

The Edible Editorial

May 2023

Vary Your Protein Foods

Eating foods from all five MyPlate food groups gives your child the nutrition he or she needs to grow and be healthy. The five food groups are: Fruits, Vegetables, Grains, Protein Foods and Dairy.

At child care, we serve a variety of protein foods to help your child get the nutrients he or she needs for health and growth. Protein supports growing muscles. The iron in protein foods helps carry oxygen with the blood. Certain protein foods, such as seafood and nuts, contain healthy fats that support heart health.

Does my child eat enough protein?

Most preschoolers eat enough protein foods. However, children do not always eat a variety of protein foods. Offering fish or beans at some meals during the week is one way to add more variety to your meals.

Examples of protein foods to look for when shopping:

- Beans and peas
- Beef
- Chicken and turkey
- Eggs
- Nuts and nut/seed butters
- Pork
- Seafood (fish and shellfish)
- Tofu and other soy products

What if a child doesn't eat certain foods in the Protein Food Group?

Children can get enough protein as long as he or she eats a variety of foods from the Protein group. Protein sources for vegetarians include eggs (for ovo-vegetarians), beans and peas, nut/seed butters, and soy products (such as tofu).

How can I offer healthier choices?

Use these ideas for healthier ways to select and prepare meats, chicken, and turkey:

- Remove the skin from chicken or turkey before or after cooking. Remove any bones to prevent choking.
- Choose lean or low-fat cuts of meat like round or sirloin. Select ground beef that is at least 92% lean. Trim fat from meat.
- Try grilling, broiling, roasting, or baking—these cooking methods don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker.

Are some protein foods higher in sodium (salt)?

The Nutrition Facts label on food packages lists the amount of sodium in a food. Compare the amount of sodium in similar type foods, and choose ones that are lower in sodium. If using canned beans, look for cans labeled "reduced sodium." Fresh chicken, turkey, seafood, pork and meat is usually lower in sodium than processed meat and poultry. Examples of processed meats are bologna, frankfurters, luncheon meats, and pre-marinated chicken. Choosing foods that are lower in sodium can help you lower your family's risk of high blood pressure and related diseases.

Tasty Tots —USDA Recipe for Child Care Homes

CACFP Crediting Information (6 servings):

6 tots provides 3/4 cups vegetables.

Ingredients:

5 cups Fresh Sweet potatoes, peeled, coarsely shredded

2 1/2 cups canned low sodium garbanzo beans (chickpeas), with liquid

1/2 cup Fresh green onions, finely chopped

2 Tbsp. vegetable oil

1/2 tsp. salt

1/2 tsp granulated garlic

1/4 tsp ground black pepper

1/2 tsp. onion powder

1/2 tsp ground cinnamon



Directions:

1. Preheat oven to 350 degrees F.
2. Place shredded potatoes on a large baking pan sprayed with a nonstick cooking spray. Bake at 350 degrees F for 20 minutes or until slightly tender. Do not overcook.
3. Increase oven temperature to 400 degrees F.
4. In a food processor or blender, puree garbanzo beans, including the liquid until smooth.
5. In a medium mixing bowl, combine shredded sweet potatoes, pureed garbanzo beans, green onions, vegetable oil, salt, garlic, pepper, onion powder, and cinnamon. Mix well. Cover and refrigerate for 40-45 minutes to make tots easier to form.
6. Spray a large baking sheet with nonstick cooking spray. Using a cookie scoop or a spoon, roll 36 tots. Place 1 inch apart on baking sheet. Lightly flatten the tops of the tots with a spoon or a fork. Bake at 400 degrees for 10-12 minutes or until lightly brown. Serve hot.

Home & Center Based Day Care—Training

- Monthly claims should be submitted to our office by the 5th of the following month. May 2023 claim should be submitted by June 5th.
- We have limited amount of time to request reimbursement from Michigan Department of Education.
- Submitting claims on time allows a window of opportunity to make adjustments or request additional items if necessary.

National Provider Appreciation Day—Friday May 12, 2023

Over two decades ago, a group of volunteers in New Jersey decided to set aside a day to honor child care providers, teachers and other educators who dedicate their lives to caring for and educating young children. Since its inauguration in 1996, National Provider Appreciation Day[®] has been celebrated on the Friday before Mother's Day.

You are so very important in the lives of the children you are serving!!!

All of us here at Mid Michigan Child Care really appreciate ALL the effort you put forth in serving the children in your care healthy foods!

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
2. **fax:** (833) 256-1665 or (202) 690-7442; or
email: program.intake@usda.gov

This institution is an equal opportunity provider.

Certificate of Awesomeness

Thank you for everything you do and
for your commitment to the well-being of the
children in your care.

Presented to

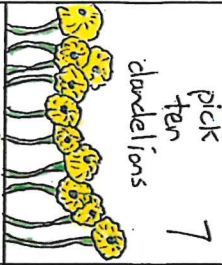



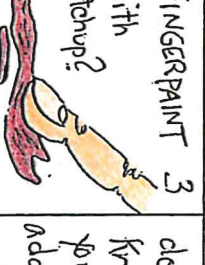
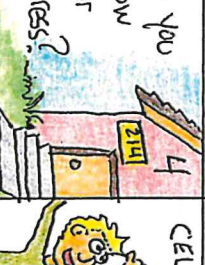

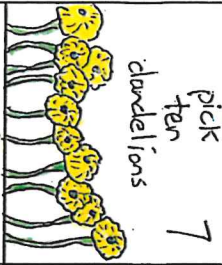
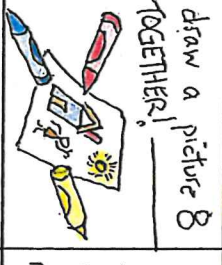
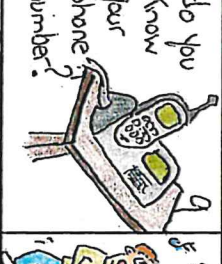
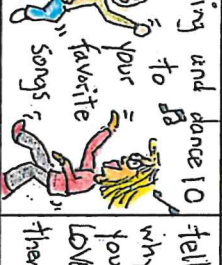

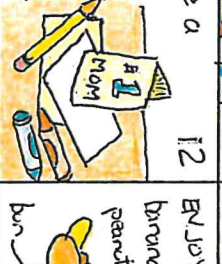
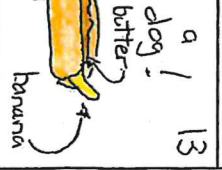








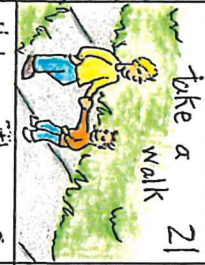
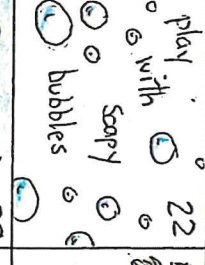


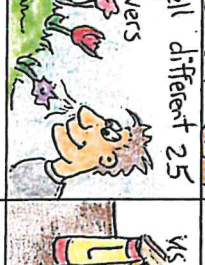



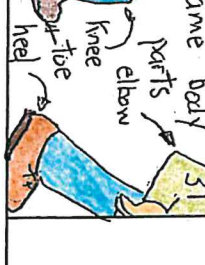
Mid Michigan Child Care Food Program

Presenter



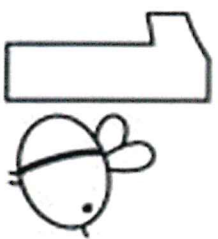
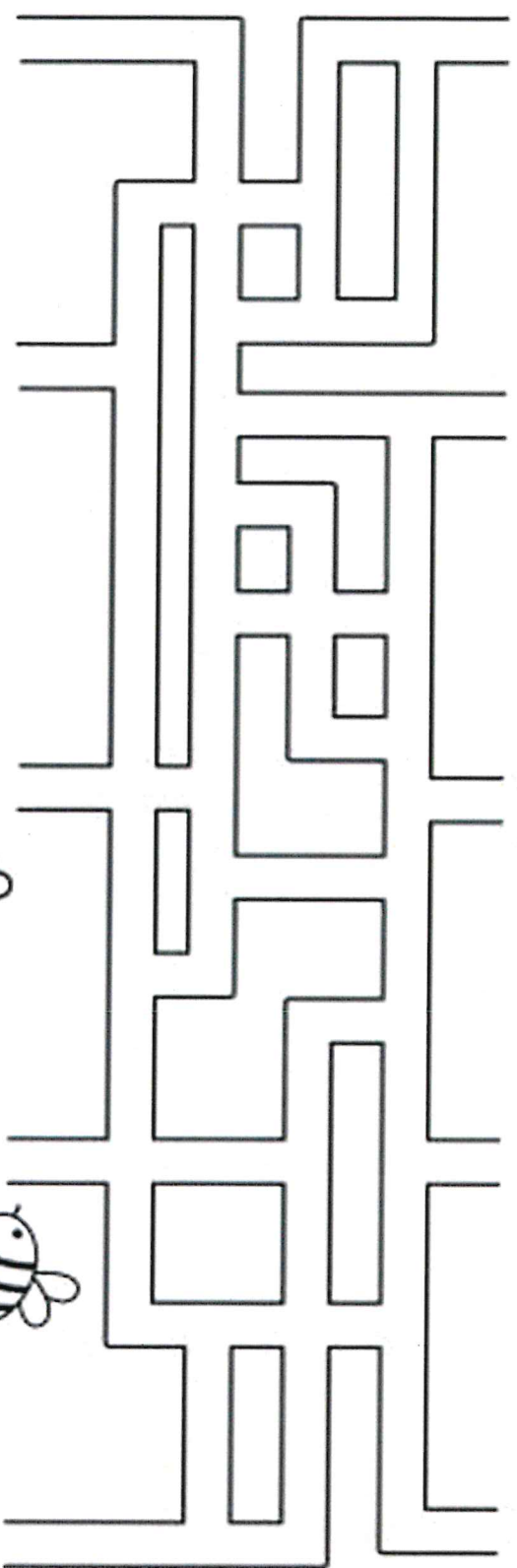
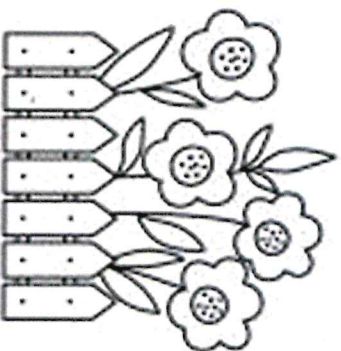
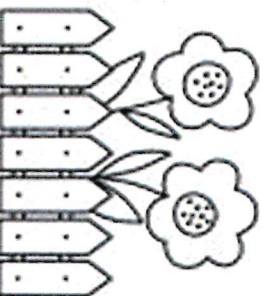
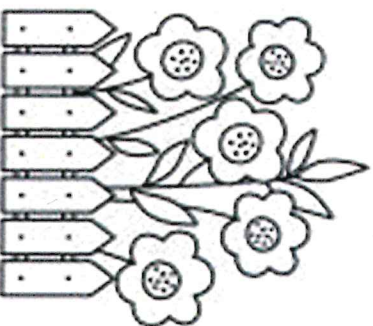
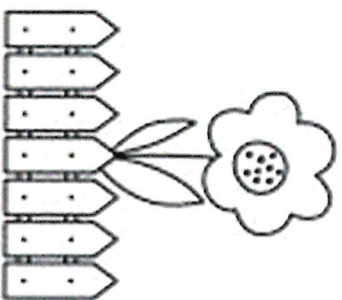
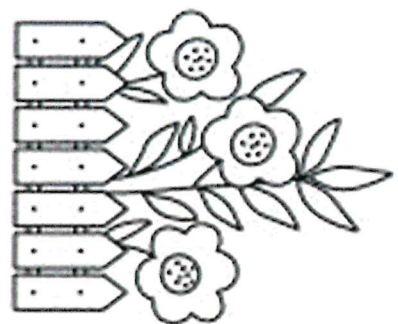
May

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>pick ten dandelions 7</p> 	<p>Mother Goose day read your favorite nursery rhymes 1</p> 	<p>make up a story about worms 2</p> 	<p>FINGERPAINT with ketchup? 3</p> 	<p>do you know your address? 4</p> 	<p>CELEBRATE CINCO de Mayo! 5</p> 	<p>watch a sunrise... where has it been? 6</p> 
<p>MOTHERS' DAY - give mom a kiss! 14</p> 	<p>draw a picture TOGETHER! 8</p> 	<p>do you know your phone number? 9</p> 	<p>sing and dance to your favorite songs 10</p> 	<p>tell someone why you love them 11</p> 	<p>make a card for MOM! 12</p> 	<p>ENJOY a banana dog - paint batter! 13</p> 
<p>take a walk 21</p> 	<p>Chocolate Chip cookie day, munch a few with milk! 15</p> 	<p>talk about fast and slow 16</p> 	<p>fold napkins into different shapes 17</p> 	<p>imitate animal sounds 18</p> 	<p>Find blue and white clothes to wear today 19</p> 	<p>sit under a tree... look for bugs and birds 20</p> 
<p>Help with chores around the house 28</p> 	<p>play with soapy bubbles 22</p> 	<p>EAT-a-green vegetable! 23</p> 	<p>what floats? what sinks? - experiment 24</p> 	<p>Small different flowers 25</p> 	<p>visit the LIBRARY 26</p> 	<p>Plant a vegetable garden 27</p> 
<p>MEMORIAL DAY 29</p> 	<p>READ a book TOGETHER! 30</p> 	<p>name body parts 31</p> 				



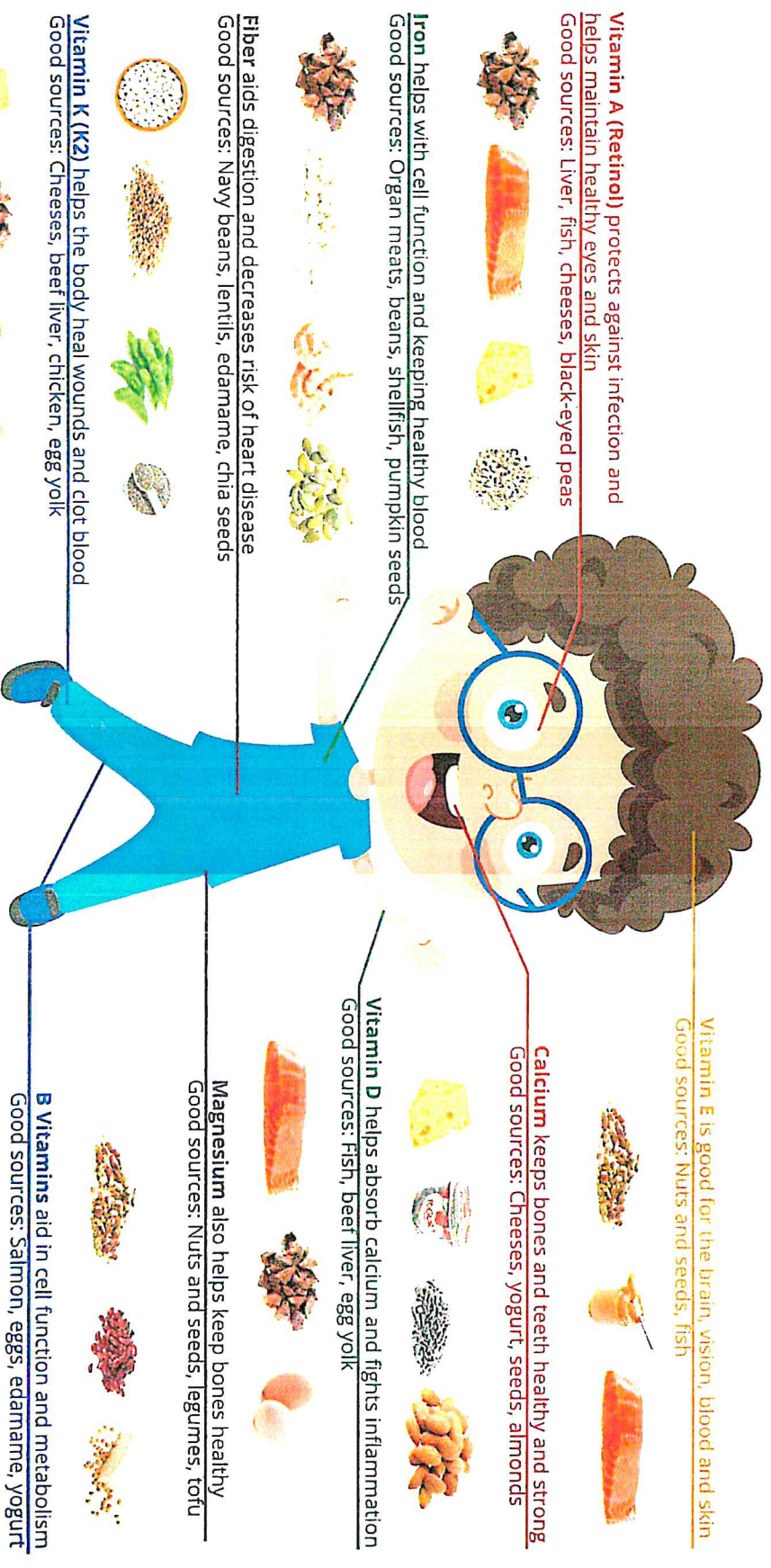
HOW MANY FLOWERS?



WHAT DO MEATS/MEAT ALTERNATES DO FOR THE BODY?

Meats and meat alternates are an excellent source of **protein**, which is a macronutrient that helps build and repair muscles as well as make hormones and enzymes. They are also a great source of **fats**, which aids brain development, support cells function and protect the organs.

Additionally, you get a variety of vitamins and minerals from the meats and meat alternates that you consume:



Vitamin A (Retinol) protects against infection and helps maintain healthy eyes and skin
Good sources: Liver, fish, cheeses, black-eyed peas

Vitamin E is good for the brain, vision, blood and skin
Good sources: Nuts and seeds, fish

Calcium keeps bones and teeth healthy and strong
Good sources: Cheeses, yogurt, seeds, almonds

Iron helps with cell function and keeping healthy blood
Good sources: Organ meats, beans, shellfish, pumpkin seeds

Vitamin D helps absorb calcium and fights inflammation
Good sources: Fish, Beef liver, egg yolk

Fiber aids digestion and decreases risk of heart disease
Good sources: Navy beans, lentils, edamame, chia seeds

Magnesium also helps keep bones healthy
Good sources: Nuts and seeds, legumes, tofu

Vitamin K (K2) helps the body heal wounds and clot blood
Good sources: Cheeses, beef liver, chicken, egg yolk

B Vitamins aid in cell function and metabolism
Good sources: Salmon, eggs, edamame, yogurt