

**DIRECTOR'S CORNER**

**HOLIDAYS**

If you have day care children in your care for Christmas, or New Years Day, you will need to put it on the Blue Notes Page.

Remember that when you are watching school age children over the holidays, it is important to include that on the notes page as well.

**Record Keeping**

Please remember that the USDA requires that you write down your menus and attendance on a daily basis.

Menu's that are not recorded will be deducted when we come for a home visit.

It is difficult to remember what was served to children 24 hours ago let alone several days.



**Food on the Go:**

If you could just throw the refrigerator under one arm and take it with you, there wouldn't be any problem in caring for food to go. That's because the best way to fight food poisoning is to keep perishable foods cold between preparation and serving. This is especially necessary for meat and poultry.

Why keep food cold? At temperatures of 60 degrees F and over, food poisoning bacteria can begin to multiply and cause illness. At summer temperatures of 80 degrees F and above, they multiply very quickly. For food safety, prevention is important. Following these rules to keep your food safe...

1. Buy perishable products last from the grocery store and put in the refrigerator or freezer for storage.
2. Keep everything that touches food clean. (Wash your hands and utensils)
3. Keep food cold in a cooler.

**WELCOME**  
**NEW PROVIDERS**

- **LaQuesha Slaughter**
- **Kacey Wynn**
- **Tabitha Runge**
- **Sonya Hunke**

**CHECK DATES!**

January 18<sup>th</sup>  
February 20<sup>th</sup>



**NEWSLETTER WINNERS!**

*(Please read your newsletter and mail back the "Provider's Blog" and you are enter in a drawing to receive a \$25 gift Certificate from Wal-Mart)*

**Tonya Vashon-**  
\$25 Wal-Mart Gift Certificate!

With the Holidays in mind, we decided that a gift certificate to Wal-Mart would be more beneficial than a gift basket. We will start doing some gift baskets in the New Year!

# Creating Healthy Kids

## **Training Opportunities!**

To Be Announced in our January Newsletter!



## **Holidays The Healthy Way**

The holidays are in full swing, which means lots of family, fun...and FOOD! But it doesn't have to mean extra pounds. Even holiday treats can fit into a healthy eating plan. The key is balance and moderation.

To avoid holiday weight gain, balance the calories you consume with the calories you burn. Physical activity and moderate food choices will help. The tips below are gifts you can give yourself and your family to maintain a healthy lifestyle.

Let the holiday spirit move you! If you make your family time active, you will become healthier and have fun doing so. Be adventurous and try something new, but also choose something you enjoy.

Stick to your regular exercise routine as much as possible. Especially during the holidays, plan your physical activity routine in advance (don't leave it up to chance). Mark it on the calendar and consider it as important as any other appointment. Get at least 30 minutes of moderate intensity physical activity daily, and more if possible. Cut back on your family's television viewing time. Limit the number of hours your children spend playing video games. Instead make a new holiday tradition. Take a brisk walk (or wheel) around the neighborhood to see the

holiday decorations or grab your bike, walking shoes or snow shoes and head out to the nearest trails or national park. Play some backyard football or Frisbee with children and adults before the big holiday dinner or during football half-time. Dance or exercise to your favorite holiday music. Make a New Year's resolution with friends to start a daily walking group. Be physically active to avoid or relieve the holiday stress.

### **Healthy Holiday Eating**

Overcome the urge to overeat. Standing by the buffet table is temptation to overeat. Remember holiday parties are a time to celebrate with family and friends, not just food. It's easy to overindulge during the holidays. Make sure to watch portion sizes and select one or two of your favorites from the host of tempting foods.

## **Whole Wheat Muffins**

### INGREDIENTS

- 1 Cup Whole Wheat Flour
- 1 Cup Enriched all-purpose flour
- ½ tsp. Salt
- 2 1/2 Tbsp. Baking Powder
- 3 Tbsp. Sugar
- 1 Large Egg
- 1 Cup Lowfat milk
- ½ Cup Vegetable Oil

### DIRECTIONS

1. Preheat oven to 400 degrees
2. Lightly grease bottoms of 10 muffin cups
3. In a large mixing bowl, sift together both kinds of flour, salt, baking powder and sugar.
4. Add egg, milk and oil. Stir until dry ingredients are moistened.
5. Fill muffin cup 2/3 full
6. Bake at 400 degrees for 18-20 minutes

### Variations:

- *Put 1 teaspoon jam or jelly in the bottom of each muffin cup before adding batter.*

## **Fruits & Veggies**

The holidays are a great time to enjoy a colorful variety of fruits and vegetables.

Bowls of fresh fruit are a festive and sweet substitute for candy or chocolates. Remember calories add up! This is especially true during the holidays when we snack more. For a healthy snack, choose a piece of fresh fruit. You've tried the leftover turkey sandwich; now try the leftover turkey salad! Add a few pieces of turkey to a generous portion of mixed greens, cucumbers, mushrooms, peppers, or any other vegetables you like. Sprinkle with dried cranberries for that authentic holiday taste.

Thank you for your suggestions. We are willing to use any comments that would improve our customer service, remaining within CACFP guidelines and our budget. This is one of the ways to do just that, and help make your job easier. Remember to Sign & Return this page to be entered into the Wal-Mart Certificate drawing.

## **PROVIDER'S BLOG**

**Question- (We can't always Print everyone's response so we tried to get a good balance)**

*We had so many great ideas that we will be compiling them into one brochure. GREAT IDEA'S!*

### **THIS MONTH'S QUESTION-**

*Share some Holiday Fun Activities to do with the Daycare Children!*


---

Signature

*In accordance with Federal law and U.S. Department of Agriculture policy,*

*this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.*

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.