



Nutrition Nuggets

May is National Family Month

There are so many different ways you can celebrate National Family Month with your family at home or with your daycare family. Mealtimes are uninterrupted time we have to connect with our loved ones and enjoy each other's company. This quality time can even start with preparing the food we are about to share. A fun way to do this is through games. One game that is sure to have everyone involved is *Chopped*. Here is how you can play this game at home.

Chopped: A Culinary Game

- **Prepare the baskets:** Grab something that can be used as a "basket" to hold the ingredients, such as Tupperware or bowls. Place the same three to five ingredients in each one. If there are items that need to be cooked, go ahead and cook them yourself ahead of time. This simplifies the game and makes it a bit safer for kids. Think of ingredients that are in different food categories, that might compliment one another, but that are also distinctly different.
- **Prepare the pantry:** Set everyone up at the kitchen table. Place a limited "pantry" of extra ingredients that they could supplement their dishes with. By throwing in ingredients that are clearly "healthy" like fresh spinach and tomatoes, you can see a glimpse at the kids' inclinations when it comes to healthy eating and make good choices available. Pantry items might include but are not limited to: vinegar, olive oil, salad dressing, peanut butter, Nutella, fruits, vegetables, cheese, hard boiled eggs, cooked chicken, ketchup and mustard.
- **Provide some kitchen tools:** In addition to cutting utensils, if age appropriate, you can provide a cheese grater, egg slicer, cutting board, and other small gadgets like a citrus zester. The children can use the microwave or toaster oven depending on the assistance of an adult if they need to use either.
- **Take a step back:** This game of chopped really shows how much the kids are learning. If your kids have been helping or observing you in the kitchen, my guess is that they know more than you think they do. One of the most fun parts of this is listening to the kids describe their dishes. They are so proud of their creations and eager to share what they have created and their presentation skills.

Playing chopped at home with the kids is a creative way for them to make healthy food decisions while having fun doing so. Another great idea is to pack up the dishes created before the presentation and take them to a park and enjoy a picnic together.



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Peanut Butter Apple Nachos

1 apple, sliced into wedges
1 tablespoon dried cranberries
1/2 graham cracker, crumbled

2 tablespoons peanut butter, melted slightly
1 tablespoon crushed pecans or walnuts
other toppings, such as fruits or chocolate chips

Arrange sliced apple pieces on a plate. Drizzle peanut butter over the apples, then sprinkle dried cranberries, nuts, Graham cracker, or other toppings of your choice. If serving to children, present toppings in separate bowls and allow them to create their own apple nachos. Enjoy immediately.

www.foodlion.com



Navigating Through KidKare

Whether you're a new provider just getting started, a veteran switching from scan forms to online, or just simply need a refresher course in KidKare, this information will answer any questions you may have regarding the basic functions. As many of you know, KidKare is the primary device the food program uses to track food. Here are the simple instructions to follow to access these step-by-step procedures.

8 Easy Steps

- Login to your KidKare account
- Scroll down to the left hand side and select "get help"
- Select "get started"
- Select "KidKare basics"
- Select "introduction to KidKare video"
- There will be a brief introduction video with useful tips
- Underneath the video, there are links to step by step processes on how to perform specific functions
- Under the heading "get started," there is a section labeled "Home Providers." This section lists numerous additional resources

These links will cover all the functions including, how to enroll children, how to enter a meal, how to create a scheduled menu, how to submit your monthly claims, and much more.

www.app.kidkare.com

