



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 from Fat 40
Calories 230	
	% Daily Value*
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 80g 80g
Sat Fat	Less than 30g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per 2/3 cup	Calories 230
	% DV*
12% Total Fat 8g	
5% Saturated Fat 1g	
Trans Fat 0g	
0% Cholesterol 0mg	
7% Sodium 160mg	
12% Total Carbs 37g	
14% Dietary Fiber 4g	
Sugars 1g	
Added Sugars 0g	
Protein 3g	
10% Vitamin D 2mcg	
20% Calcium 260mg	
25% Iron 8mg	
5% Potassium 235mg	

* 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

<h3 style="margin: 0;">March 21</h3> <p style="margin: 0;">5:30 pm to 7:30pm HELP Center</p>	<h3 style="margin: 0;">April 18</h3> <p style="margin: 0;">6 pm to 8 pm HELP Center</p>
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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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