

NCWVCAA Nutrition and Safety December Newsletter

Courtney Cummins

Nutrition/Safety Program Specialist

Topics Discussed

- Don't Play with Toy Safety
- School Bus Appreciation
- Understanding Mealtime
- Recipe on a Budget



Celebrating Safe Toys and Gifts Month

As the nation enters the busy holiday season, the U.S. Consumer Product Safety Commission (CPSC) is issuing a reminder about toy safety. "Toy safety continues to be a top priority for CPSC, especially during the season of gift giving", says CPSC Acting Chairman Ann Marie Buerkle. In 2016 there were 174, 100 toy-related emergency department -treated injuries and 7 deaths. Ann Marie states "we take this very seriously". The CPSC have safety standards that toy manufactures have to follow. If a malfunction happens with the toys, the CPSC declares a recall. To sign up for free toy recall alerts, visit www.cpsc.gov. Here are some tips when purchasing for your children or for other children...

1. Check the toy labels and only purchase toys for the appropriate age of the child(ren). There are specific toys that are only made for under the age of 3 due

to small parts and they could cause choking.

2. Get safety gear. If you are buying a trike, bike, scooter, or any other riding toy, provide helmets that fit the child, knee and/or elbow pads, etc.
3. If injuries occur with products, please report to the website provided for recalls

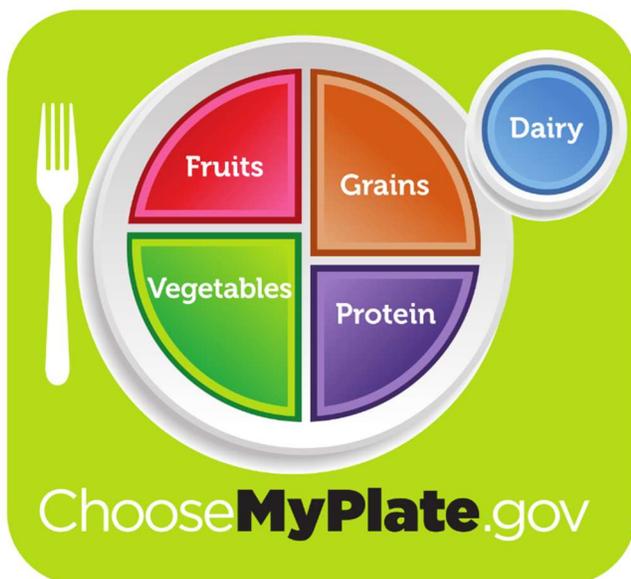
Thank you, School Buses!!

- School buses remain the dominant form of transportation for students
- 26 million students ride a school bus to school each day in the U.S.
- 346.6 million total miles are saved by students riding school buses.
- 17.3 million Private vehicles would be needed to transport students that now ride school buses.
- On average, 36 cars would be needed to transport the students on one school bus.
- 3.1 billion gallons of fuel would be consumed if private vehicles transported students instead of school buses.



Understanding a Child's View on Mealtime

- Children naturally want to try new foods when regularly offered. Present new foods along with well-liked foods to encourage children to try new foods. Children may need to see a new food offered 10-15 times before they try it.
- Children want to feel in control of what they are eating. Allow children to choose from the variety of nutritious foods.
- Children respond well to support and encouragement from adults. Children's meals should be served in a pleasant and comfortable setting. Adults should be supportive but not demanding about what children eat.
- Children may eat different amounts of food from day to day. Allow children to decide how much to eat. Some days they will eat more than others. They know when they feel hungry and when they feel full. Additionally, children will usually not eat food they do not want.
- Children are responsible for deciding which foods and how much they will eat at mealtime. A division of responsibility helps make mealtimes pleasant. Adults are responsible for providing nutritious foods. Children are responsible for deciding which foods and how much to eat. "Parent provide, children decide". Avoid commenting about how much a child has eaten or using phrases that hinder the development of healthy eating habits. "Someone's yuck, is somebody else's yum!"



Rainbow Bake

Ingredients

	6 Servings	12 Servings
Mixed vegetables, drained	1.5 cups	3 cups
Cheddar cheese, shredded	0.5 cup	1 cup
Elbow macaroni, whole grain	1.25 cups	2.5 cups
Onion, chopped	0.5 cups	1 cups
Kidney beans	1.25 cups	2.5 cups
Black pepper	0.5 tsp	1 tsp

Directions

1. Cook pasta as directed.
2. Preheat oven to 350 F.
3. In large mixing bowl, combine drained mixed vegetables, cheese macaroni, onion, pepper, and beans.
4. Pour mixture into casserole dish.
5. Bake 30 to 35 minutes.

For more information on Nutrition or Safety contact:

Courtney Cummins

304-363-2170 ext.122 or
ccummins@ncwvcaa.org