

Granola and Fruit Parfait!

This delicious recipe will be a hit with the kids at your site, and it is packed with nutrients, including calcium for strong bones. Serve it as a snack during the day or for breakfast with whole wheat toast and a glass of milk. You can even set out all the ingredients and let the kids make their own parfait.

- 2 Tbsp. low-fat whole grain granola
- 1/3 cup fat-free vanilla yogurt
- 1/2 cup fresh or frozen sliced peaches, unsweetened
- 2 Tbsp. fresh or frozen blueberries

Layer ingredients in an 8 oz. clear plastic cup in this order:

1Tbsp. granola, 2 Tbsp. yogurt, half of the fruit, remaining granola, 2 Tbsp. yogurt, remaining fruit and 1 Tbsp. yogurt. Makes one serving. Per serving: 154 calories, 0 fat grams, 76 milligrams of sodium

Recipe Notes: Use any fresh or frozen fruit such as strawberries, bananas, mixed frozen fruit or frozen cherries. You can substitute whole grain cereal for the granola.

For more healthy recipes, visit the Learn To Live pages on the Department of Health Web site: aahealth.org.



Need More Help?

If you need more information about children's health and safety, here are some local resources:

ANNE ARUNDEL COUNTY DEPARTMENT OF HEALTH

Communicable Diseases ▶ 410-222-7256

Healthy Start ▶ 410-222-7177

Immunizations ▶ 410-222-4896

Lead Poisoning ▶ 410-222-7003

Injury Prevention ▶ 410-222-4223

Women, Infants and Children (WIC) Program ▶ 410-222-6797

Maryland Children's Health Program (MCHP) ▶ 410-222-4792

Office of Emergency Preparedness and Response ▶ 410-222-4115

Smoking Stinks Web site for kids ▶ www.smokingstinks-aaco.org

Department of Health Web site ▶ www.aahealth.org

Family Fitness Challenge ▶ www.aahealth.org/fitnesschallenge

THE FAMILY TREE TOT'S LINE FOR ANNE ARUNDEL COUNTY:

1-877-817-TOTS (8687)

The Family Tree Tot's Line is a free, confidential helpline for pregnant women, parents and caregivers of children from newborn to five years of age, offering advice and referrals to county services.

ANNE ARUNDEL COUNTY FIRE DEPARTMENT Office of Injury Prevention and Fire Safety ▶ 410-222-8303

ANNE ARUNDEL COUNTY POLICE Community Relations ▶ 410-222-8562

ANNAPOLIS CITY POLICE Community Safety ▶ 410-268-9000

MARYLAND POISON CENTER 1-800-222-1222

CENTERS FOR DISEASE CONTROL AND PREVENTION www.cdc.gov

Building Blocks is published by the Learn To Live healthy living program of the Anne Arundel County Department of Health, 3 Harry S. Truman Parkway, Annapolis, Maryland 21401, 410-222-7979. The services and facilities of the Anne Arundel County Department of Health are available to all without regard to race, color, religion, political affiliation or opinion, national origin, age, sex, sexual orientation or disability.



Healthy Living From The Anne Arundel County Department Of Health

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1,000/5-08

Building Blocks

issue 12

A NEWSLETTER PROMOTING CHILDREN'S HEALTH FROM THE ANNE ARUNDEL COUNTY DEPARTMENT OF HEALTH

How Much Is a Serving of Grains?

The Dietary Guidelines call a serving a "1 ounce-equivalent." Children 2 years and older should eat 3 to 6 ounce-equivalents of grain products each day. The following each count as a 1-ounce-equivalent (or one) serving:

- 1 slice of bread
- 1/2 cup of cooked rice or pasta
- 1/2 cup cooked cereal
- 1 cup ready-to-eat cereal flakes
- 1 small muffin (1 oz.)
- 5 whole wheat crackers

Don't forget to check product labels for information on other ingredients and calorie counts. Choose whole grains over highly processed, less healthy options. For more information, go to aahealth.org or mypyramid.gov.

THE 'WHOLE' TRUTH ABOUT GRAINS

Most of the breads and grain products we eat do not contain the whole grain. White rice and most breads are made from refined grains, which have layers of the grain removed. This removes some of the grain's key nutrients, as well as its fiber.

When buying grain foods for snacks and meals, read the ingredients list to find out what the products contain. Your best choice is 100%



whole grain, such as whole wheat and whole oats. Whole grains taste great and are nutrient-rich. Some grain products are a blend of whole and refined grain. If you choose a blended product, make sure that whole grain is the first ingredient, and check the sugar and fat content, too.

Making Whole Grain Choices

Here are some easy ways to give your kids more whole grains at snacks and meals:

- Provide whole grain varieties of breads, muffins, bagels, rolls and crackers (whole wheat, oatmeal, rye and whole cornmeal)
- Serve whole grain hot or cold cereals
- Make whole wheat pancakes or waffles
- When a recipe calls for flour, use at least half whole wheat flour
- Serve whole wheat noodles or brown rice in your meals and snacks

GRAINS

The Dietary Guidelines for Americans

The Dietary Guidelines for Americans were created by the U.S. Department of Agriculture (USDA). The Dietary Guidelines recommend grains be consumed often and that at least half the grains should be whole grains. Whole grain foods are a good source of energy, vitamins, minerals and fiber for growing children. For more information on the Dietary Guidelines, go to health.gov/dietaryguidelines.

COPY THE ENCLOSED INSERT AND GIVE IT TO PARENTS

TOP 10 REASONS To Get Moving

For you and your children

10. It helps you relax and sleep better
9. It helps you stay healthy
8. Your heart gets stronger
7. You stay more alert for learning
6. Your bones and muscles get stronger
5. It builds confidence
4. It burns fat and keeps you fit
3. It gives you energy
2. It helps you feel good
1. *It's a lot of fun!*

Physical Activity Web Sites:

USDA
Eat Smart. Play Hard
fns.usda.gov/eatsmartplayhard

Centers For Disease Control and Prevention
Body and Mind (BAM)
bam.gov

Powerful Bones
cdc.gov/powerfulbones

VERB
verbnow.com



Fun Box Helps Kids GET MOVING

Teach the children in your care how important physical activity is for a healthy body – and that it's fun! To get kids moving, a great idea is to create a Fun Box. Decorate the box and fill it with fun items that promote movement, such as:

- ◆ Jump rope
- ◆ Sidewalk chalk for hopscotch, creative obstacle courses and sidewalk art
- ◆ Playground balls and soft indoor balls
- ◆ Twister
- ◆ Dance tapes: Pick a day each week that children can bring in dance tapes of their choice
- ◆ Activity tapes or videos: Song and dance tapes and videos are available at the library
- ◆ Bean bags for bean bag toss or hopscotch
- ◆ Colorful scarves to juggle
- ◆ Indoor or outdoor basketball hoop set to appropriate height

You can start your Fun Box today with items you already have at your site!

Stuck Inside? Tips For Active Inside Play

Is the weather keeping you from taking your children outside for play? They still need at least 60 minutes of moderate or vigorous physical activity each day to stay fit. Here are some fun ways to get kids moving when they're stuck inside.

- ◆ Stretch as many ways as possible
- ◆ Play music and dance, march or hop in place
- ◆ Make up dances or have children share dances they already know
- ◆ Play games such as Hokey Pokey, Musical Chairs, Ring Around the Rosy and Conga Line
- ◆ Have kids pretend they are in a horse show by walking, trotting and prancing
- ◆ Play Follow The Leader or Simon Says and do a variety of arm, leg, foot and trunk movements
- ◆ Plan exercise or movement stations

Open Spaces Encourage Active Play

Set up a play area that allows plenty of room to move and prevents collisions among children and furniture. Move furniture to provide ample room and keep kids away from doors or doorways to prevent injury.

When Tummies Hurt...

There are many reasons why children in your care may complain of a stomachache. One common reason is gastroenteritis (GAS-tro-en-ter-eye-tis), an illness of the stomach and intestines. Sometimes called the "stomach flu," it is not the same as influenza or the "flu," a respiratory illness. Viruses are the most common cause, but bacteria like salmonella can also cause stomach illnesses.

A stomach illness often begins suddenly and a child may feel very sick. The child must be excluded from child care but may return 24 hours after vomiting or diarrhea has stopped. The illness is brief, with symptoms such as nausea, vomiting, diarrhea, fever, aches and tiredness lasting one or two days.

Hand washing is the best way to prevent spread of stomach illnesses. Always wash hands after diaper changing, and before and after preparing food. Clean and disinfect surfaces using a bleach-based cleaner, and remove and wash soiled clothing or linens with hot water and soap.



A Note About Salmonella

Salmonella can contaminate certain foods and cause salmonellosis. Infants and children suffer the highest rates of salmonellosis. Pets, including reptiles, amphibians and birds, can carry it. If you have these animals as pets, keep their tanks or cages away from food preparation areas, eating utensils and food. Because of the risk, reptiles (including turtles) should not be kept in the same household as children or infants.

Prevent infection by washing hands frequently. Avoid unpasteurized milk and cheeses. Thoroughly cook meats, poultry and eggs, and disinfect surfaces after handling these foods raw.

To find out more about gastroenteritis, salmonellosis and other food-borne illnesses, check out these resources:

FoodSafety.gov
cdc.gov/ncidod/dvrd/revb/gastro/faq.htm

USDA Meat and Poultry Hotline:
1-800-535-4555

FDA Food Safety Information Hotline:
1-888-SAFEFOOD (1-888-723-3366)

For hand washing information, go to aahealth.org and type "hand washing" in the search box. Or call Learn To Live at 410-222-7979 and ask for Building Blocks, issue nine.