



# ***Nutritious***

## ***Nibbles*** ***Summer 2012***

*“As children grow, they discover that people who care about them also set limits for them. As they learn more about safe limits, children can learn to set these limits for themselves. It’s important for children to learn that limit-setting is one way that grownups show love and concern.” Fred Rogers*

*This is a very important part of your mission as caretakers of our children, teaching them limits and boundaries. When a child learns this life lesson early on, they are able to nurture the ability of self control, something sadly missing in our society today. Thank you for your good work.*

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We are fast approaching the official start of summer, which means spending more time out of doors and a higher level of activity for you and your children. It is a time when routines seem to be difficult to keep, but it is probably one of the most important times to keep to that routine you have established. Children need structure, so although there is absolutely nothing wrong with a spontaneous day once in a while, you will find that your children will be calmer and better behaved if you keep a schedule posted of activities and menus for them. Having a predictable day helps children to learn trust in the adults who care for them, and then gives them the foundation to deal with days that are topsy turvy! And if there is a special treat or trip being planned, tell them in advance and remind them every day about it. Anticipation is a large part of the fun of an activity - we all know that.

Enjoy the summer season and remember to take time for yourself. We all need to get away and get refreshed - it makes us better people.





***Father's Day is June 17<sup>th</sup>***

***THE TOP TEN THINGS I LEARNED FROM  
MY DAD:***

- 10. I wasn't born in a barn***
- 9. We don't own the electric company.***
- 8. There is no free lunch***
- 7. Things sure have changed since Dad was a kid.***
- 6. Money doesn't grow on trees***
- 5. YOU HAVE TO WORK FOR WHAT YOU GET IN LIFE.***
- 4. Kids today have it soooooo easy.***
- 3. You can't air condition the great outdoors***
- 2. If something is worth doing, it is worth doing well.***
- 1. My Dad is the GREATEST.***

Here are some easy outdoor activities young children can do with their Dads:

**LOW BASKETBALL HOOP**

Attach a basketball hoop or old laundry basket without the bottom to an outside wall or large tree. Provide a basketball or lighter rubber ball. Children love to "shoot baskets" if it's just high enough.

**TOSSING TARGET**

Cut 3 or 4 holes of different sizes in a large cardboard carton. Children can toss bean bags or small balls into the holes. Mark the ground where they need to stand to toss at the target.

Catholic Charities CACFP has completed the DOE Review. A few of our providers were visited during that time and we appreciate your cooperation during those visits. You did us proud!

Some of the findings that came out of the review are very important for all of you to know about, they are listed below:

- Raisin Bran cereal is not an allowable cereal - it is too high in sugar
- Puffs are not allowed for infants - a whole grain product is needed if a bread is being served
- Sweet grains at snack are now only allowed one time in a 2-week cycle (e.g. cookies)  
\*\*\* Animal crackers and graham crackers are not considered cookies and can be served anytime at snack
- Notify your monitor as soon as possible when you make a change to your schedule, i.e. the times you are open and/or your meal times



***If the only prayer you ever say in your entire life is thank you, it will be enough.***  
***–Meister Eckhart***

## **NEWS YOU CAN USE**

### **Kids With Food Allergies Foundation**

Kids With Food Allergies Foundation (KFA) educates families and communities with practical food allergy management strategies to save lives and improve the quality of life for children and their families. One of the unique ways we provide this help is through our award winning online community. Our community is the largest online support community for families raising children with food allergies and it's free!

[Kidswithfoodallergies.org](http://Kidswithfoodallergies.org)

## **RECIPES**

### **GRIDIRON PARTY PIZZAS**

Prep time: 15 minutes

Total time to serve: 20 min.

Servings: 18

#### **Ingredients:**

1 can (6 oz) tomato paste

2 tablespoons finely chopped onion or sliced green onion

1 tablespoon of water

1 ½ dried oregano leaves

½ teaspoon dried basil leaves

¼ teaspoon garlic powder

Dash of pepper

36 Keebler Town House crackers

36 slices of pepperoni

1 cup (4 Oz) shredded mozzarella cheese

In a small bowl stir together tomato paste, onion, water, oregano, basil, garlic powder, and pepper. Spread on one side of each cracker, completely covering cracker. Arrange tomato side up, on baking sheet.

Top with pepperoni slices. Sprinkle with cheese. Broil 4-5 inches from heat for 1-2 minutes or until cheese melts.

### **FRUITY POPS**

Servings: 7

16 ounces of strawberries

1 cup of banana

1 cup of low fat vanilla yogurt, divided

¼ cup frozen orange juice concentrate

In a blender or food processor, blend strawberries, banana, and ½ cup of the yogurt until smooth. Spoon into 7 paper cups. Blend the rest of the yogurt with the orange juice concentrate. Pour into cups to create a layer.

Place in freezer. When partially frozen, insert a wooden craft or popsicle stick into each cup. Return to the freezer until frozen.

***\*\*That which we do for ourselves we take to our graves,***

***That which we do for others in this world lives on for eternity.\*\****



## **WATER FUN**

### **WATER BALLOON GAMES (IN BATHING SUITS)**

Before you play either of these games, fill several small balloons  $\frac{3}{4}$  full of water and tie the ends, just as you would if they contained air. The more water that you put in the balloons, the easier it will be to burst them. Be sure to pick up and dispose of any burst balloons. The pieces are small and could be swallowed if not disposed of properly.

#### **Water Balloon Toss**

This game can be played with as few as two players. Have the players face each other and gently toss a water balloon back and forth. After each toss, have the players take a step back from each other. Continue until the balloon bursts.

#### **Over and Under**

Have the children line up single file. Beginning with the child at the front of the line, have the children pass a water balloon down the line. Have them alternate passing the balloon overhead and between their legs. If the balloon bursts, that's okay! The players have just been cooled down and can continue to play with another water balloon. If a balloon makes it all the way to the end of the line without bursting, challenge the children to pass it down the line more quickly the next time!

### **COOL IT!**

#### **Jump Rope with Water**

On those especially hot days, the water hose presents an excellent opportunity for outdoor fun. Turn on the water for a soft but steady stream. Now slowly move the hose back and forth and let the children jump over the stream as they might a rope. Move the hose the children jump forwards backwards, and sideways. Bet they can't stay dry!

### **ARTS AND CRAFTS**

**Paint With Water** Dip old paintbrushes or paint rollers into water and paint the playground equipment. How about a bike or the sidewalk? Look how much cleaner they are!

**Paint With Ice** Try this cool art idea on a hot summer day. Spread large sheets of paper outdoors. Dip ice cubes into powdered tempera paint and use them to draw designs on the paper.

## **INFANT & TODDLER ACTIVITIES**

### **MANIPULATIVE**

#### **Transfer Items from Cup to Cup**

Give each child a cup full of cotton balls and an empty cup. Encourage the children to take the cotton balls out of the first cup and put them in the second one. When all the cotton balls have been transferred from one cup to the other, move them back again!

#### **Wash Bowls and Cups in the Water Table**

Have the children wash plastic cups and bowls with washcloths in the water table. Afterwards, the children can dry the dishes with dishtowels and put them away.

#### **Scoop, Fill and Empty with Cups and Bowls**

Place puffed rice in the sand table or another container. Gather various shapes and sizes of cups and bowls. The children can explore the puffed rice along with the cups and bowls as they scoop, fill and empty the containers. Repeat the activity using water instead of puffed rice. Talk with the children about each experience.

### **ART**

#### **Print with Cups**

Make cup print pictures. Offer several types of unbreakable cups and assorted colors of paint in shallow dishes. Encourage the children to dip the open side of each cup into the paint and make prints on a large sheet of paper. The children can continue to make prints until they are happy with their designs.

#### **Decorate a Cup**

Decorate our own special cups! Provide each child with a sturdy plastic cup and some self-adhesive stickers. Encourage the child to place the stickers on the outside of the cup. Use the cups when you serve a meal or snack.



## **TOMATOES!!**



### **RIPENING DO'S AND DON'TS**

To withstand shipping, tomatoes are picked before ripening and may not be ready to eat by the time they reach your supermarket. To coax them into juicy redness:

- Store them at room temperature (refrigeration prevents ripening and kills flavor). A good spot is in your fruit bowl—where the presence of other fruit speeds up the process—or in a sealed brown paper bag, which traps ethylene gas, a natural ripening agent in all fruit.
- Don't store tomatoes stem side down, whether in a bowl or a bag. The rounded "shoulders" are the most tender part and will bruise simply from the weight of the fruit.
- Don't ripen tomatoes on a windowsill. Direct sunlight softens them, but doesn't help them to ripen.
- Continue to store tomatoes at room temperature once they're ripe; use within two to three days. If you must refrigerate a full ripe tomato to prevent spoilage, let it come to room temperature before serving to bring out the best flavor.
- Freeze ripe tomatoes if you have a surplus. Rinse gently and pat completely dry. Then, freeze whole in a freezer-weight zip-tight plastic bag for up to 6 months. Use right from the freezer, in soups and stews.

### **Fresh Tomato Dressing**

6 ounces (1 medium) fresh tomato  
2 tablespoons vegetable oil  
2 tablespoons sliced scallion (green onion)  
1 tablespoon red wine or cider vinegar  
 $\frac{3}{4}$  teaspoon thyme leaves  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon sugar  
 $\frac{1}{4}$  teaspoon paprika  
 $\frac{1}{8}$  teaspoon ground black pepper

1. Use tomato held at room temperature until fully ripe
2. Core tomato and quarter (makes about 1 cup)
3. Place tomato in a container of an electric blender or food processor fitted with a metal wing blade. Add oil, scallion, vinegar, thyme, salt, sugar, paprika and black pepper. Whirl at high speed until smooth.
4. Serve over mixed greens, chilled cooked vegetables, sliced raw vegetables, etc. Refrigerate leftover dressing in a covered container.



CATHOLIC CHARITIES  
Diocese of Wilmington

**Remember, Catholic Charities now has new phone numbers:**

New Castle County	Main Number	302-655-9624
	Joanne and Tina	302-468-4531
	Linda	302-468-4529
Kent County	Main Number	302-674-1600
	Nancy	302-257-4038
Sussex County	Main Number	302-856-9578
	Karen	302-362-4026

***Irish Blessing***

***May your joys be as bright as the morning,  
And your sorrows merely be shadows that fade  
In the sunlight of love.***

***May you have enough***

***Happiness to keep you sweet.***

***Enough trials to keep you strong.***

***Enough sorrows to keep you human.***

***Enough hope to keep you happy.***

***Enough failure to keep you humble.***

***Enough success to keep you eager.***

***Enough friends to give you comfort.***

***Enough faith and courage to give you comfort.***

***Enough wealth to meet your needs.***

***And one thing more: enough determination to make each day  
A more wonderful day than the day before.***