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### Enjoy Nutrient-Rich Foods as the Foundation of a Healthy Diet

Nutrient rich foods give you the most vitamins, minerals and other nutrients for the fewest calories. To live well, build your daily eating plan on a variety of nutrient-rich foods first:

- Brightly colored fruits and 100% fruit juices
- Vibrant-colored vegetables
- Whole, fortified and fiber-rich grain foods
- Fat-free and lowfat milk,cheese and yogurt
- Lean meats, skinless poultry, fish, eggs, beans and nuts

## Enjoying Nutrient Rich Foods: Getting the Most Nutrition Out of Your Calories

Bringing the Dietary Guidelines and *MyPyramid* to life for yourself and the children you care for can be an overwhelming task. Wouldn't it be nice to focus on how to make calories count more? Or, on what can be added to the diet? Enjoying a nutrient-rich diet and providing the opportunity for children to do the same just might be a way to accomplish this task, one small step at a time.

### What is a nutrient-rich diet?

A nutrient-rich diet is an eating style that maximizes nutrient density by including a variety of nutrient-rich foods first, followed by less nutrient-dense options as calories and physical activity levels permit.

Nutrient-rich foods provide substantial amounts of vitamins, minerals and other nutrients, in relatively few calories. Foods that are not nutrient-rich supply calories, but relatively small amounts of these micronutrients, and sometimes none at all. Unfortunately, because of sedentary lifestyles and poor food choices, many Americans may be overfed, but undernourished, due to exceeding caloric needs without meeting nutrient requirements.

The United States Department of Agriculture's *MyPyramid* provides the guidance to select foods from five categories: Grains, Vegetables, Fruits, Milk, and Meat & Beans. How should we select foods from these groups? As you select, add, or swap foods, envision them with a nutrient-rich twist, as recommended by the 2005 Dietary Guidelines:

- Brightly-colored fruits and 100% fruit juices
- Vibrant-colored vegetables
- Whole, fortified, and fiber-rich grain foods
- Fat-free and low fat milk, cheese and yogurt
- Lean meats, poultry, fish, eggs, beans, and nuts

### Simple swaps to add nutrients to meals

The following are examples of small steps to take for adults and children alike without the extra calories. Take on these and other challenges one step at a time. Persons who take baby steps toward change may be more likely to sustain those changes.

**Whole grains instead of refined grains!** Don't let breads fool you. Whole grain does not always mean dark brown in color, coarse, or dry. Explore the options in the supermarket. Some breads made with 100% whole grain are smooth, light in color, and delicious. Whole grain tortillas, crackers, English muffins, and cereals are tasty substitutions, without a sacrifice in taste. Look on the ingredient label for whole grain, whole wheat, whole oat, whole corn, etc.

**Exciting Oatmeal.** Add applesauce, raisins, cranberries, or blueberries to plain oatmeal instead of adding sugars or choosing oatmeal with added sugars.

**Breakfast for lunch?** Add chopped peppers, spinach, or tomatoes to scrambled eggs. Serve with whole-wheat tortillas and mozzarella cheese.

*Enjoying  
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**Flavorful pancakes.** Add applesauce or berries to pancakes. Choose pancake mixes made with whole grains.

**Cookies and milk?** If the children are going to have cookies, make them as nutritious as possible. Oatmeal cookies with raisins or cranberries are more nutritious than the basic chocolate chip. Be sure to choose low fat or fat free varieties of milk for children ages 2 years and older.

**Adults and Children love to dip!** Choose garlic hummus or ranch dip made with yogurt instead of high fat dressings for no-chop veggies such as grape or cherry tomatoes, baby carrots, broccoli florets, or crunchy sugar-snap peas.

**Make salads colorful and balanced!** Set a goal to present at least 5 colors in the salad. Green: leafy deep greens. Red: grape tomatoes. Orange: mandarin oranges. Yellow: yellow bell pepper. Black: black beans. The more colors, the more nutrients.

**Fruity toppers.** Pureed fruit for waffles instead of maple syrup.

**Make pizzas supreme!** Add green or red pepper, onion, spinach, and diced chicken instead of pepperoni.

**Nutritious birthday treats.** Freeze yogurt mixed with berries in ice cube trays with popsicle sticks to serve instead of ice cream for birthdays.

**Nutritious add-ins.** Make oatmeal or tomato soup with fat-free milk instead of water.

**Fries to surprise!** Brush sliced sweet potatoes and white pota-

# LIVE WELL!

## ADVICE FOR TODAY

### Smart Portion Size Guide

Comparing your portion sizes to everyday objects helps you choose the amounts that are right for you. Use the portion size guide below to gauge how much you're eating.

To find your personal pyramid and the amounts from each food group that are right for you, go to **MyPyramid.gov**.

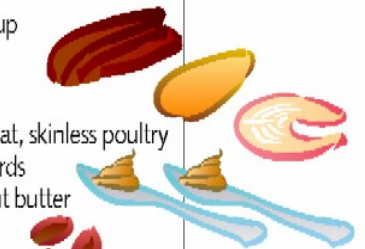
#### Fruits

- 1 medium apple or orange = a baseball
- 1/2 cup raisins = a large egg
- 1 cup 100% fruit juice = 1 small (8 oz) carton



#### Meat & Beans

- 3 ounces cooked meat, skinless poultry or fish = a deck of cards
- 2 tablespoons peanut butter = a golf ball
- 1/2 cup beans = a computer mouse



#### Vegetables

- 1 cup vegetables = a baseball
- 1 cup raw, leafy vegetables = a baseball
- 1 small baked potato = a computer mouse



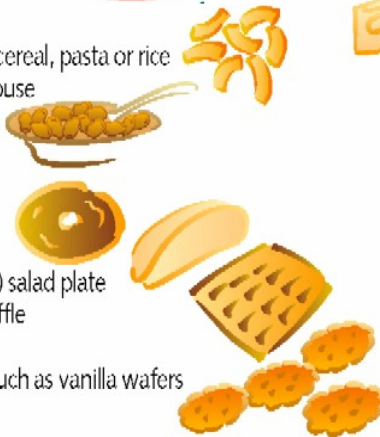
#### Milk, Yogurt & Cheese

- 1 cup milk = a small (8 oz) chug
- 1 cup yogurt = an 8-ounce yogurt container
- 1-1/2 ounces cheese = about 3, 1-inch cubes



#### Grains

- 1/2 cup cooked cereal, pasta or rice = a computer mouse
- 1 cup dry cereal = a baseball
- 1 bagel = a hockey puck
- 1 tortilla = a small (7-inch) salad plate
- 1 pancake or waffle = a music CD
- 4 small cookies such as vanilla wafers = 4 casino chips



atoes with olive oil, add a little salt, and bake. Choose these instead of pre-fried frozen French fries.

### Beware of portion distortion!

Don't forget to be mindful of portions! For yourself, be sure to visit <http://www.mypyramid.gov/> to determine your personal pyramid and the amounts of foods from each group that are right for you. Refer to the Smart Portion Size Guide above, which compares the size for everyday

objects to typical portion sizes of several nutrient-rich foods. For the children in care, the USDA, CACFP Meal Pattern is a great guide for child-size portions, by age. Remember to allow children to choose what and how much to eat!

For more information about enjoying nutrient-rich foods, visit <http://www.nutrientrichfoods.org/index.html>

Reference: Live Well Tool Kit. Nutrient Rich Foods Coalition. 2006, Revised 2007.

# PROGRAM NEWS

## 2009 CACFP NEW CENTER TRAININGS:

To register on-line for the class you must have access to the CACFP application website:

<http://co.cnpexpress.com>

### January 15, 2009 Denver \*

4300 Cherry Creek Drive South, Bldg. A, EOC Room  
Denver, CO 80246

### February 11, 2009 Greeley

Weld County Department of Public Health  
and Environment  
1555 N 17th Ave, Room 103  
Greeley, CO 80631

### March 18, 2009 Denver \*

4300 Cherry Creek Drive South, Bldg. A, EOC Room  
Denver, CO 80246

### April 8, 2009, Southern Colorado

Seeds of Learning Family Center  
575 S. 7th St.  
Pagosa Springs, CO 81147

### May 14, 2009 Denver \*

4300 Cherry Creek Drive South, Bldg. A, EOC Room  
Denver, CO 80246

### June 9, 2009 Grand Junction

Mesa County Health Dept.  
Community Services Building  
510 - 29½ Road;  
Grand Junction, Colorado 81504

### July 16, 2009 Denver \*

4300 Cherry Creek Drive South, Bldg. A, EOC Room  
Denver, CO 80246

### August 5, 2009 Colorado Springs:

Community Partnerships for Child Development  
2330 Robinson St.  
Colorado Springs CO 80904

### September 15, 2009 Denver \*

4300 Cherry Creek Drive South, Bldg. A, EOC Room  
Denver, CO 80246

### October 7, 2009 Pueblo

Pueblo Windgate Hotel - Conference Room  
4711 N Elizabeth St.  
Pueblo, CO 81008

### November 3, 2009 Denver \*

4300 Cherry Creek Drive South, Bldg. A, EOC Room  
Denver, CO 80246

### December 4, 2009 Denver \*

4300 Cherry Creek Drive South, Bldg. A, EOC Room  
Denver, CO 80246

"All participants are asked to bring two weeks of center menus to use during the class."

## CACFP Recognizes Kathy Sucherman, Award-Winning Head Start Cook

Kathy Sucherman, the outstanding cook of Mancos Child Development Center in Mancos, Colorado has recently won the Colorado Head Start Cook of the Year and Region 8 Cook of the Year awards. Kathy serves meals and snacks to Head Start children in a one-room building built in the 1800's. This historic building and once served as The Grange meeting place.

Kathy is an outstanding cook for many reasons. Her cooking produces wonderful aromas from her kitchen that fill the classroom. Kathy involves the children and their parents in nutrition and cooking activities. Her enthusiasm has spread into the community.

"It is my belief that when children are involved in the preparation of food that they are more inclined to eat what they are presented. To that end I have them help me as much as possible. They help snap green beans, shape rolls, slice strawberries and clean lettuce." Kathy eats at the table with the children and shares in the children's stories.

Kathy offers healthy food choices such as wheat germ, and provides cinnamon in salt-and-pepper shakers. Kathy makes many foods from scratch, using fresh ingredients and whole grains. She provides ethnic and vegetarian meals, and has been instrumental in helping adopt this concept program wide.

Kathy enjoys sending the parents activity packets they can do with their children at home. Examples are sprouting popcorn and planting it, trying different types of pasta, talking about shapes, discussing how color affects the taste, and making potato art. These packets include creditable recipes and companion foods that make a complete meal, as well as nutrition tips.

Nutrition is a topic Kathy is interested in. She stays informed about foods, new guidance about nutrient requirements, and food safety. Kathy is cost conscious and shops accordingly. She states that, "Fruits and other items that are not sent to the table are often used in other meals or turned into purees to use with pancakes or muffins." Kathy is enthusiastic about good nutrition, food safety, and teaching these concepts to children and their parents.

On entering first grade this fall, a former Mancos Head Start student standing in line at the school cafeteria, was over heard to say to the cook, "Do you know Ms. Kathy? She's really nice. You should call her for some recipes."

Be sure to grab on to the recipe for "HomeMade Granola" in this issue of Bits and Bites, directly from Kathy Sucherman.  
Congratulations Kathy, from all of us here at the CACFP!!

## WIC Helps...

WIC, the Special Supplemental Nutrition Program for Women, Infants, and Children, is a Federally funded nutrition program. WIC provides nutrition education, healthful foods, and health referrals for women, infants, and children who qualify.

Annually, the CACFP distributes information about the WIC program to participating centers and sponsors of centers. Please print this newsletter and make copies of the WIC handout for distribution to parents (see page 4, 5).

## Happy Holidays!

The CDPHE-CACFP staff wishes you all a joyous holiday season and a prosperous 2009! We look forward to working with you in the upcoming year!



## **Special Supplemental Nutrition Program for Women, Infants & Children**

### ***What is WIC?***

WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children. This is a federally-funded nutrition program that provides nutrition education, healthful foods, and health referrals to women, infants, and children who qualify.

### ***Who is eligible for WIC?***

Pregnant women  
Breastfeeding women  
Postpartum women (up to 6-months after delivery)  
Infants and children up to age 5-years

### ***Other eligibility criteria include:***

**Nutrition Risk:** Applicants receive an initial screening to determine nutritional risk.

**Income:** Families who receive Medicaid, Food Stamps, and/or TANF are automatically income-eligible for WIC. Others must fall within the guidelines listed on the back of this flyer.

**Residence:** Participants must live in the county where they receive services. Participants do not have to be U.S. citizens.

### ***Why get WIC?***

**Nutrition Education:** Participants receive personal counseling about the nutritional needs for themselves and their family.

**Breastfeeding Support:** Participants receive encouragement and instruction in breastfeeding methods.

**WIC Foods:** Participants receive checks for milk, cereals, eggs, cheese, peanut butter, beans, juices, and infant formula. Exclusively breastfeeding moms also receive tuna and carrots.

**Referrals:** WIC refers to a variety of health, food, and social service programs.

### ***Where can I get WIC?***

Colorado has 98 WIC clinics throughout the state. To find the WIC clinic nearest to you, call toll free: **1-800-688-7777**.

## Income Guidelines for WIC Eligibility

Family Size	ANNUAL	MONTHLY	WEEKLY
1 .....	19,240	1,604	370
2 .....	25,900	2,159	499
3 .....	32,560	2,714	627
4 .....	39,220	3,269	755
5 .....	45,880	3,824	883
6 .....	52,540	4,379	1,011
7 .....	59,200	4,934	1,139
8 .....	65,860	5,489	1,267
For each additional family member add....	+6,660	+555	+129

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\*A pregnant woman counts as 2 family members  
(these income guidelines are effective July 2008 and will increase in July 2009)

**Program Description** - The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a health and nutrition program with a successful record for improving the diet of infants, children, and pregnant, postpartum, and breastfeeding women who are at risk for nutrition-related illness. The main focus of the WIC Program is to educate participants on the best nutrition for their families.

**WIC promotes a better quality of life** for Colorado's most vulnerable children by providing healthful foods, nutrition education for parents, support for mothers who breastfeed, and medical and social service referrals.

**WIC services are short-term** and offer special assistance to families with babies and young children.

**WIC creates significant savings in the Medicaid Program** by promoting better nutrition among low-income pregnant women and infants. A study released in January 1991 showed that for every dollar invested in the WIC Program for pregnant women, Medicaid Program savings ranged from \$1.77 to \$3.13.

**WIC foods are a "prescription" for the nutritional needs of participants.** WIC foods are rich in protein, iron, vitamins C and A, and calcium which are vital to

healthy development during pregnancy and early childhood. WIC foods are: iron-fortified cereals, fruit juices, milk, eggs, cheese, beans, and peanut butter. Exclusively breastfeeding women also receive tuna and carrots. Babies who are not breastfed receive iron-fortified formula.

**Benefits** are available in all 64 Colorado counties through contracting agencies that include city/county health departments and nursing services. There are 98 WIC clinics in Colorado.

**WIC dramatically lowers infant mortality** according to a national study released in May 1993. Infant mortality was reduced by approximately one-quarter to two-thirds among Medicaid beneficiaries who participated in WIC in comparison to Medicaid beneficiaries who did not participate in WIC.

**WIC moms give birth to fewer low birth weight babies.** Several studies have shown that women who participate in WIC give birth to fewer low birth weight (less than 5½ pounds) infants. Low birth weight is a leading cause of death in the U.S. A low birth weight infant is twenty times more likely to die than a normal birth weight infant.

**For more information contact the Colorado Department of Public Health and Environment, WIC Program; 4300 Cherry Creek Drive South; Denver, Colorado 80246-1530; (303) 692-2400.**

WIC is an equal opportunity program. "In accordance with Federal law and U.S. Department of Agriculture policy, the WIC Program 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 Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY)." USDA is an equal opportunity provider and employee.

*Child and Adult Care  
Food Program  
(PSD-CAC-6411)  
4300 Cherry Creek Dr S  
Denver, Colorado 80246*



**Colorado Department  
of Public Health  
and Environment**

**We are on the  
web at:  
[http://  
www.cdphe.st  
ate.co.us/ps/  
cacfp/  
index.html](http://www.cdphe.state.co.us/psd/cacfp/index.html)**

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**Bits and Bites** is published three times a year by the Colorado Department of Public Health and Environment—Child and Adult Care Food Program. Your comments and questions are encouraged. Tracy Miller, MSPH, RD, *Editor* Corina Landeros, *Desktop Publishing Editor*

**Moving to a New Location or Adding New Sites to Participate in CACFP?**

Remember that participating in the CACFP at a new location or adding new sites for participation requires CDPHE-CACFP approval prior to claiming meals at those sites! Contact your nutrition consultant or the CACFP main number at (303) 692-2330 if the organization you represent plans to move or add sites. The CACFP staff will provide you with guidance to get the new location or additional sites approved. Avoid delay in reimbursement and contact the CDPHE-CACFP as soon as plans are underway to move or add sites.

**SAVE THE DATE! MARCH 7, 2009  
Conference for Child Care Providers!**

**Building Blocks for Healthy Kids: Bringing Nutrition and Physical Activity to Life in the Child Care Setting**

Tri-County Health Department is partnering with the Colorado Department of Public Health and Environment, Colorado Physical Activity and Nutrition Program (COPAN) and the Child and Adult Care Food Program to provide a great training opportunity for child care providers. This training will include topics regarding healthy eating and physical activity in child care settings.

The training event will take place on Saturday, March 7th at the Summit Event Center in Aurora (near I-225 and 6th Ave). It will provide approximately 6 hours of professional development for home and center providers. Attendees will receive registration plus a healthy breakfast, lunch, and snack for \$20. The cost will be \$30 for registrations after February 21, 2009 and at the door. The CACFP will send registration information to all CACFP participants by email in early January 2009. Join us for this great opportunity!

**Tasty Recipes from Kathy Sucherman, Award Winning Head Start Cook.  
Thank you Kathy!**

**Homemade Granola**

- 5 cups oats
- 1 ½ cups wheat germ
- ½ cup ground flax
- 1 ½ cups powdered milk
- 1 Tbsp. cinnamon
- 1 cup canola or vegetable oil
- 1 cup honey
- Raisins or any other dried fruit

Mix dry ingredients together in a large bowl. Add oil and honey. Spread in 2 (9x13 inch) pans. Bake at 250 degrees for 30 minutes. Stir well and bake another 30 minutes. Add raisins or other dried fruit after baking but while the mix is still warm. Cool well. Store in a tight container in the refrigerator.

**Granola Bars**

- Preheat oven to 350 degrees
- 6 eggs
- 1 ½ cups unsweetened applesauce
- 6 cups granola

Beat eggs and blend into applesauce. Add granola and mix well. Spray a 9x13 inch pan with cooking spray. Press mixture firmly and evenly into the pan. Bake for 20 minutes. Cool and slice.

Granola and Granola Bars recipes meet the bread/bread alternate component at snack for approximately 22 children, ages 3 through 5 years.