

CATHOLIC CHARITIES CHILD & ADULT CARE FOOD PROGRAM



September 2018

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"This institution is an equal opportunity provider & employer."

September is National Childhood Obesity Month

One in 5 children in the United States are obese.

Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The **Good News** is that you, as a daycare Provider, can create opportunities for kids to eat healthier and get more active.

Make Menu Planning a Group Activity - Brainstorm meal ideas with the children and decide what's on the menu for the week.

Keep it Simple - Try simple recipes like roasted veggies, bean soup, or baked chicken. You don't need a recipe with a lot of ingredients to create a delicious dish.

Get Active Outside - The heat and humidity of the summer have gone. Walk around the neighborhood, go on a bike ride, or play ball in the yard or at the park, etc.

Jack-O-Lanterns (Pumpkin Pancakes)



Prep time: 15 min



Cook time: 5 min



Yield: 8



Serving Size: 2 pancakes (4-in)



Ingredients:

- 1 egg
- 1/2 cup canned pumpkin
- 1 3/4 cups non-fat or 1% milk
- 2 tablespoons vegetable oil
- 2 cups flour OR 1 C white + 1 C whole wheat
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 teaspoon pumpkin pie spice
- 1 teaspoon salt

Notes:

No pumpkin pie spice? Use 1/2 teaspoon cinnamon, 1/2 teaspoon dry ginger, and 1/8 teaspoon cloves or nutmeg.

Try using 1 cup whole wheat flour and 1 cup all-purpose flour for more whole grains!

To see if skillet is hot enough, sprinkle with a few drops of water. If drops skitter around, heat is just right.

Top with applesauce, fresh fruit or yogurt.

Directions:

Combine eggs, pumpkin, milk and oil in large mixing bowl.

Add flour, brown sugar, baking powder, pumpkin pie spice and salt to egg mixture. Stir gently.

Lightly spray a large skillet or griddle with non-stick cooking spray or lightly wipe with oil. Heat skillet or griddle over medium-high heat (300 degrees in an electric skillet). Using a 1/4 cup measure, pour batter on hot griddle.

Put a face on the jack-o-lantern, using raisins for eyes and teeth. Drop raisins in batter while it cooks.

Pancakes are ready to turn when tops are bubbly all over, and the edges begin to appear dry. Use a quick flip with a broad spatula to turn pancakes. Turn only once. Continue to bake until bottoms are brown and dry.

Refrigerate leftovers within 2 hours.

*** Recipe from the Maine Snap-Ed web site providing Nutrition Education Services throughout the State. www.mainesnap-ed.org

Pumpkin Slime

Make ooey, gooey, sticky slime that smells just like pumpkin pie—the kids will L-O-V-E it!



3/4 tsp. Borax

1 1/3 cups very warm water

Combine the water and borax in small bowl

In a second bowl combine

2 cups of white school glue

1 1/2 cups very warm water

5-10 drops of orange food coloring or watercolors

1-2 tsp of pumpkin pie spice

Mix the contents of both bowls well, and then combine both bowls.

Once all the ingredients are well enough mixed you will want to remove the

slime substance from the bowl and finish working it by hand. This whole process is really fun for the kids. Store your slime in a zip-seal bag or air-tight container in the fridge between play times, and it will stay good for several months. Thanks growingajeweledrose.com

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Are you open for business on a federal holiday? Please keep in mind that KidKare defaults all providers to being closed on all federal holidays. If you are open and providing care, online providers must go into Kid Kare and change your schedule. Paper menu providers must note it on the CIF.

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