brine or water (not in syrup)
- 1 T. olive oil
- 1/2 yellow onion, sliced
- 3 cloves garlic, minced
- ¼ c. vegetable broth or water
- ¾ c. BBQ sauce of 1 medium orange

INSTRUCTIONS

1. Preheat your oven to 400F (200C). Lightly grease a baking pan.
2. Drain and rinse the jackfruit. Cut the jackfruit into smaller pieces by cutting it from core to the edge for the most pulled texture.
3. Add olive oil to a large frying pan or skillet over medium-high heat, and when hot add the onions and garlic. Sauté until the onions are tender and beginning to brown, about 5 minutes. Add in the chopped jackfruit and vegetable broth. Cover and continue to cook another 8 to 10 minutes, until the jackfruit is soft enough that it can be mashed. Mash the jackfruit with potato masher or fork, until it breaks apart and looks pulled or shredded.
4. To finish the jackfruit spread in an even layer across the baking pan and then pop it in the oven for 15 minutes. Remove from oven and pour over 1/2 cup BBQ sauce and stir to combine. Toss it back in the oven for about 10 minutes, until it looks delicious and golden and even a few strands get a bit burnt. Remove from the oven and if desired stir in the remaining 1/4 cup of BBQ sauce to make it even saucier. Serve over buns.



Recent studies show that the relationship between a side dish (vegetables) and the main dish (meat) greatly impacts whether or not the child will consume their serving of vegetables. When kids are served a cheeseburger with broccoli, they are more likely to eat a greater portion of the cheeseburger and a smaller portion of the broccoli. When broccoli is served with a less popular main more of the broccoli is consumed. Keep this discovery in mind while planning out meals for more success in getting your children to eat vegetables.

We hope this *Tasty Times* issue gave you some helpful tips and ideas on how to make vegetables an easy-going part of mealtime.



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