

NCWVCAA Nutrition, Safety, and Transportation October Newsletter

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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.

Topics Discussed

- Trying New Foods Together
- National School Bus Safety Week
 - Teal Pumpkin Project
 - Fire Prevention Week
 - Go Bananas Bread

NCWVCAA HS/EHS and the National School Transportation Association (NSTA) celebrates National School Bus Safety Week: October 21-25, 2019

This year's theme is "My School Bus, The Safest Form of Student Transportation!"



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 (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



FIRE PREVENTION WEEK™

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

Fire Prevention Week takes place October 6-12th, 2019. This year’s FPW campaign, “Not Every Hero Wears a Cape. Plan and Practice Your Escape!” works to educate everyone about the small but important actions they can take to keep themselves and those around them safe.

Did you know?

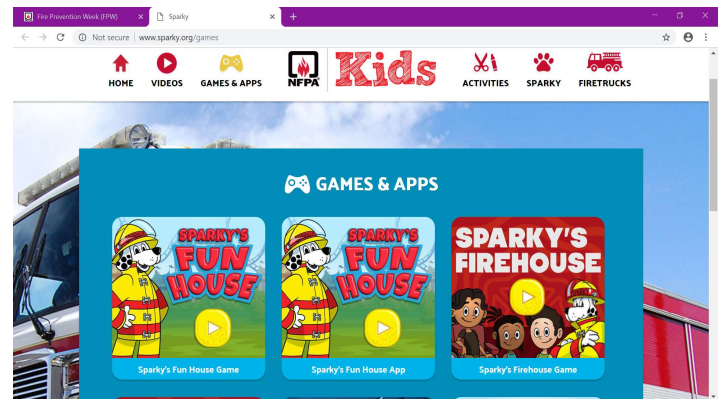
In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. Escape planning and practice can help you make the most of the time you have, giving everyone enough time to get out.

Plan ahead for your escape. Make your home escape plan and practice today.

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

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



Go Bananas! Bread

Ingredients	1/2 Loaf 5 slices	1 Loaf 10 slices	2 Loaves 20 slices	4 Loaves 40 slices
White flour, enriched all-purpose	1/2 cup	1 cup	2 cups	4 cups
Whole wheat flour	3/4 cup	1-1/2 cups	3 cups	6 cups
Cinnamon, ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Salt	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Baking powder	2 tsp	4 tsp	8 tsp	16 tsp
Egg, large	1/2	1	2	4
Ripe banana, mashed	1/2 cup	1 cup	2 cups	4 cups
Applesauce, unsweetened	1/2 cup	1 cup	2 cups	4 cups
Sugar	1/4 cup	1/2 cup	1 cup	2 cups
Oil, canola	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Fat-free or 1% (low-fat) milk	1/4 cup + 2 Tbsp	3/4 cup	1-1/2 cups	3 cups
Cooking spray	-	-	-	-
Dried fruit (raisins, cranberries), chopped (optional)	2 Tbsp	1/4 cup	1/2 cup	1 cup

Nutrition Facts

Serving size: 1 slice (53g)
Servings Per Recipe: 20

Amount Per Serving

Calories 89 Cal. from Fat 18

% Daily Value*

Total Fat 2g 4%

Saturated Fat 0g 0%

Cholesterol 11mg 4%

Sodium 164mg 8%

Total Carbohydrate 16g 4%

Dietary Fiber 2g 8%

Sugars 3g

Protein 3g

Vitamin A 0% Vitamin C 2%

Calcium 8% Iron 4%

Directions:

1. Preheat oven to 350°F.
2. Spray loaf pans with cooking spray.
3. In a mixing bowl combine flours, cinnamon, salt and baking powder.
4. In a separate bowl, beat together the egg, banana, applesauce, sugar, oil and milk.
5. Add the milk mixture to the dry ingredients and mix until just combined.
6. Fold in dried fruit (optional).
7. Pour into pan(s) and bake for 55 to 65 minutes.

Food For Thought

Making banana bread is a great way to use up bananas that may have gotten a little too ripe. This recipe can also be made by adding nuts.

CACFP Crediting For

3-5 year olds; Breakfast. Must serve all of the following:

- Grain/Bread
- Fruit/Vegetable
- Milk

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