



Volume 23 Issue 2 February 2022

Nutrition Nuggets

Eat a Rainbow

When watching cooking shows, have you ever wondered why chefs say try and add some color to your dish? Well, it isn't just because it's visually pleasing to the eye. Different colors of fruits and vegetables provide different nutrients that help various parts of the body. We want to challenge our providers to include a different colored fruit or vegetable in at least one meal or snack each day for an entire week as well as teaching the children which benefits each color represents. The children can even help pick out what they would like the fruit or vegetable of the day to be. Here are some examples of different fruits and vegetables and their health benefits.

Red- This color contains Lycopene. This helps with digestion and heart functions. Some red fruits and vegetables include but are not limited to apples, watermelon, red peppers, strawberries and tomatoes.

Orange- This color contains Carotenoids. This helps with your eyes and immune system. Some orange fruits and vegetables include but are not limited to carrots, pumpkins, oranges and peaches.

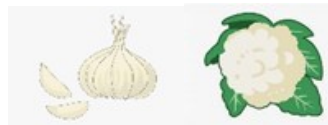
Yellow- This color contains Beta carotene. This helps with your skin as well as circulation. Some yellow fruits and vegetables include but are not limited to bananas, lemons, yellow pepper and pineapples.

Green- This color contains Chlorophyll. This helps your organs and cells. Some green fruits and vegetables include but are not limited to broccoli, lettuce, green peppers, kiwi and avocados.

Blue- This color contains Anthocyanins. This helps with your bones and brain. A blue fruit that contains this is blueberries.

Purple- This color also contains Anthocyanins, which helps with your brain and bones. Some purple fruits and vegetables include but are not limited to plums, grapes, eggplant and cabbage.

White- This color contains Anthoxanthins. This helps with your blood pressure and cholesterol. Some white fruits and vegetables include but are not limited to onions, mushrooms, garlic, cauliflower and jicama.



Solano Family and Children's Services
Child and Adult Care Food Program
421 Executive Court, North
Fairfield CA 94534-4019

Phone: 707-863-3950
Fax: 707-863-3975

Web: www.solanofamily.org
www.facebook.com/solanofamily
[www.twitter@SolanoFamilyCS](https://twitter.com/SolanoFamilyCS)

CACFP Check Info:
extension 714
CACFP Call-in Line:
extension 703



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: 1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Ave, SW, Washington DC, 20250-9410; 2) Fax: (202) 690-7442; 3) email: program.intake@usda.gov This institution is an equal opportunity provider

Harry's Blueberry Lemon Parfait

1 cup lemon yogurt
2 cups blueberries
4 tablespoons crushed graham crackers



In each plastic cup, layer 1/4 cup yogurt, 1/2 cup of blueberries and 1 tablespoon graham crackers. The parfaits are ready to be served.

This meal includes two credible components and serving sizes. It includes the meat / meat alternative component and the fruit component. This is credible as a snack or to complete it for a breakfast meal, you can serve it with 3/4 cups of milk.

This snack/meal also includes one of the rainbow colors blue, since it contains blueberries.
cacfp.org

Agency Cookbook 2022: Looking for Participants

Solano Family & Children's Services is excited to announce that we will be creating a cookbook for providers. Resource & Referrals and the Food Program will be teaming up with the help from providers and their submitted recipes to create a cookbook that not only will qualify as food program friendly recipes but will be accessible to all providers regardless of their status on the Food Program.

We would like this to be an enjoyable project for providers and the children in their care. All providers are encouraged to submit at least one recipe that is a favorite amongst their childcare as well as a bonus recipe with the help of the children. The child inspired recipe will consist of asking the child what they think the necessary ingredients and instructions are pertaining to a specific recipe of the provider's choice, preferably different from the first recipe. For example, what does this child think a pancake recipe consists of. "I think it takes 5 cups of milk, 28 chunks of butter, 13 eggs and 10 days of stirring. Then you cook it in the microwave for 2 hours." All recipes submitted will earn the provider one raffle ticket that will be entered into a drawing for a culinary gift basket as well as a free copy of the cookbook when it is published.

We would ask that at least two components of your recipe meet the required components for our program. Providers have until March 1st, 2022, to submit their recipes. If you have any questions concerning how to submit, please contact Carli Cardwell 707-864-4656 or Sidney Morton 707-864-4630. You can submit your recipes by e-mail to Sidney Morton at smorton@solanofamily.org.

We look forward to the publishing of this Cookbook in April of 2022. Our hope is to have accessible healthy and interactive recipes that providers can make in their childcare settings.
