



CHILD CARE DEVELOPMENT SERVICES
PROMOTING HEALTHY HABITS TO LAST A LIFETIME

CCDS
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SUITE #300
GRESHAM, OR 97030
503-489-2528

Hot Topics:

-] How to Decrease Added Sugar
-] Northwest Apple Salad
-] KidKare

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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How to Decrease Added Sugar

It's a well-known fact that sugary drinks and sweet treats contain many calories but lack nutrients. In most cases the added sugar comes from sodas, juice drinks, sports drinks, energy drinks, candy, ice-cream, cakes, cookies and other sweets. By minimizing the amount of these beverages and foods with added sugar your kids consume you will help them develop healthy eating habits and prevent various health problems.

Offer Small Amounts of Sweets

Of course, living without ice-cream or cookies can seem too depressing so we recommend gradually decrease the amount of sweets or candy your kids eat a day. Serve these treats in smaller plates and explain that a small amount of sweets can go a long way and encourage them to share candy.

Avoid Check-out Lanes Displaying Candy

Choose candy-free check-out lanes not to tempt kids who may ask to buy some.

Drink Smarter

Instead of offering kids soda or other sweet drinks that are rich in sugar and calories provide them with water, fat-free milk or 100% juice when they are thirsty.

Offer Fruits for Dessert

Replace high-calorie desserts with fruit salads or baked apples or pears. Or consider offering frozen juice bars which are just 100% juice.

Never Offer Sweets as Rewards

By rewarding your child with sweets you imply that some sorts of food are better than the other. Kind words and comforting hugs can also encourage and be excellent rewards, or consider presenting some non-food items like stickers, for example, to reward some achievements and make the kid feel special.

Offer Treats Only on Special Occasions

A typical mistake of some parents is making treats everyday food. Treats are enjoyed most when they are enjoyed once in a while. Reserve sweet treats like cakes to special occasions.

Make Food Fun

Promote nutritious food by making it fun. Engage kids in cooking healthy snacks together and try to be creative. Make a smiley face with bananas and raisins. Another idea is to cut fruit into fun shapes using cookie cutter.

Let Kids Invent New and Original Snacks

Experiment with "new" mixes of dried fruit and unsalted nuts or seeds to create food that kids will love eating.

Suggest Playing a Detective in the Store

Teach kids how to find the amount of total sugar on the cereal box. Get them to compare cereals they like most to discover the one with the lowest amount of sugar in it.

Serves 4, ¾ cup per serving

Nutrition Facts

AMOUNT PER SERVING

Calories 60

Calories from fat 15

Total Fat 1.5g

Saturated Fat 0g

Cholesterol 0mg

Sodium 10mg

Total Carbohydrate 13g

Dietary Fiber 2g



Northwest Apple Salad—Chef Linette True—Portland, OR

Ingredients

- 2 medium Granny Smith apples
- 2 Tablespoons dried currants
- 3 Tablespoons plain low-fat yogurt
- 1 Tablespoon whole, shelled walnuts

Optional Ingredients

- 2 Tablespoons dried cranberries
- 1 Tablespoon honey

Directions

1. Rinse and remove cores from apples, do not peel. Cut into 1 inch pieces and place in medium mixing bowl.
2. Add currants and yogurt to bowl. Mix well.
3. Put nuts into a small sauté pan and toast over medium heat on the stovetop until golden brown and fragrant. Watch carefully, so they don't burn.
4. Remove nuts from hot pan and let cool.
5. Put cooled nuts into a plastic bag and use a rolling pin or an unopened can to crush into small pieces.
6. Add crushed nuts and optional dried cranberries and honey to the salad, toss, and serve.

Chef's Notes

- Use any kind of apple in this recipe.
- You can substitute raisins for currants.
- Substitute any kind of nuts for the walnuts, if desired.
- Instead of toasting nuts on stovetop, you can place nuts on a baking sheet and into a preheated 350°F oven for 10-15 minutes or until golden brown. Nuts can burn quickly, so watch them closely.

KidKare

Minute Menu is changing and becoming more user friendly and with a new name. It can now be used on any mobile device with an internet connection. To learn the latest simply go to www.kidkare.com and login with your minute menu login and password. Click on the pancake icon in the upper left hand corner for the drop down box and choose what function you would like to explore. Transitioning to Kidcare from Minute Menu is simple.

Helpful Website

<https://help.kidkare.com/help>

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