



www.ChildrensHungerAlliance.org

The Provider Communicator

Early Childhood Nutrition & Education

Winter 2009

This Quarter's CARES Kit & Training

This quarter's CARES kit book is: **Handa's Surprise** by **Eileen Browne**

The CARES training is: **A Tasting Party; Nutrition and Education Fun Based on the Book Handa's Surprise** by **Eileen Browne**

This CARES Kit includes:

- ❖ Handa's Surprise by Eileen Browne
- ❖ CARES cards
- ❖ Cut-out felt fruits and vegetables

2009 Family Child Care Food Program Calendars are in!
If you have not received one, please contact your Nutrition Specialist.

What's Inside!

News You Can Use

| | |
|---|--------|
| <i>Activity to Stay Fit:</i> Beanbag Bowling | Page 2 |
| <i>Food for Thought:</i> Clementines! | Page 1 |
| <i>Recipe:</i> Chicken and Clementine Orange Salad | Page 2 |
| <i>Nutrition Fun with Kids!</i> Orange -Sweeter at One End? | Page 2 |

Agency Information

| | |
|---|--------|
| <i>Quarterly CARES Kit and Training</i> | Page 1 |
| <i>Upcoming Provider Trainings</i> | Page 2 |
| <i>Refer a Friend and Receive a Gift!</i> | Page 2 |

Important Program Notes

- Checks and direct deposits are mailed and paid on the 8th of each month.
- Have questions about claims, checks, error reports, CIF, or order forms? Call your Nutrition Specialist!

Food For Thought: Clementines!

Clementines are the tiniest of the mandarins. Imported from Spain, Morocco, and other parts of North Africa, Clementines are a cross between a sweet orange and a Chinese mandarin. They are small, very sweet, and usually seedless.

Clementines, as with all types of citrus fruit, are a great source of vitamin C, fiber, folic acid, potassium and a number of important phytochemicals (also know as antioxidants). Vitamin C keeps our immune system strong which is great since citrus fruit is widely available during cold and flu season! The fiber, called pectin in an orange, helps stabilize blood sugar. The phytochemicals offer protection against cancer, offer viral protection and help with allergies. The peel of citrus fruits contains some of these important antioxidants, so plan to use the peel in your cooking and baking.

The Clementine is an excellent eating orange. Its small size and lack of seeds make it particularly popular with kids. They are easy to peel and make a great snack.

Selection

Look for oranges that are shiny and heavy in the hand. It's a primary rule for a number of fruits, but it's especially important for oranges. Check the scent - the orange should smell good.

Season

Late October to February.

Food For Thought Recipe:

Chicken and Clementine Orange Salad

Serves 4

- 1 bag mixed baby salad greens, rinsed and dried
- 4 Clementine oranges, peeled and separated into segments
- 2-6 ounce packages cooked grilled chicken breast strips or 3 cups cooked chicken breast strips
- 1 cup chow mein noodles
- 2 tablespoons orange marmalade
- 6 tablespoons orange juice
- 2 tablespoons canola oil
- 2 tablespoons white wine vinegar
- 1 teaspoon Dijon mustard
- 2 tablespoons minced green onions
- ½ teaspoon salt
- ¼ teaspoon salt

Combine salad greens, orange segments, chicken and chow mein noodles in large salad bowl. Toss gently, but well.

Combine orange marmalade, orange juice, canola oil, vinegar, mustard, green onions, salt and pepper in a small bowl. Stir well to mix. Pour over salad just before serving. Toss and serve.

Nutrition Fun with Kids!

Orange - Sweeter at One End?

Studies show that when kids are allowed to use all their senses to explore foods they are more likely to try them and eventually like them!

What you need:

- ✓ Navel oranges, one for each child

What to do:

1. Peel the orange.
2. Cut one slice across the stem end and then one across the blossom end.
3. Taste both sides of the orange.
4. Ask kids what they noticed about the taste.

They might say that the slice at the bottom of the orange (the blossom end) is sweeter. True! Why? The blossom end develops more sugar because it is more exposed to the sun. For the same reason, fruits grown in the temperate zone are only 10 to 15 percent sugar while those from the tropics, such as bananas, figs and dates, range from 20 to 60 percent sugar.

Activity to Stay Fit: Beanbag Bowling

Stack several tall, lightweight plastic bottles, cups, or empty cans. Show your children how to throw a beanbag to knock them down. Have a child set the plastic bottles back up again. Then have the children take turns tossing the beanbags.

Skill Spotlight: This activity teaches:

- ✓ Balance
- ✓ Cause and Effect
- ✓ Eye-Hand Coordination
- ✓ Gross Motor Skills
- ✓ Taking Turns

Upcoming Provider Trainings

Business Trainings [limited to certain counties]

- ❖ Sat, Jan 17 (9am-12pm) at New Albany Meeting Room, 200 Market Street, **New Albany**, OH 43054
- ❖ Sat, Feb 14 (10am-1pm) at Columbus Metro Library Franklinton Branch, 1061 W Town Street, **Columbus** Ohio 43222
- ❖ Sat, Feb 28 (10am-2pm) at Cuyahoga County JFS 1641 Payne Ave, 5th floor **Cleveland**, OH 44114
**This is a combined CARES and business training.

To register, contact Jeff Adkins at 1-866-534-0650, ext. 311. JAdkins@ChildrensHungerAlliance.org.

CARES Training [Franklin County Providers only]

- ❖ Sat, Jan 10 (10am-12pm) at Vineyard Church of Columbus, 6000 Cooper Rd, **Columbus**, OH 43081
- ❖ Mon, Jan 12 (12-2pm) at Schiappa Library 4141 Mall Drive **Steubenville**, OH 43952
- ❖ Sat, Jan 24 (10am-12pm) at Darke County JFS 631 Wagner Ave. **Greenville**, Ohio 45331
- ❖ Sat, Feb 28 (10am-2pm), CARES at Cuyahoga County JFS 1641 Payne Ave, 5th floor **Cleveland**, OH 44114. **This is a combined CARES and business training.
- ❖ Thurs, Mar 12 (10:30am-12:30pm) **Zanesville**, OH
- ❖ Sat, Mar 14 (10am-12pm) Dayton Metro Library, 215 E Third Street **Dayton**, OH 45402

To Register, Contact your Nutrition Specialist or call