



CHILD CARE DEVELOPMENT SERVICES
PROMOTING HEALTHY HABITS TO LAST A LIFETIME

CCDS
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Hot Topics:

-) Kid-friendly Veggies and Fruits
-) Tips for making healthy foods more fun for children
-) Crunchy Hawaiian Chicken Wraps

Menu Due Dates:

Menus must be hand delivered or submitted by the 5th or post marked by the 2nd of each Month.

CCDS Department Directory:

USDA Food Program -
503-489-2528
Training -
503-489-2599
Human Resources -
503-489-2541

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Child Care Development Services Newsletter **February** 2017

Happy Valentine's Day!

Kid-friendly Veggies and Fruits 10 tips for making healthy foods more fun for children

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

1. Smoothie creations Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!
2. Delicious dippers Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.
3. Caterpillar kabobs Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.
4. Personalized pizzas Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.
5. Fruity peanut butterfly Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.
6. Frosty fruits Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.
7. Bugs on a log Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!
8. Homemade trail mix Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.
9. Potato person Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.
10. Put kids in charge Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



Dark Green and Orange Vegetables

This appealing main dish combines seasoned chicken, sweet pineapple, and crunchy shredded vegetables, topped with a delicious poppy seed dressing all wrapped in a warm, whole-wheat tortilla.



Crunchy Hawaiian Chicken Wraps

- 1/4 cup Light mayonnaise
- 1/8 cup White vinegar
- 1/4 cup Sugar
- 1 teaspoon Poppy seeds
- 1 1/2 teaspoon Garlic powder
- 1 1/2 teaspoon Onion powder
- 1 1/2 teaspoon Chili powder
- 2 cup Fresh broccoli, shredded
- 1 1/2 cup Fresh carrots, peeled, shredded
- 1/4 cup Canned crushed pineapple, in 100% juice, drained
- 1 cup Fresh baby spinach, chopped
- 3 cup Cooked diced chicken, 1/2" pieces (12 oz)
- 6 Whole-wheat tortillas, 10"

1. In a small mixing bowl, combine mayonnaise, vinegar, sugar, poppy seeds, garlic powder, onion powder and chili powder for dressing. Mix well. Cover and refrigerate.
2. Combine broccoli, carrots, pineapple and spinach in a large bowl. Stir in dressing and chicken. Mix well. Serve immediately or cover and refrigerate.
3. For each wrap, place 2/3 cup filling on the bottom half of the tortilla and roll in the form of a burrito. Place seam side down. Cut diagonally. Serve immediately.

This recipe will make 12 servings for 1-2 year olds, 8 servings for 3-5 year olds and 6 servings for 6 year olds and older.

Implementing Healthy Routines

Morning Health Check—Greet each child and his/her family warmly each morning. Observe the child for signs of illness, ask how the child is feeling and what kind of a night and morning he/she had. Allow parents to communicate needs, priorities and concerns.

Physical Activity—Allow plenty of time for vigorous physical activity. Children who are physically active before meals have a better appetite for nutritious food and drink, so plan your day accordingly. And remember that infants need plenty of tummy time.

Mealtime—Serve nutritious meals and snacks at regular intervals. If a child is not hungry, they know there will be more food served later. Sit with children and participate in conversations with them at mealtime rather than hovering above or running around waiting on them.

Hygiene—Hand-washing, tooth-brushing and covering coughs and sneezes all need to become habits. Young children do not understand how germs cause illness or how cavities can occur. Repeat the steps of these routines so that they become habits for children.

Helpful Website

Recipes for Healthy Kids:

<https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes>

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