



Solano Family & Children's Services, Child and Adult Care Food Program

Volume 23 Issue 3 March 2023

# Nutrition Nuggets

## March is National Nutrition Month



To spread awareness and nutrition education, the entire month of March is National Nutrition Month, and the week of March 12-18 is Child and Adult Care Food Program (CACFP) Week.

[National Nutrition Month](#) is an annual campaign held in March by the [Academy of Nutrition and Dietetics](#). During the campaign, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

The theme of this year's National Nutrition Month is **Fuel for the Future**. Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment.

## Ideas to get involved

1. In your family childcare, commit to trying a new fruit or vegetable each week during National Nutrition Month®.
2. Give children a role in meal planning and let them pick out different recipes to try.
3. Try more meatless meals — choices like beans, peas and lentils are versatile plant-based protein sources that work in a variety of dishes.
4. Let everyone help with food preparation — for the kids, there are age-appropriate tasks they may enjoy learning how to do.
5. Bring out the flavors of food by trying new herbs, spices, or citrus fruit like lemon or lime.
6. Create a "nutrition question of the day" contest. Draw the name of a daily prize winner from those who provided the correct answer.
7. Vote for your favorite fruits and vegetables: Show various photos of produce and ask children to vote for their favorite vegetable and fruit. Post a tally board to record votes.
8. Ask children to carefully save food product labels from empty boxes. Spend some time reading labels and comparing information in the Nutrition Facts panels. Expand into a menu-planning opportunity, using MyPlate as the guide to a healthy meal.
9. Start a vegetable garden by planting seeds indoors or in the ground. If that's not feasible, consider showing videos on how to plant a garden.
10. Develop a lesson plan that explains the science behind ingredients needed for baking.

Conduct a "[MyPlate Champion](#)" challenge for your childcare. Develop a project that involves kids drawing and creating a meal based on MyPlate, using the [MyPlate Coloring Page](#).

Adapted From *California Department of Social Services*



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](http://www.solanofamily.org)  
[www.facebook.com/solanofamily](http://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](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](mailto:program.intake@usda.gov) This institution is an equal opportunity provider

## **Air Fryer Avocado Black Bean Taquitos**

1 ripe, fresh avocado, halved, pitted, peeled, and mashed  
½ cup canned black beans, rinsed  
½ Tbsp. cumin  
1 tsp. garlic powder  
½ tsp. salt  
10 (6-inch) corn tortillas  
1 cup rainbow cherry tomatoes, chopped  
½ cup red or yellow bell peppers, seeded and diced  
1 Tbsp. fresh jalapeño, seeded and minced  
1 Tbsp. onion, minced  
1 Tbsp. fresh lime juice  
2 Tbsp fresh cilantro leaves, chopped  
4 oz. plain Greek yogurt



Using a fork, mash the avocado and black beans together in bowl. Stir in cumin, garlic powder and salt. Spread approximately 2 Tbsp. of the mixture onto a corn tortilla, dividing equally between 10 tortillas. Roll tightly to form 10 taquitos. Place taquitos into air fryer at 400°F degrees for 5 minutes. When timer goes off, flip and put back into air fryer for 5 more minutes. Depending on air fryer you may need to decrease time to 3 to 4 minutes per side. While taquitos are cooking, combine cherry tomatoes, bell peppers, jalapeño, onion, cilantro, and lime juice in a small bowl to make fresh pico de gallo. Once taquitos are golden brown and crispy, remove from air fryer and top with fresh pico de gallo and Greek yogurt. Serves 5-10 servings, depending on age of children

---

## **Four Toddler Snacking Mistakes**

Toddlers are notorious nibblers. Their small bellies mean they can't eat a lot at one time, and their go-go-go nature means they don't want to sit at the table too long. Snacking can help add needed nourishment into a toddler's day — as long as it's done right. Here are four strategies to be smarter about snacks.

### **Strategy 1: Snacking on the Go**

Carry one or two small and easy snacks — such as a banana or small container of whole-grain crackers — in case hunger strikes while you're out. Try other distractions first (such as a book or small toy) when you need to buy time.

### **Strategy 2: Timing Is Everything**

[Space meals and snacks two to three hours apart.](#) If your toddler's hunger doesn't seem to match up with your mealtimes, consider moving meals earlier or serving your child a portion of the meal, such as the veggies, while you finish prepping.

### **Strategy 3: Make Snacks Nutritious**

During most snack times, serve the same kinds of foods you serve at mealtime, such as fresh fruits and vegetables, whole grains including whole-wheat tortillas and bread, sources of protein such as hard-boiled eggs and hummus and dairy products such as yogurt and cheese.

### **Strategy 4: Establish a Snack Schedule**

Establish scheduled snack times. Most toddlers can go two hours between meals and snacks, so a mid-morning, mid-afternoon and evening snack may work well. Asking your toddler to wait may be tricky at first if munching on demand is the norm. By sticking to dependable meal and snack times, your child will feel reassured that there are plenty of opportunities to eat.

From [eatright.org](http://eatright.org)