

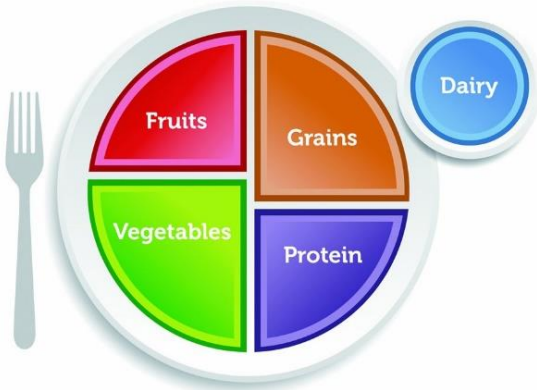
# Parent Page November 2018



JCCCA  
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www.jeffcochildcare.org

Nominate Your  
Child Care Provider  
For JCCCA  
Provider of The Month!!!  
E-Mail Sheryl  
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## Kid's Nutrition Tips



By serving balanced, nutritious meals and snacks, we help our children's brains and bodies reach their best potential. Here are some tips from the USDA:

- Serve a rainbow of fruits. Choose from fresh, frozen, canned, and dried fruits. Limit fruit juice, since it is high in sugar and low in fiber.
- Brighten children's plates with red, orange, and dark-green vegetables. Prepare and serve vegetables without added salt or solid fat.
- Make at least half the grains whole grains by offering 100% whole-grain cereals, breads, and pasta.
- Limit highly processed poultry, fish, or meat (like hotdogs, chicken nuggets, and fish sticks).
- Serve unflavored, fat-free, and low-fat milks most often. Low-fat milk, yogurt, and cheese provide much needed calcium. Try making a dip for fruits or vegetables from yogurt.



## "I am Thankful"

*Sung to: "Row, row, row your boat"*

I am thankful for:

My friends and family,  
Thankful for the gifts I have,  
Thankful to be me!

*HAPPY THANKSGIVING  
Thursday November 22*

## Delicious Corn Casserole

*Serves 8, 10 min. prep, 60 min. bake*

### INGREDIENTS

15 oz. can whole kernel corn undrained  
15 oz. can cream-style corn  
1 pkg. Jiffy Corn Muffin Mix  
2 large eggs, beaten  
12 oz. ctn. sour cream  
1 tbsp. sugar  
1 stick unsalted butter melted (1/2 cup)  
1 1/2 cups sharp cheddar cheese grated

### INSTRUCTIONS

Spray 9x13" baking pan.  
Heat oven to 350°.  
Melt butter in large bowl.  
Add corn, muffin mix, eggs, sour cream and sugar.  
Stir together and pour into sprayed pan.  
Top with cheddar cheese.  
Bake for 60 minutes at 350°.