

Midwest Child Care Association

May 2024
Newsletter

Your Child Care Partner

Berry Blast Smoothie

Total Time = 5 min Serving Size= 1 1/4 cup Servings = 8

- 6 cups low fat or non fat unflavored milk
- 4 cups mixed berries, frozen

1. Add all ingredients to a blender. Mix on high until smooth.
2. Serve 1 1/4 per child immediately as a cold refreshing smoothie.

One serving provides 1/2 cup fruit and 3/4 cup fluid milk

Did you know you can count the fluid milk in smoothies toward a creditable meal or snack? We know little ones can feel bored drinking plain milk day in and day out. Serve with a waffle or English muffin for a great breakfast. Since the fruit is blended into a drink, this would fall under the juice category so it would only be creditable once per day.



Why do we need iron?

Iron is a mineral that is essential for both child development and overall health. It is primarily needed to supply the body with oxygen, but it also is used in: Muscle Metabolism, Maintaining Connective Tissue, Physical Growth, Nerve Development, and Cell Functioning. There are two types of iron found the in the foods we eat. Heme iron is found in meats and seafood, while non-heme iron is found mostly in plants. Non-heme iron does not absorb as well as heme iron, so if an individual has a vegetarian or mostly plant-based diet, aim for twice the recommended amount of iron.

Iron is best absorbed when consumed with Vitamin C. When serving foods high in iron, try pairing them with oranges, grapefruit, kiwi, broccoli, tomatoes, strawberries, bell peppers, papaya, cantaloupe, or sweet potatoes

Chicken and Beef Liver - 3.5 mg per 1 oz

Lean beef chuck - 1 mg per 1 cooked oz

Eggs - .5mg per 1oz

Pork loin, chicken breast, turkey, canned tuna - .3mg per 1 cooked oz

White beans - 1.8 mg per 1/4 cup cooked

Lentils, spinach - 1/5 mg per 1/4 cup cooked

Soy beans - 1mg per 1/4 cup

Tofu, pumpkin seeds - 1 mg per 1 oz

1/2 oz of iron fortified cereals usually contain between 4-6.5 mg

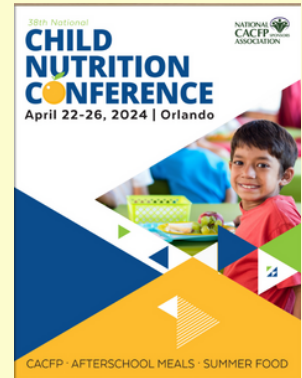
HOW MUCH IRON IS NEEDED PER DAY?

0-6 months	.27 mg	
6-12 months	11 mg	
1-3 years	7 mg	
4-8 years	10 mg	
9-13 years	8 mg	
14-18 years	11 mg for men	15 mg for women
19-50 years	8 mg for men	18 mg for women
51+ years	8 mg	



Midwest Team

In April, three of our staff were able to attend the National Child Nutrition Conference in Orlando, Florida. Carrie, Bethany, and Lacey sat in on training workshops, networked with other sponsors and state agencies, as well as soaked up a little sun. They're excited to use the information they learned!



The CACFP combats hunger and brings healthy foods to tables across the country for children in child care centers, homes, emergency shelters, and afterschool programs as well as adults in day care through this USDA federal reimbursement program. Children learn healthy eating habits from caregivers who recognize the importance of participating in the Child and Adult Care Food Program as a way to help children grow and develop to their fullest potential. Receiving nutritious meals early in life, as well as being physically active, is critical to the establishment of positive lifelong habits.



Upcoming Trainings



- May 2 – Hey, Bruce!: Interactive Preschool – webinar
- May 9 – How do you dance?: Interactive Preschool – webinar
- May 9 – HSI Pediatric First Aid
- May 9 – Discover Soy and Soy Foods – webinar
- May 16 – High Five: Interactive Preschool – webinar
- May 20 – Important Nutrients for Children’s Health – webinar
- May 23 – Fundamentals of Infant Feeding – webinar
- May 23 – HSI Pediatric First Aid
- May 30 – Emi Isn’t Scared of Monsters: Interactive Preschool – webinar

For more details and to sign up, go to midwestchildcare.org