

CATHOLIC CHARITIES MAINE CHILD & ADULT CARE FOOD PROGRAM

November, 2014



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

With November comes the colder weather. A great activity to help keep the children warm and have a great time is an obstacle course. The great thing is that you can design your own to make it work for little ones and school age children as well. This is a great version that you can find along with other fitness ideas in the;

Fitness and Nutrition: Growing, Growing Strong 2.



What you'll need:

- hula hoops
- jump ropes
- 2 x 4 boards
- soccer balls
- basketballs

In a large area like a back yard or playground, mark obstacle stations with numbers. This is a great craft idea.

Once the stations are all set up, determine how many times the children must hula hoop, jump rope, kick the soccer ball in the goal, and make baskets. At the end have them walk across the board. You can have as many or few children that you want for this activity.

To start have 2 children at a time race through the course (more children can be done if you have more equipment that is needed.) The winner of each race will be able to go again with other winners until there is 1 left. Instead of giving prizes the winner gets to either help with snack or pick out the snack for that day!!!!



APPLE PISTACHIO CRISP

Fruit-based desserts can contribute to making half your plate fruits and veggies. True to their name, Honeycrisp apples are sweet and crunchy, perfectly delicious raw, but also ideal in baking. And their sweetness lends potential to reducing added sugar, as we did with this apple crisp.

Preparation time: 1 hour
Serves: 4

INGREDIENTS:

- 3 apples (such as Honeycrisp), cored and cut into 1" chunks
- 1 tsp cinnamon
- 3 tbsp brown sugar
- ½ cup raisins
- ¼ cup or about 2 ounces pistachios, unsalted, chopped
- Juice from ½ lemon
- 2 tbsp margarine or butter, melted
- ½ cup old fashioned oats
- ¼ cup whole-wheat flour

DIRECTIONS:

1. Place rack in center of oven and preheat to 350 °F.
2. Place sliced apples, raisins, and lemon juice in 8" x 8" pan or baking dish; toss.
3. In a bowl, mix remaining ingredients except melted margarine.
4. Add melted margarine and mix until texture is consistent. Sprinkle over apple-raisin mixture.
5. Bake uncovered 45-50 minutes or until apples are tender.

Serving Suggestions:

Serve with an 8 oz glass of fat-free (skim) milk, 3 oz boneless, skinless chicken breast, and ½ cup green beans.



Food Group Amounts	
Dairy	--
Fruits	1½ cups
Vegetables	--
Grains	1 oz
Protein	½ oz

Nutrition Facts	
Serving Size (206g)	
Amount Per Serving	
Calories 330	Calories from Fat 90
%Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 60g	20%
Dietary Fiber 7g	28%
Sugars 25g	
Protein 5g	
Vitamin A 6%	Vitamin C 15%
Calcium 4%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Recipe Submitted by Produce For Better Health Foundation



April 2014
 Center for Nutrition Policy and Promotion



Sweet Smell of Christmas

By: Patricia Scarry

- Gather all scratch & sniff items included in the book
- Let children explore items before reading the book
- As you are reading the book, pause after coming to a scratch & sniff item and let children explore the item by smelling and touching.
- Make a snack of the edible items from the story



Mr. Willowby's Christmas Tree

By: Robert Berry

Christmas Craft Stick Tree

- Color several craft sticks green using markers or crayons. Color one brown.
- Cut the craft sticks so they end up being varying lengths.
- Have the children arrange the sticks from longest to shortest.
- Glue to brown craft stick
- Add glittery sequins, beads, or buttons for ornaments.
- Add loop to the top, so the children can hang their tree



**Office Closing Dates: November 27th & 28th
December 24th-26th**

Physical Address - 270 Minot Avenue, Suite B, Auburn, ME 04210

Mailing Address – PO Box 1660, Auburn, ME 04211-1660

Office Hours – 8:30 AM – 12:00 Noon & 1:00 PM – 4:30 PM

Phone Numbers – 1-800-784-0157, 786-0925, fax – 784-2453

Member	Email	Office Extension or Blackberry
Chris Bagley	cbagley@ccmaine.org	712-4384
Sue Blais	sblais@ccmaine.org	2759
Sonja Carvalho	scarvalho@ccmaine.org	3964
Melissa Gagne	mgagne@ccmaine.org	712-4366
Jennifer Leach	jleach@ccmaine.org	232-7547
Rachel Lessard	rlessard@ccmaine.org	3967
Chris Wood	cwood@ccmaine.org	712-4377
Nimo Yonis	nyonis@ccmaine.org	522-2105

We were asked to share the following information on the Affordable Care Act:

Access to Health Insurance is Good for Kids, and it's Good for You too!

With the Affordable Care Act, millions of uninsured Americans now have new opportunities for health insurance coverage through the [Health Insurance Marketplace](#).

As early education and care providers, you understand that good health is the foundation of a child's ability to develop, learn, and thrive. For children to be ready to learn when they enter school, they need access to services with a comprehensive approach to healthcare that includes physical, cognitive, social and emotional development.

Children who have health insurance coverage generally show better health throughout their childhood and into their teen years. They are less likely to get ill and more likely to get the treatment they need when sick or injured. This includes treatment for recurring illnesses such as asthma. They are also more likely to get preventive care, like immunizations and comprehensive screenings.

You can play a vital role in making sure the families you serve get covered. Not only the children you care for, but other family members – including parents, older siblings and grandparents under 65 – may qualify for coverage.

For Mainers, one of the easiest ways to get information is by going to www.enroll207.com to find local, in-person navigators and certified application counselors that will help you review health plan options and sign up for health insurance.

As someone in the field, you are probably aware that early education and care providers too often cannot afford to buy health insurance for themselves and their families. **You may not be aware however, that now you and your family may also qualify for subsidized health insurance coverage or tax breaks through the Affordable Care Act's Healthcare Marketplace.**

The health insurance products on the Marketplace not only provide access to treatment when you or a family member is sick, but also provide access to preventive care that can help you stay healthy. Taking advantage of preventive care helps you take good care of yourself, your family, and the families and children who are counting on you.

By going to the Health Insurance Marketplace directly (www.healthcare.gov) or to www.enroll207.com you can find information about how to apply for coverage and learn about available plans and whether you qualify for lower costs based on your household size and income.

Open Enrollment in the Marketplace starts on November 15, 2014 for coverage that starts as early as January 1, 2015! Even if you already have health insurance, during open enrollment you can determine if your current insurance plan still meets your needs and budget, and if not, you can pick a new plan. Open Enrollment ends February 15, 2015!

Sincerely,

Mary Ann Higgins
Regional Administrator
Administration for Children and Families

Shireen Riley
Regional Program Manager, Office of Childcare
Administration for Children and Families