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Nutrition Nuggets

National Fruits & Veggies Month

September is National Fruits & Veggies Month. Our friends at *Have A Plant, Produce for a Better Health Foundation* have created a National Fruits and Veggies Month toolkit to celebrate all month long. National Fruits & Veggies Month offers an opportunity for everyone to celebrate all the goodness of fruits and veggies and what they bring to our tables, our minds, our souls, and our health and happiness. Check out the toolkit to discover ways you can celebrate in your community. Here are some strategies to celebrate National Fruits & Veggies Month:

- **Share The Facts**

Share fun facts and quick stats on the importance of consuming more fruits and vegetables now, and throughout the year, like how to best select, store, savor, and share your favorite vegetable or fruit.

- **Show Off Your Skills**

Show off your skills by sharing your fruit and veggie creations with your childcare. Whether it's the sizzling of the veggies in a skillet, or the result of a beautifully plated fruit salad or pasta dish loaded with veggies, bring your favorite fruit and vegetable recipes to life. Show how easy it can be and share why you like it, "I love to add crushed red pepper flakes to mine for added spice".

- **Start a Challenge**

-Set up a blind taste test! Jump on the viral trend and set up a blind taste test for your little ones in childcare using familiar and new fruits and veggies.

-What are your grocery shopping staples? Do you have 5-10 items you always buy when shopping? Get creative and see how many ways you can combine, mix, and match all your staples.

-Eating with others fosters connections, provides an opportunity for deeper conversation, and encourages food exploration. Encourage childcare families to add one more fruit or vegetable to their weekly (or daily) family (or friend family) meal routine!

-Create a new fruit and veggie habit! Think about a routine you already do that relates to meal or snack time – maybe it's buying weekly staples, having Taco Tuesday meals, or taking an afternoon break. See where you can add fruits and veggies into it.

-What is your best fruit or veggie hack? Do you have a mind-blowing hack that you need others to know about?! Get the conversation going with your childcare families.



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Chicken and Waffles With Maple Peach Glaze

1/2 cup peach preserves
12 1/2 oz chicken tenders, thawed

1/4 cup maple syrup
3 waffles, whole wheat



In a small microwave safe bowl, combine peach preserves and maple syrup. Heat in microwave for 30 seconds. Stir. Heat for 30 more seconds or until glaze begins to bubble around the sides and is well blended. Heat a medium nonstick skillet on medium high heat. Brown both sides of chicken tenders for 5 minutes. Reduce heat to medium. Cover. Cook for 7-8 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds. If needed, turn tenders to prevent overbrowning. Drizzle half of the maple peach glaze over chicken. Decrease heat to low. Cover. Cook chicken for 3 minutes or until glaze begins to bubble. Remove from heat. Place waffles in toaster. Toast for 3 to 4 minutes. Remove from the toaster. Serve 2 chicken tenders with 1/2 waffle and 1 Tbsp of maple-peach glaze. *Cacfp.org*

Tips for Challenging Moments

Here are 5 brain building activities below to help your child learn and develop new coping mechanisms.

- **Look-** Children use their eyes to learn. See what catches your child's attention and talk about it. Or connect eye to eye, then smile, chat, hug, or make funny faces!
- **Follow-** Young children learn best when you follow their lead. Tune into your child's words, sounds, movements, and ideas! Then respond with your own words and actions.
- **Chat-** Children's brains light up when you talk, sing, or make sounds back and forth with them. Chat about your day, food, and what's around you, or string sounds together for a fun conversation!
- **Take turns-** Children learn from taking turns when you play, talk, or explore. After they go, take your turn. Then repeat: they go, you go, they go, you go!
- **Stretch-** Children's brains grow strong when you help them stretch their learning further. Keep a moment going: ask your child a question that starts with what, when, where, how or why!

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Annual Training Reminder

If you haven't already, please visit our website and complete the annual training. Once completed, please mail the signature page to our office or email to tgodfrey@solanofamily.org. Follow these instructions to access the annual training and signature page. Go to solanofamily.org. Click on "forms" and then select "provider." Then you will see "CACFP Training Packet 2022" and two clickable links below that. For any questions, please contact the Food Program.