

Child Care Links



www.childcarelink.org

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February
2017

Nutritious Flavor

Using fresh and/or dry herbs and spices while preparing food is a good way to create a delicious meal without adding additional fat, salt or sugar. Learning what spices and herbs to use and how much to use does take practice. Once the basic knowledge is gained, meals can be prepared packed full of nutrients and flavor. Spices are made from the roots, buds, flowers, fruits, bark or seeds of plants. The most commonly used spices are:

Ginger
Paprika
Cinnamon
Cloves
Nutmeg
Allspice



Herbs come from the leaf or the soft parts of plants. The most commonly used herbs are:



Basil
Sage
Oregano
Parsley
Cumin
Mint

When cooking soups or stews, try adding whole herbs such as bay leaves and discarding them before serving. For foods that do not take long to cook, add the herbs and spices at the beginning of cooking. For foods that cook for a long time, add herbs and spices during the last 15-20 minutes of cooking for the best flavor. Using the right herbs and spices in the correct amounts can help bring amazing flavors to food and make healthy meals more enjoyable.

Adapted from ICN Mealtime Memo for Child Care Source: <https://snaped.fns.usda.gov/nutrition-through-seasons/holiday-observances#topcalendar>

February is:



American Heart Month
Berry Fresh Month
Hot Breakfast Month
Grapefruit Month

Feb 2 Kiwi Day
Feb 4 Homemade Soup Day
Feb 13 Oatmeal Day
Feb 14 Valentine's Day
Feb 16 Almond Day
Feb 17 Women's Heart Day
Feb 19 – 25 National Pancake Week
Feb 27 Strawberry Day



Team Nutrition Grant Opportunity

The Local Foods & Gardening project will help support Kansas child care sites in introducing nutrition education messaging and starting gardens by providing resources, sub-grant funds, and technical assistance.

- Sub-grant recipient award includes: Grow It, Try It, Like It – Preschool gardening curriculum
 - Kailey's Ag Adventures - Kansas Farm Bureau book series
 - Sub-grant funds **\$100** per Day Care Home Provider
- Grantees can determine how best to incorporate gardening and nutrition lessons. Technical assistance from Kansas Team Nutrition will be available.

Applicants Must:

- Be located within the state of Kansas
- Participate in the federal Child and Adult Care Food Program

For more information and to apply go to www.kansasteamnutrition.org

Grapefruit. Selection. Storage. Nutrition.

Grapefruit is a large fruit in the citrus family. It is related to the orange and lemon. Grapefruit is generally between four to six inches in diameter. They may or may not have seeds. It has a hint of sweetness but is most commonly described as tart or tangy.

Grapefruit grows hanging in clusters, similar to grapes. This is how it acquired its name in Jamaica in 1814. In the US, Florida is the leading producer of grapefruit, although you may also find it growing in California, Texas and Arizona.

Grapefruit is a great source of vitamin A and C! It is suggested that eating grapefruit can reduce your risk of certain cancers, heart attacks and stroke. Drinking grapefruit juice may help if you have a history of developing calcium oxalate kidney stones.



How to Select:

Choose grapefruits with thin, smooth, firm blemish free skins that are heavy for their size. They should be firm, yet give to gentle pressure.

How to Store:

Store at room temperature for 1 week or under refrigeration for 2 to 3 weeks.

How to Prepare:

Always wash your grapefruit before cutting into it. Although you probably won't eat the peel, bacteria on the outside will be transferred to the inside during preparation. Slice the fruit horizontally and scoop out the sections with a spoon.

You may also choose to peel and eat like an orange.

Source: <http://www.fruitsandveggiesmorematters.org/grapefru> and www.whfoods.com

Cinnamon Raisin Biscuits

Ingredients:

2 cups flour (1 c. enriched + 1 c. whole wheat)
2 tsp. baking powder
1/2 tsp. baking soda
3/4 tsp. salt
1/4 cup shortening
1 c. buttermilk
1/2 c. raisins
2 tsp. cinnamon



Plump raisins by covering with hot water and resting for 1 hour. Drain off water and drain on a paper towel. Preheat oven to 450°. Mix flour, baking powder, soda, salt and shortening until coarse crumbs form. Add buttermilk slowly to form a soft dough. Add raisins and cinnamon. Stir just enough to evenly distribute raisins. Cinnamon will marble the dough. Dump dough onto a floured work surface. Pat dough into rounded shape and roll to 1/2-inch thickness. Cut with floured biscuit cutter (you can use a heart shaped cookie cutter for a festive shape). Place on greased baking sheet and bake 10-12 minutes.

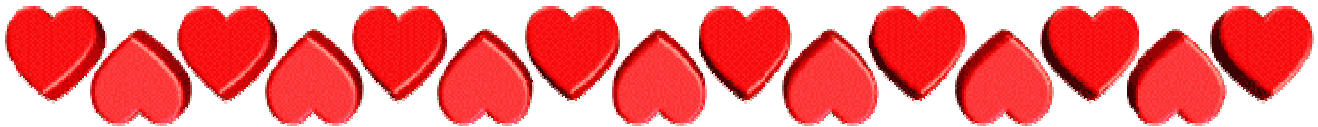
For the glaze:

1/2 c. powdered sugar
2 tsp. soft butter
1/4 tsp vanilla
1 Tbsp milk

Mix ingredients until smooth. Brush glaze over warm biscuits and serve warm.

Anticipate Reimbursement Distribution Dates:

February 27, 2017 * March 31, 2017 * April 28, 2017



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