



Issue 1 ♦ January ♦ 2017

# The Edible Editorial



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## Winter Vegetables

[www.localfoods.about.com](http://www.localfoods.about.com)

Beets are in season in temperate climates fall through spring, and available from storage most of the year everywhere else. Fresh beets are often sold with their greens still attached.

called "frost kissed").

Belgian Endives are mostly "forced" to grow in artificial conditions, and are thus available year-round. Their traditional season (when grown in fields and covered with sand to keep out the light), like that of all chicories, is late fall and winter.

Carrots are available from winter storage from local growers in many areas, and fresh in warmer and temperate regions.

Broccoli, like many cruciferous vegetables, can be grown year-round in temperate climates so we've forgotten it even has a season. But, like the rest of its family, it tastes best (that is, more sweet, less bitter and sharp) when harvested in the cooler temperatures of fall in most climates.

Cauliflower may be grown, harvested, and sold year-round, but it is by nature a cool weather crop and at its best in fall and winter and into early spring.

Broccoli rabe, rapini is a more bitter, leafier vegetable than its cousin, broccoli, but likes similar cool growing conditions.

Celeriac/celery root is at its best in the cooler months of fall, winter, and early spring (except in cold climates, where you'll find it during the summer and early fall).

Brussels sprouts grow on a stalk, and if you see them for sale that way snap them up - they'll last quite a bit longer than once they're cut.

Celery is at its best in the fall, with its harvest continuing through winter in warm and temperate climates.

Cabbage is bright and crisp when raw and mellows and sweetens the longer it's cooked. The cooler the weather it grows in, the sweeter it tends to taste (this effect is

Curly Endive (Frisée) is a chicory at its best in fall and winter.

Escarole is another bitter chicory in season fall and winter.

Fennel's natural season is from fall through early spring. Like most cool weather crops, the plant bolts and turns bitter in warmer weather.

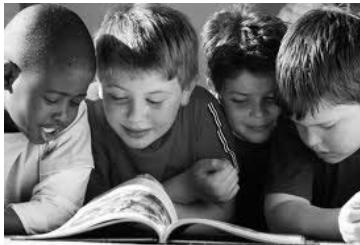
*Article continues on page 4.*

# Slice of Life

## Books to Try

To locate and learn about books with positive food, nutrition and physical activity messages that will help...

- ❖ Create enthusiasm for learning about and tasting new foods.
- ❖ Teach children about the food, food customs, and physical activity habits of others.
- ❖ Motivate children to be physically active and to enjoy physical activity.
- ❖ Nurture healthy habits, while at the same time help children develop beginning literacy skills.



### **Wheat**

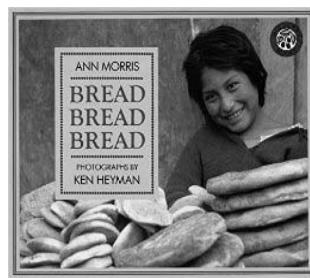
by Susan Canizares and Pamela Chanko  
Scholastic Inc., 1999  
ISBN:0-06-443816-3

This easy-to-read informational book, part of the Emergent Readers series, asks the question: What can you eat that comes from wheat? It then answers the question using colorful photographs and simple sentences with repeating phrases. The book concludes with two pages of more detailed information for the teacher and parent. This format could be easily adapted for the class to make their own informational books.



**Bread Bread Bread**  
by Ann Morris  
Scholastic Inc., 1989  
ISBN: 68806-334-9

Photographs from around the world show types of bread that people eat and enjoy. Using simple text, it introduces children to different eating customs. An index provides information about each photo, including the country where it was taken. This book can serve as a springboard for children to share their family's eating customs.



### Congratulations to...

❖ Ashley Clark of Branch County, a boy, Cash-Ziah Clark, 6 lbs 3 oz., on October 20th.

### Holiday Notes

January 1st (New Year's Day) is a National Holiday. If you have children present for day care and are claiming meals for them, you must submit a signed note from the parents in order to be reimbursed for the meals. Holidays can only be claimed if it is a day care situation and not if parents are present at the home/center.

### Recommend a Provider

Recommend a home, unlicensed, or center provider to Mid Michigan Child Care and receive a special prize!

### Follow Us on Pinterest

Mid Michigan Child Care has started a Pinterest page. We will be collecting crafts, recipes, articles and all things kid related there. Check out our page for a one stop place for ideas.

[www.pinterest.com/midmichigancc](http://www.pinterest.com/midmichigancc)



### Like Us on Facebook!



We are using facebook as a means of communication. We will answer questions, post information (for instance: when checks are being sent out) and often add links about feeding children. It is such a convenient way to communicate with our providers.

Head to... [www.facebook.com/MidMichiganCC](http://www.facebook.com/MidMichiganCC)  
and like us!

### Hidden License Number

Look for your license number or relative care billing number in each Edible Editorial. We hide two numbers in each edition. If you find your number, call our office to receive special materials that will benefit your day care!

# Creation Corner

Arts and crafts are great for your children. The result isn't all that's important, meaning that it's not just the creation of art projects that matters. The entire process of creating art is important because it stimulates creativity and encourages imagination in a way that will influence your children for the rest of their lives.

## Snow Shooters

White foam cups  
Black and orange craft foam  
White or black balloons  
Scissors  
Glue  
Small cotton balls

Start by cutting the bottom off of white cups.



Then cut the tops off white balloons to create a larger opening. Stretch the balloons over the cup bottoms. Layer the bottom rim of each cup with glue before pulling the balloons over the openings. Once the balloon pieces are secure, decorate the front of the cups to look like snowmen using craft foam. Place the "snow" (cotton balls) inside the cup and gently pull back on the balloon, when the balloon is released the snow will shoot out.

## Borax Snowflakes

Borax laundry detergent booster  
Water  
Pipe cleaners  
String  
Pencil or chopstick

Form your pipe cleaners into snowflake shapes. One long pipe cleaner can be cut into six pieces to make a simple star, or you can get fancier if you want. (Just remember that your snowflakes can't be taller or wider than the container you're going to pour your Borax solution into.) Use string to tie your snowflakes onto a pencil or chopstick—anything long enough to span the container you're using. Mix up a batch of Borax solution: 1/3 cup of Borax to 2 cups of boiling water. Stir the mixture until the Borax is dissolved, about 2 to 3 minutes. Submerge your pipe cleaner snowflakes in the Borax solution, making sure they don't touch the sides or bottom of your container, or each other if you're doing multiple snowflakes in one pot. Let the pipecleaner sit in the mixture overnight to form the snowflake.



Jerusalem artichokes/sunchokes are brown nubs, that look a bit like small pieces of fresh ginger. Look for firm tubers with smooth, tan skins in fall and winter.

Kale is like all hearty cooking greens - cooler weather keeps it sweet.

Kohlrabi (late fall) comes into season by the end of fall, but stays at its sweet best into winter.

Leeks more than about 1 1/2 inches wide tend to have tough inner cores. The top green leaves should look fresh - avoid leeks with wilted tops.

Parsnips look like white carrots and have a great nutty flavor. Look for thinner parsnips, since fatter ones tend to have a thick, woody core you need to cut out.

Radicchio, like all chicories, radicchio is more sweet and less bitter when the weather is cool.

Rutabagas also known as "yellow turnips" and "Swedes" are a sweet, nutty root vegetable perfect in stews, roasted, or mashed with plenty of butter.

Sweet potatoes are often sold as "yams." They store very well and so are available from local sources year-round in warmer areas and otherwise from late summer through winter.

Turnips have a bad rap they don't deserve. Fresh turnips have a sharp but bright and sweet flavor. Look for turnips that feel heavy for their size.

Winter squash of all sorts comes into season in early fall and usually last well into winter.

## Menu Suggestions



Do you ever feel like you serve the same meals over and over again? How about trying some of these options we have pulled from provider menus?

Fruit Muffin Apples Milk  <i>Katia Bell Berrien</i>	Biscuits Peaches Milk  <i>Jennifer Byler Branch</i>	Cold Cereal Banana Milk  <i>Nelda Beaudrie Calhoun</i>		English Muffin Pears Milk  <i>Kacie Bruens Cass</i>	Bagel Prunes Milk  <i>Kimberlee Howie Charlevoix</i>
Fish Sticks Peas Mixed Fruit Pasta Milk  <i>Mary Collins Berrien</i>		Chicken Nuggets Broccoli Mixed Fruit Hard Pretzels Milk  <i>Stacy Hurd Branch</i>	Turkey Lunchmeat Green Beans Peaches Hi Ho Crackers Milk  <i>Sarah Carpita Calhoun</i>	Peanut Butter Celery Banana Bread Milk  <i>Marilyn Hayford Cass</i>	Cheese Tomato Peaches Bread Milk  <i>Gina Oliver Charlevoix</i>
Yogurt Animal Crackers Water  <i>Charmain Davis Berrien</i>	Wheat Toast Milk  <i>Missy Crall Branch</i>	Rice Cake 100% Pineapple Juice  <i>Heather Esterline Calhoun</i>	Cookies Milk  <i>Corinna Ottinger Cass</i>	Colby Cheese Carrots Water  <i>Jennifer Dietz Charlevoix</i>	
Ground Beef Tossed Salad French Fries Hamburger Buns Milk  <i>Tomella Davis Berrien</i>	Eggs Apples Mixed Vegetables Bread Milk  <i>Teesha Denniston Branch</i>	Beef Franks Pickles Baked Beans Hot Dog Bun Milk  <i>Robert Hegner Calhoun</i>		Chicken Corn Baked Potato French Bread Milk  <i>Phyllis Bannow Cass</i>	American Cheese Applesauce Carrots Ritz Crackers Milk  <i>Boyne City Preschool Charlevoix</i>

By teaching your children healthy eating habits, you can keep them at a healthy weight. Also, the eating habits your children pick up when they are young will help them maintain a healthy lifestyle when they are adults.

*\* Peanut butter, honey, hot dogs, or meat sticks should not be served to children under one year of age. Be sure that hot dogs are cut small enough to pose no threat of a choking hazard. (Licensing requirements may be different. Be sure to check Licensing Rules for Family and Group Child Care Homes/Centers.)*

### 15 Minute Chicken and Rice

4 (1 1/4 lbs.) boneless, skinless chicken breasts  
 1 (10.75 oz.) can reduced sodium cream of chicken soup  
 1 1/2 cups water  
 1/4 tsp. pepper  
 1/4 tsp. paprika  
 1 1/2 cups uncooked instant white or brown rice  
 2 1/2 cups thawed frozen or fresh chopped broccoli

Cut each chicken breast into 4 pieces. Heat 1 tablespoon oil in skillet over medium high heat. Cook chicken until browned. Pour off fat. Set chicken aside. Add soup, water, paprika and pepper to the skillet. Stir in rice and broccoli. Place chicken on mixture. Cover and cook over low heat 8-10 minutes or until chicken and rice are done. Stir.

*Yield: 9 servings. Meal Component: 1 serving = 1 meat/meat alternate, 1 vegetable, and 1 bread/grain for 3 to 5 year olds at lunch or supper.*



### B. Smart Booster Bars

1 cup softened butter or margarine  
 3/4 cup brown sugar  
 1 cup all-purpose enriched flour  
 1 cup whole wheat flour  
 1 1/2 cups oats  
 16 oz. strawberry preserves  
 1 tsp. almond extract

Cream margarine and sugar. Add dry ingredients. Mix well. Add almond extract. Press half of crumb mixture into greased 9 x 13 inch pan, sprayed with non-stick spray. Spread with preserves. Sprinkle with remaining crumb mixture. Bake at 350 degrees for 20-25 minutes. Cool and cut into bars.

*Yield: 24 bars. Meal Component: 1/2 bar = 1 bread/grain at snack for 3 to 5 year olds.*

### Beets 'N Sweets

3 peeled and diced beets  
 2 peeled and diced sweet potatoes  
 1 small chopped onion  
 2 Tbsp. olive oil  
 1 tsp. garlic powder  
 1/8 tsp. salt  
 1 tsp. black pepper  
 1 1/2 tsp. sugar

Preheat oven to 400 degrees. In a large bowl, combine all ingredients together. Mix well. Spray a casserole dish with non-stick spray. Spread vegetable mixture evenly in the dish being careful not to crowd the vegetables. Bake at 400 degrees for 25 minutes. Remove and gently mix. Bake for an additional 20 minutes or until vegetables are fork-tender.

*Yield: 6 servings. Meal Component: 1 serving = 1 vegetable for 3 to 5 year olds at lunch, or supper.*



The newsletter is the easiest way to reach all our providers. In this section, we note important information regarding the regulations of the CACFP. Please read this section thoroughly and if you have questions, call our office at 1-800-742-3663.

# Training

## New Regulations Starting October 1, 2017

### Breakfast Cereals

Starting October 1, 2017, breakfast cereals served to infants and children must contain no more than 6 grams of sugar per dry ounce (21.2 grams of sugar per 100 grams of dry cereal). This includes ready-to-eat (cold) cereals and instant and hot cereals. (See partial list below. For a complete list, visit [http://www.michigan.gov/mdhhs/0,5885,7-339-71547\\_4910-211359--,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-71547_4910-211359--,00.html).) This new requirement will help further reduce childrens' intake of added sugars, as recommended by the Dietary Guidelines.

There are several ways a center or day care home can determine if a breakfast cereal is within the sugar limit.

First, centers and day care homes can use any State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list. Some stores also have labels on the shelves indicating which breakfast cereals are WIC-approved. All WIC-approved breakfast cereals contain no more than 6 grams of sugar per dry ounce (21.2 grams of sugar per 100 grams).

Second, centers and day care homes may do some math to determine the sugar content of a breakfast cereal. Using the Nutrition Facts Label, the center or day care home may divide the amount of sugar per serving (listed towards the middle) by the serving size in grams (listed at the top). If the amount of sugar per serving divided by the serving size in grams is 0.212 or less, then the cereal is within the sugar limit and may be creditable in CACFP. [For example, Cereal A's Nutrition Facts Label shows that the serving size is 55 grams and the amount of sugar per serving is 13 grams. Therefore, 13 grams (amount of sugar) divided by 55 grams (serving size) equals 0.236. Cereal A exceeds the sugar limit because 0.236 is greater than 0.212.]

#### ACCEPTABLE CEREALS (*partial list*)

*This is a partial list. WIC approved cereals are also creditable.*



Kix



Product  
19



Original  
Cheerios



Multigrain  
Cheerios



Whole  
Grain Total



Corn  
Flakes



Wheaties



Rice  
Krispies



Corn  
Chex



Wheat  
Chex



Multibran  
Chex



Rice  
Chex



All-Bran  
Flakes



Grape  
Nuts



Cream of  
Wheat



Special  
K

As your CACFP sponsor, we encourage you to start serving the above/WIC-approved cereals now, before the October 1, 2017 required implementation.

Please call our office (800)742-3663 with any questions you may have regarding this training.

# Ways to Keep Kids Active During Winter!

www.scholastic.com

Tested by teachers like you, each of these suggestions will get your students moving, learning, and having fun!

## Curricular Olympics

Submitted by Lindsey Haan, Trinity Lutheran School, CO

One indoor activity that I like to do during the wintertime is to have students spell out words and then to act out the corresponding actions. I'll select 15 words for my 15 students. The student thinks of an action for his or her word, then we say the word together, spell it, and say it again together while doing the action. For example, if a spelling word were "jump," a student might choose to do jumping jacks for the action. We would do one jumping jack to say the word "jump," another to say the letter "j", another to say the letter "u", another to say the letter "m", another to say the letter "p", and one last jumping jack to say the word "jump" again. Then, the student would put the word in a sentence. The kids love it and it helps them remember the words well, especially if the action corresponds with the word meaning.



Another especially active activity that my students like to play is Line Tag. This is a particularly useful activity during indoor recess when it is snowy or muddy outside. The game involves two chasers who are "it." Like traditional tag, the chasers chase the rest of the students, but the catch is that all students must run on the lines of the gym floor without jumping lines or going off the lines. (Of course they won't be perfectly on the lines the whole time, but as long as they aren't purposely breaking the rules I let it go.) When someone gets tagged, they have to stay put as a "roadblock" and only the chasers can go around them. When all are tagged but two, they are the new chasers.

I also like the following math games that get the kids out of their seats:

## Team Tag

- Divide the students into two groups and have students form two single-file lines facing forward. The first student should be about 10 feet from the front of the room.  
- Put two equal stacks of flash cards on a desk at the front of the room. When the game starts, the first person in line races to the desk, takes the first card in his or her pile, holds it up, announces the answer to the class, places the

card in a discard pile, and then races to tag the next person in line.

- If the student does not know the answer or gives the wrong answer, he or she puts the card on the bottom of the pile and selects the next card. This student

keeps selecting cards until he or she knows the answer to one or until five cards have been selected.

- The two teams play simultaneously. The first team to correctly give the answers to all the cards in its pile wins.

## Addition/Subtraction Bombardment

- First, spread several paper plates out on the floor. Then, write problems on index cards (or use flashcards) and place them upside down on the plates.

- Students will then throw beanbags or paper airplanes at the plates, turn over the card, and say the answer.

- If correct, the player keeps the card and it is replaced with a new card. If wrong, the player must turn the card back over for another player to try to hit. The player with the most correct "hits" when the cards are out (or time is up) wins.

## Math Bowling

- Every student should have their own set of flash cards. Choose 10 students to be the bowling pins. These students stand in a pyramid shape. The rest of the students make a line facing the "pins."

- The first student in the line is the bowler. This student points to the "head pin," who then shows that student a flash card. The bowler has to say the correct answer before the "pin" silently counts to 5.

- If the bowler gets the answer correct, the pin is "knocked down" and that student sits down. The bowler then points to another "pin" and play continues until the student misses a flash card.

- The goal is to get a strike, or as many pins knocked down as possible.

- After that bowler finishes, the last person in the pin pyramid gets up, writes the bowler's score on the board, and goes to the end of the line.

- The bowler then moves to the head pin position while everyone else rotates.

- Students are not bored in line waiting because they have their flash cards to practice, or they are trying to do the problems themselves. They want to bowl a strike when it is their turn!





# Mid Michigan Child Care Food Program

Mid Michigan Child Care Centers, Inc.

P.O. Box 610

Freeland, MI 48623

989-695-2683 1-800-PIC-FOOD

[www.midmichigancc.com](http://www.midmichigancc.com)

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Please feel free to copy and share this calendar with your day care parents.



ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY NEW YEAR 2017!	FIND circle shapes in your house	String cereal to make a necklace	can you play a rhyming game?	create your own books, with pictures and a story	roll or bounce a ball... ...try to catch it!	visit a store, talk about fruits
Look for pictures of Winter clothes	Can you make letter shapes with your body?	play with soap bubbles	imitate pet sounds	visit the LIBRARY	jump up HIGH ten times	ENJOY a family sing-a-long
make snowballs and count them 1,2,3...	I have a dream Martin Luther King Jr. Day!	try different cheeses with crackers for a snack	READ a book about animals in WINTER	blow up a balloon over bat it and things under	What is Inauguration Day?	GIVE a HUG day!
name things that keep us warm	pour fresh squeezed juice... which has more?	match family gloves or mittens	practice writing your name or some letters in your name	Celebrate belly laugh day! Ha Ha Hee Hoo	pick up five cotton balls with a clothespin	build (or draw) a SNOWMAN with three buttons
bring in some snow... see what happens	help sort, count and put away silverware	cut white snowflake shapes, glue to make a Snowy Scene				