

# CATHOLIC CHARITIES MAINE CHILD & ADULT CARE FOOD PROGRAM

February, 2016



# February



*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 only a few months left of cold weather, we have some new ways to incorporate outside activity with the children. This is the best time of the year as some of the summer activities can be more challenging and fun to do all bundled up.

## Hula Hooping

What you'll need: a hula hoop and all your winter clothes.

What to do: Go outside all dressed up and see who can hula hoop for the longest.



## Blowing Bubbles

What you'll need: bubbles

What to do: go outside when the temperature is below 32 degrees, when you blow a bubble it will freeze to the wand.



This is a delicious version of the English muffin pizza, with veggies that the kids don't usually eat raw. They may find that they taste better cooked and on a pizza.

### Pita Pizza

#### **Ingredients**

- 6 large – pita, whole wheat
- 1 cup – cheddar cheese, shredded
- 1/2 medium – zucchini
- 1/2 cup – corn, canned
- 3/4 cup – pizza sauce
- 1/2 medium – bell pepper, yellow
- 6 medium – mushrooms, white
- 1/2 teaspoon – oregano, dried
- 1/2 teaspoon – thyme, dried



#### **Directions**

1. Spread 2 tbsp. of pizza tomato sauce on each pita bread
2. Top it with the desired produce
3. Add the shredded cheese last
4. Place the pita breads with the topping in a preheated oven 400 degrees F until the cheese melts well.

*You can find these recipes and many other great meal and snack ideas on [www.superheathlykids.com](http://www.superheathlykids.com)*

### Choose Plastics Carefully

Focus on plastics that come into contact with children's mouths, not just bottles but teething rings, toys, bibs etc. Choose products free of Bisphenyl acetate (BPA), phthalate and PVC (Polyvinylchloride).

#### *Check the Number in the Recycling Icon*

#### **Avoid these:**

- #3 PVC or polyvinylchloride found in food containers, plastic wrap, spray bottles and some bibs.
- #6 PS or polystyrene in Styrofoam coffee cups, meat trays, egg cartons and opaque plastic flatware.
- #7 "Other" may contain BPA or Polycarbonate. They are found in rigid, transparent water bottles, storage containers, cutlery and the lining of metal cans. NOTE: Some new, green, plastic alternatives marked #7 are safe.

#### **Choose safer:**

- #1 PET Polyethylene Terephthalate in water, soda bottles, oil and peanut butter containers. One time use only.
- #2 HDPE or high density polyethylene in milk jugs, water jugs and juice bottles.
- #4 LDPE or low density polyethylene in baby bottles, ZipLoc bags, grocery bags and plastic wrap.
- #5 PP or polypropylene in ice cream, yogurt and deli containers.

Or better yet **choose glass, porcelain or stainless steel** whenever possible to store foods and liquids.

# Kids' Health & Safety

## Plastics 101

**We use plastics everyday** in dozens of different ways. They are cheap and convenient but we should be cautious of their use. Many are concerned that plastics are mixtures of synthetic chemicals not found in nature and could be hazardous to our health.

The toxicity of plastics is not well understood or adequately tested, but researchers do know that plastics leach into the food and water they hold. They contaminate our air, soil and the food chain and are linked to health effects such as brain and behavior changes.

It's nearly impossible to eliminate plastics from our life entirely, but we should try to minimize our exposure for our own health and the health of the environment by using fewer plastics, carefully choosing the plastics we do use and observing precautions when using them.

### Precautions in Handling

- Scientists with the Environmental Working Group, a health research organization, caution that plastic containers, even those labeled microwave safe, should not be used in the microwave. Heat can break down plastics, releasing chemical additives into foods. However, the U.S. Food and Drug Administration (FDA), has deemed plastic labeled microwave-safe to be suitable for microwave use, as no studies have proven health consequences due to their use. To be safe, use glass to microwave food and cover food with a paper towel, not plastic wrap.
- Don't reuse single use plastic bottles and containers; but always recycle them. Repeated use can scratch and break down the surface, releasing plastic chemicals. Choose BPA free or stainless steel reusable water bottles.
- Wash plastics by hand or on the top shelf of the dishwasher, further from the heating element to avoid break down.
- Choose glass or BPA free baby bottles with clear silicone nipples.
- Don't allow children to chew on hard plastic electronics such as remotes or cell phones, as they may be treated with fire retardants.
- Avoid plastic teething rings, which may have harmful chemicals that are released when chewed. Give babies natural teething soothers such as a frozen wash cloth.
- Look for toys made of natural materials such as wool, cotton and uncoated wood. Be sure soft plastic tub toys and books are BPA free.
- BPA can also be found in canned goods, aluminum and metal reusable drinking bottles, as they are lined with epoxy resins to combat corrosion. Foods available in a tetra pak (this looks like an oversized juice box), might be a slightly safer option but more testing is needed. Opt for fresh or frozen foods whenever possible.
- Use wooden cutting boards instead of plastic.

**Most of the chemicals found in plastics, used for food and drink, are considered "safe", however, many researchers believe this only means that there hasn't been adequate testing in order to be proven to be "unsafe."** *Scientific American* reports that a chemical called bisphenol-S (BPS) is a common replacement for BPA because it's thought to be "more resistant to leaching." However, the chemical has its own set of problems. Many alternative chemicals have not been adequately tested because they are not required to be. A compound is considered safe (by FDA) until proven otherwise.

**When it comes to children, with their small, developing bodies and their constant mouthing behaviors, it is best to use all plastics with caution.**

For helpful information download *Eco-Cycle's Pocket Guide to Plastics* at:  
[www.ecocycle.org/files/pdfs/pocket\\_guide\\_singleprint.pdf](http://www.ecocycle.org/files/pdfs/pocket_guide_singleprint.pdf)

— *Environmental Working Group, Mayo Clinic, Breast Cancer Fund, Huffin*

**MENUS ARE ALWAYS DUE ON THE 6<sup>TH</sup> OF EACH MONTH. IF YOU HAVE DIFFICULTY WITH SOMETHING WHEN PREPARING OR SUBMITTING YOUR MENUS, CALL US THEN, SO WE CAN HELP YOU. IF YOU WAIT TO NOTIFY US WHEN YOU GET YOUR ERROR REPORT OR YOUR REIMBURSEMENT FOR THAT MONTH, IT MAY BE TOO LATE TO ADJUST YOUR CLAIM.**

## **February is American Heart Month!**

Heart disease affects more than 6 million American women, and another 37 million women are at risk for developing heart disease. It is the number one killer of women and is responsible for 1 in three deaths in women annually, killing approximately one woman every 80 seconds. This month is a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

### **Small Changes Can Make a Big Difference**

- **Schedule a visit with your doctor to talk about heart health.** It's important to schedule regular check-ups even if you think you are not sick. Partner with your doctor and health care team to set goals for improving your heart health, and don't be afraid to ask questions and trust their advice.
- **Add exercise to your daily routine.** Start off the month by walking 15 minutes, 3 times each week. By mid-month, increase your time to 30 minutes, 3 times each week.
- **Increase healthy eating.** Cook [heart-healthy meals](#) at home at least 3 times each week and make your favorite recipe lower sodium. For example, swap out salt for fresh or dried herbs and spices.
- **Take steps to quit smoking.** If you currently smoke, quitting can cut your risk for heart disease and stroke. Learn more at [CDC's Smoking and Tobacco Use website](#) .

### **Heart Attack Warning Signs:**

- **Chest discomfort:** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body:** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath:** with or without chest discomfort.
- **Other signs:** may include breaking out in a cold sweat, nausea or lightheadedness.

***If these signs are present CALL 9-1-1 – DON'T HESITATE!***

***Office Closing – Friday, March, 25<sup>th</sup> at noon – Good Friday***

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