



Center Newsletter

March 2017

Earth Day April 22nd.

Earth Day Activities

Make a drum out of a recycled tin can

Make a sculpture out of recycled trash

Use an egg carton to hold paint or craft supplies

Plant a flower or tree

A side by side Comparison

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 40

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per 2/3 cup

Calories 230

% DV*

Total Fat 8g 12%
Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 12%

Dietary Fiber 4g 16%

Sugars 1g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet.

Your daily value may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 200mg 250mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Footnote on Daily Values (DV) and calories reference to be inserted here.

New product labeling is coming out soon.

The Calories and Serving size is more prominent.

Also sugars will be broken down to be more accurate in the daily.



Menu Tool Kit Training With the New Meal Pattern

Each participant receives a cook book with cycled menus and seasonal recipes

March 21

5:30 pm to 7:30pm
HELP Center

April 18

6 pm to 8 pm
HELP Center

RSVP Soon!

Changes that can be implemented now

- *****
- ♦ Serve one 'Whole Grain Rich' grain each day .
- ♦ Serve only unflavored milk to children from ages 1 thru 5
 - ♦ 100 % juice can be served one time per day
- ♦ Serve breakfast cereals with 6 grams of sugar or less per dry ounce
- ♦ Snacks may be one veggie and one fruit
- ♦ At breakfast a meat/meat alternative may be served in place of grain, ounce per ounce, up to 3 times per week

Best Practice:

- ♦ Reduce processed meats to only one time per week
- ♦ Such as hot dogs, corn dogs, chicken nuggets, etc.
 - ♦ Set up an area for mom's to breast feed
- ♦ Incorporate seasonal and locally produced foods into meals

EASY SHEPHERDS PIE

INGREDIENTS

- 1 1/2 lbs ground round beef
- 1 onion chopped
- 1-2 cups vegetables - chopped carrots, corn, peas
- 1 1/2 - 2 lbs potatoes (3 big ones)
- 8 tablespoons butter (1 stick)
- 1/2 cup beef broth
- 1 teaspoon Worcestershire sauce
- Salt, pepper, other seasonings of choice



METHOD

1 Peel and quarter potatoes, boil in salted water until tender (about 20 minutes).

2 While the potatoes are cooking, melt 4 Tablespoons butter (1/2 a stick) in large frying pan.

3 Sauté onions in butter until tender over medium heat (10 mins). If you are adding vegetables, add them according to cooking time. Put any carrots in with the onions. Add corn or peas either at the end of the cooking of the onions, or after the meat has initially cooked.

4 Add ground beef and sauté until no longer pink. Add salt and pepper. Add Worcestershire sauce. Add half a cup of beef broth and cook, uncovered, over low heat for 10 minutes, adding more beef broth as necessary to keep moist.

5 Mash potatoes in bowl with remainder of butter, season to taste.

6 Place beef and onions in baking dish. Distribute mashed potatoes on top. Rough up with a fork so that there are peaks that will brown nicely. You can use the fork to make some designs in the potatoes as well.

7 Cook in 400 degree oven until bubbling and brown (about 30 minutes). Broil for last few minutes if necessary to brown.

Crooked Path

Supplies

Masking tape

Predict

Which kind of path is shorter:
straight or crooked?

1



Make one straight path (about
6 feet) from beginning to end.

2



Make a second zigzag path the
same length as the straight path.



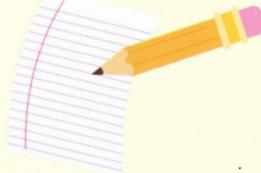
3
Invite children to follow
the straight path while walking
toe to heel. Count the steps.
Record the number of steps it took.



4
Repeat with the crooked path.

Record

Write down the children's prediction
and then the number of steps in each
path. Which was shorter?



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