



USDA Food Program Newsletter

TheChildcare Network 540-373-3275 April 2009

www.TheChildcareNetwork.org

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Provider of the Month

Congratulations! These providers mailed in error-free February menus by the 5th of the month, which qualified them for our monthly prize drawing. Keep up the good work!

Neelam Abbas	Marie Barthelemy	Brenda Brebnor
Tammy Brown	Detre Carter	Kathryn Carter
Navida Chaudhri	Sharon Colvin	Diana Cunningham
Leanna Dickerson	Sylvia Dinkens	Lisa Doyle
Marletta Elliott	Susan Hart	Cynthia Holmes
Bridget Johnson	Neelofar Khan	Rana Khan
Alicia Knight	Sarah L-Cornelius	Gilda Mach
Tracy Martinez	Naveen Niazi	Anatu Obeng
Bethany O'Hara	Ruby Parker	Zahida Parveen
Tomara Ragland	Sarah Reese	Phyllis Roach
Yvette Roiz	Ghazala Shah	Candy Soulier
Audrey Stafford	Mindy Stewart	Phyllis Strader
Cassandra Thompson	Lois Thompson	Rhonda Washington
Rebecca Williams	Shirley Winkey	Christine Woods
Illuminada Yap	Zubda Zahid	

This month's winners are **Illuminada Yap** and **Sharon Colvin!** Great job Illuminada and Sharon! See your home visitor for your prize.

Respite Care

There is a new program that pays for respite care (up to 40 hours a month) for military families that have a child with special needs. Care may be in the provider's or parent's home, and may be during the day, evening or weekend, depending on the family's needs. Providers receive training in caring for children with special needs, and need federal background checks. If you might be interested and would like more information, give Regina a call at the office.

Spring Break – Field Trips

Please let us know (note, email, phone call) if you will be closed for spring break. Also let us know if you will be out during regular meal times. If we visit during your meal time and you are out with your children, you'll lose credit for that meal.

USDA Training

You must attend a food program training *once each fiscal year (Oct 08–Sept 09)*. The trainings below are FREE; they will count for your USDA annual training, and for state licensing hours. **Call the office at 540-373-3275 to register.**

Breaking Bread Together: Family Style Dining

Monday, April 6th 7 -9 pm
Potomac Library, Woodbridge

Annual Mini-Conference

Saturday, May 20 - Germanna Community College
Two or three USDA workshops will be offered and Information will be mailed to you SOON!

First Aid & CPR

Saturday, May 9, 2009

Saturday, July 11, 2009

9 am - 5 pm, \$75

Held at The Childcare Network, in Fredericksburg.
Register by mail or online.

Now that the Weather is Warmer...

Colored Crayon Balls

Materials

1. Old and broken crayons
2. Used plastic sandwich bags
3. Twist ties
4. Muffin pans

Directions

Peel the paper off the old crayons and break them into small pieces. Select a group of several different colors and place them in the sandwich bag. Seal tightly with a twist tie. Put several bags of crayon pieces in the muffin pan. Place the pan in the sun for twenty minutes or until the crayon wax is soft. It should never be hot. With the crayons still in the bags, shape them into balls. Drop the bags into ice-cold water. Remove the firm balls from the bags and use them to color.

Source : <http://fun.familyeducation.com>

Science News

Eat Your Vegetables: Preschoolers Love Vegetables with Catchy Names Like 'X-Ray Vision Carrots' and 'Tomato Bursts'

ScienceDaily (Mar. 4, 2009) — Do you have a picky preschooler who's avoiding their vegetables? A new Cornell University study shows that giving vegetables catchy new names – like *X-Ray Vision Carrots* and *Tomato Bursts* – left preschoolers asking for more.

When 186 four-year olds were given carrots called "X-ray Vision Carrots" ate nearly twice as much as they did on the lunch days when they were simply labeled as "carrots." The Robert Wood Johnson-funded study also showed the influence of these names might persist. Children continued to eat about 50% more carrots even on the days when they were no longer labeled. The new findings were presented on Monday at the annual meeting of the School Nutrition Association in Washington DC.

"Cool names can make for cool foods," says lead author Brian Wansink. "Whether it be 'power peas' or 'dinosaur broccoli trees,' giving a food a fun name makes kids think it will be more fun to eat. And it seems to keep working – even the next day," said Wansink.

Similar results have been found with adults. A restaurant study showed that when the Seafood Filet was changed to "Succulent Italian Seafood Filet," sales increased by 28% and taste rating increased by 12%. "Same food, but different expectations, and a different experience," said Wansink, author of "Mindless Eating: Why We Eat More Than We Eat More Than We Think."

Although the study was conducted in pre-schools, the researchers believe the same naming tricks can work with children. "I've been using this with my kids," said researcher Collin Payne, "Whatever sparks their imagination seems to spark their appetite."

Adapted from materials provided by [Cornell Food & Brand Lab](#), via [EurekAlert!](#), a service of AAAS.

More "Eat Your Veggies" Ideas

Make-Ahead Salads

1. Chop up some cucumbers, tomatoes, bell peppers, and onions.
2. Lightly toss with a low-calorie version of a salad dressing such as Italian or vinaigrette.
3. Store it in the refrigerator in a bowl with a lid.
4. When you're ready to eat, take a scoop of the marinated vegetables and spoon it over your favorite lettuce and toss.
5. You have a flavorful salad in no time.



Sweet Potato Fries

1. Preheat oven to 425° F.
2. Cut uncooked sweet potatoes into thin slices.
3. Dip slices in a mixture of egg substitute and nutmeg.
4. Spray a baking pan lightly with a non-stick cooking spray. Arrange the slices in a single layer on the baking pan.
5. Bake for 20 minutes or until slices are tender.



Bean Quesadillas

1. Spread low-fat cheese and low-fat or fat-free refried beans between two tortillas.
2. Brown on both sides in a pan until cheese melts.

Very Vegetable Lasagna

Take your favorite lasagna recipe and try adding different combinations of your favorite vegetables between the layers: mushrooms, spinach, broccoli, carrots, zucchini, onions, or eggplant. Be creative.



Source:

<http://www.fruitsandveggiesmatter.gov/tips/snacks.html>