



Nominate Your
Child Care Provider
For JCCCA
Provider of The Month!!!
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Picky Eaters: Tips and Tricks

- ✓ Introduce new foods mixed in with old favorites.
- ✓ Use dipping sauces to help with new fruits and veggies.
- ✓ Try new veggies both cooked and raw, or even frozen
- ✓ Let your child feel, smell, and even play with new foods.
- ✓ Model healthy eating yourself!
- ✓ Don't give up on foods your child won't try. Offer them again in a few days.
- ✓ Introduce a wide variety of foods and textures from an early age.
- ✓ Take children to select and buy fresh foods from the market.
- ✓ Try new, exotic foods together as a family.
- ✓ Consider growing fruit, veggies, or herbs at home, even in a pot on the windowsill.
- ✓ Safely enlist your child's help in meal preparation.
- ✓ Do not force your child to "clean the plate." (Let them feel the feelings of hunger or fullness on their own.)
- ✓ Don not let your child graze on simple snacks throughout the day- Offer 3 nutritious meals and few balanced snacks between meals as well.
- ✓ Do not use desserts as a reward for healthy eating.
- ✓ Use cookie cutters to make fun shapes with new food.
- ✓ Encourage older children to set good examples in adventurous/healthy eating.
- ✓ Add healthy veggies to pureed sauces and smoothies to help introduce new flavors.
- ✓ Visit www.choosemyplate.gov/kids for info about USDA guidelines for child nutrition.

Wash, Wash, Wash Your Hands



Wash, wash, wash your hands
Gotta get them clean,
Every finger one by one,
And lather in between!
**To the tune of Row, Row,
Row Your Boat*

Yummy Peas & Bacon Pasta

Serves 4, Takes 30 min.

Ingredients:

8 oz bacon, diced	8 oz dry penne pasta
¾ cup diced onion	1 cup frozen peas
½ tsp. garlic powder	½ cup sour cream
2 ½ cups chicken broth	Salt and pepper
½ c milk	Grated Parmesan

Directions

In a large skillet over medium heat, cook the bacon until crisp. Remove with a slotted spoon to a paper towel lined plate. Drain all but about 2 tablespoons of the bacon grease in the skillet. To the hot bacon grease, add the onion and cook until softened, about 5-8 minutes. Pour in the chicken broth and the milk, and bring to a boil. Once the liquid is boiling, add the dry pasta and reduce the heat to medium-low. Cover the skillet and allow the pasta to cook until al dente, about 15 minutes.

Once the pasta is cooked, add the garlic powder and peas and continue to cook until they have defrosted. Stir in the sour cream and the reserved bacon. Taste and season to taste with salt and pepper. Serve immediately, topped with parmesan cheese. (www.tasteandtellblog)