

# NCWVCAA Nutrition, Safety, and Transportation October Newsletter

Courtney Cummins

## Topics Discussed

- Trying New Foods Together
- National School Bus Safety Week
  - Teal Pumpkin Project
  - Fire Prevention Week
  - Autumn Orchard Snack



Enjoy all kinds of foods! That's good advice for children and for you. Why? When children learn to enjoy many foods, they have more choices for smart eating throughout life. That's good because different foods promote growth and health in different ways. Food variety makes eating more interesting and fun, too. Remember: seeing, trying, comparing, and talking about different foods is part of learning. Try these tips on trying new foods.

- Offer a new food first, before foods your child eats already. Kids usually are willing to try something new if they are hungry.
- Have your child choose a new food as you shop. Trying new foods is fun when you get to pick it out.
- Go for at least "one bite". But stay away from forcing your child to taste. Keep food trying positive.
- Prepare new foods in different ways. While some kids may like raw broccoli with dip, other may like it steamed with seasonings.
- Try and try again. Many kids need to try a new food 5 to 10 times before they like it. Its normal for kids to be cautious at first.

**NCWVCAA HS/EHS and the National School Transportation Association (NSTA) celebrates National School Bus Safety week October 22-26, 2018**

**This year's theme: "My Driver- My Super Hero"!**



School bus transportation plays a critical role in the education of our nation's students and is the direct link between a neighborhood and the classroom. More than 25 million children ride the yellow bus every school day, and National School Bus Safety Week serves as a reminder for students, parents, teachers, and the community to keep school bus safety in the forefront. Please visit [www.napt.org](http://www.napt.org) (National Association for Pupil Transportation) for tips on keeping your children safe at the bus stop. Some tips include safety strategies for getting ready for school, the walk to the bus stop, at the bus stop, getting on and off the bus, and mobile devices.



For families that celebrate Halloween in their communities, take part in the **Teal Pumpkin Project!** This project raises awareness of food allergies and promotes inclusion for all trick-or-treaters throughout the Halloween season. Communities can paint pumpkins with the color teal and place them on their porches. This represents that their “treats” will be common allergen free. Common allergies are milk, eggs, peanuts, shellfish, and wheat. Another idea is to give out items that are non-food treats, such as stickers, stamps, pack of crayons, or bubbles. For more information on the Teal Pumpkin Project and education on food allergies visit: [www.foodallergy.org](http://www.foodallergy.org)



**FIRE  
PREVENTION  
WEEK™**

The National Fire Protection Association (NFPA) selected this year’s Fire Prevention week’s theme:

**“Look. Listen. Learn. Be aware- fire can be anywhere”.**

Fire Prevention Week takes place October 7-13<sup>th</sup>, 2018. Through 3 simple calls to action, “Look. Listen. Learn. Be-aware-fire can be anywhere”, identifies basic but essential ways people can reduce their risk to fire and be prepared in the event of one:

- Look for places fire can start
- Listen for the sound of the smoke alarm
- Learn two (2) ways out of a room

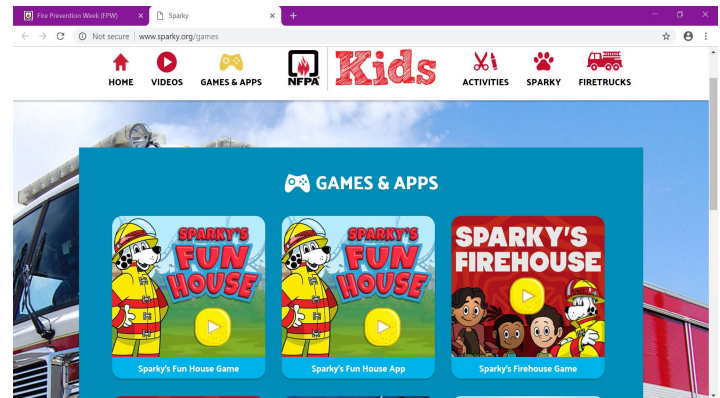
These fire Prevention messages apply to virtually all locations, but NFPA is continuing to focus on home fire safety, as most U.S. fire deaths (4 out of 5) occur

in homes each year. In fact, the fire death rate (per 1000 home fires reported to the fire department) was 10% higher in 2016 than in 1980.

This year’s theme works to remind families that fires can and do still happen at home, as well as other locations and that there are simple steps to ensure your family and your homes safety.

Please visit: [www.firepreventionweek.org](http://www.firepreventionweek.org)

Also check out Sparky, the fire dog, online educational fire prevention fun for the kids.



### Autumn Orchard Snack

6 Servings	
Acorn squash, small	1.5
Applesauce, natural or unsweetened	0.75 cup
Brown sugar	0.25 Tbsp
Cinnamon, ground	0.25 Tbsp
Walnuts or pecans (optional), chopped	0.25 cup

### Directions

1. Preheat oven to 350° F.
2. Wash and halve the squash, remove seeds.
3. Place on baking sheet cut-side down.
4. Cover and cook about 6 to 9 minutes. Be sure they are being cooked thoroughly by rotating the dish halfway through.
5. Scrape the squash flesh from each half into a bowl.
6. Add applesauce, cinnamon, brown sugar, and nuts (optional) to bowl and mix.
7. Spoon mixture evenly into squash halves.
8. Cook about 2 to 3 minutes to heat thoroughly.

**For more information on Nutrition or Safety, please contact:**

**Courtney Cummins**

**(304) 363-2170 ext.122**

**ccummins@ncwvcaa.org**