

Welcome

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 Kim Kramer
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 Jeana Stegman
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**to the
 SENDCAA
 Food Program**

**The SENDCAA Office will be
 closed July 5**



**SENDCAA Child/Adult
 Care Food Program** *with
 offices and staff nearby to
 serve you:*

Fargo
 cacfp@sendcaa.org
 1-800-726-7960 or 232-2452

Wahpeton
 dianaf@702com.net
 642-3497

Our web site:
 http://
 foodprogram.sendcaa.org

June is National Dairy Month

An annual celebration that began in 1937.

Calcium and Children

Milk and other calcium-rich foods have always been a must-have in kids' diets. At every age, from infancy to adolescence, calcium is one nutrient that kids simply can't afford to skip. After all, calcium is a key building block for strong, healthy bones. But more than 85% of girls and 60% of boys ages 9 to 18 fail to get the recommended 3 cups of calcium per day. That's not surprising when you consider that many kids, now drink more soda than milk, which is one of the best sources of calcium.

What Calcium Does

During childhood and adolescence, the body uses the mineral calcium to build strong bones, a process that's all but complete by the end of the teen years. Bone calcium begins to decrease in young adulthood and progressive loss of bone occurs as we age, particularly in women.

Calcium plays an important role in muscle contraction, transmitting messages through the nerves, and the release of hormones. If blood calcium levels are low (due to poor calcium intake), calcium is taken from the bones to ensure normal cell function.

When kids get enough calcium and physical activity during childhood and the teen years, they can start out their adult lives with the strongest bones possible.

MyPyramid and the Dietary Guidelines for Americans current recommendations for daily calcium intake for children are:

- 1-3 years—2 cups
- 4-8 years—2 cups
- 9-18 years— 3cups

Kicking Up the Calcium

Sometimes creative tactics are needed to make sure that children get enough calcium.

- Serve whole grain crackers with low fat cheese as an afternoon treat.
- Top vegetables with melted low fat cheese.
- Add fresh fruit or applesauce to cottage cheese.
- Create parfaits with layers of plain yogurt, fruit, and whole grain cereal.
- Add some strawberry or chocolate syrup to regular milk.

kidshealth.org

Things to remember.....

- The re-enrollment process for all children started **June 1**. Providers with last names starting with **G-K** will receive a letter from our office around July 1. Please do not re-enroll children in your care until you receive the letter with specific details.
- Please call the SENDCAA office if you will be on vacation or taking days off.
- Mark your calendars! Our annual conference will be October 30 at the FargoDome.

Workshops "Just for You"

Repeat Workshop

Fruit & Vegetable of the Month Club

Wednesday, July 14, 2010

6-7:30

Fargo—SENDCAA Conference Room

At this workshop you will:

- Try 12 different fruits and vegetables and learn how to incorporate new foods in your menus
- Learn fun activities to teach the importance of eating fruits and vegetables
- Receive "The Two Bite Club" book

1 1/2 hour credit

Presented by Denise Lakeman and Sharla Olson

To register call:

SENDCAA at 232-2452 ext. 132, 800-726-7960

or e-mail jennyn@sendcaa.org

Chocolate Strawberry Smoothie

1 C chocolate milk

1/2 C strawberries

1/2 banana

3 ice cubes

Blender

Combine all ingredients and blend.

Serves 2 at snack

Credit as milk and fruit/vegetable at snack.

smoothiesrecipe.com

Menu idea:

Chocolate Strawberry Smoothie

Rice cake



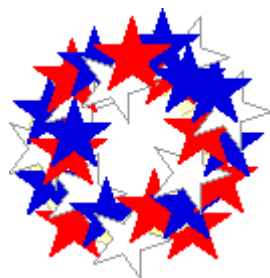
Star Wreath

Make a star wreath for the 4th of July

Supplies:

- Red, white and blue construction paper
- Paper plate
- Scissors
- Glue
- Glitter

Cut a large hole in the middle of the paper plate. Cut out many stars from the red, white and blue construction paper (template included). Glue the stars to the paper plate. Add glitter.



enchantedlearning.com

