

Nutrition Notes

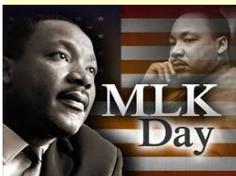
DOUGLAS COUNTY CHILD DEVELOPMENT ASSOCIATION

News & Calendar of Events

New Food Program Visitor



With the new year comes more changes for the food program. We want to welcome our new Home Visitor, Becky Grammer to our team. Becky has over 30 years experience in childcare and participating in the CACFP. She is very excited about getting to meet each one of you. If you have questions or need to contact Becky her email is becky@positivebrightstart.org.



Office Closed

The office will be closed Monday, January 15th for Martin Luther King Day.



Open Office

Wednesday, January 31st.
The office will stay open from 4:30 - 6:30 PM.
If you want to pick

up your check you must call the office before 3:00PM. Checks will be mailed at that time.



JANUARY CELEBRATIONS

- ♦Oats, Whole Grain of the Month
- ♦National Spaghetti Day, January 4th
 - ♦Bean Day, January 6th
- ♦Winnie the Pooh Day, January 18th
 - ♦Opposite Day, January 25th

Oats

Health Benefits of Oats

- Eating oats helps lower LDL “bad” cholesterol and may help reduce the risk of heart disease.
- Oats help you feel fuller longer, which helps control your weight.
- Oatmeal and oats may help lower blood pressure.
- Oats may help reduce your risk of type 2 diabetes, since their soluble fiber helps control blood sugar.
- Oats help cut the use of laxatives, without the side effects associated with medications.
- Oats are high in beta-glucans, a kind of starch that stimulates the immune system and inhibits tumors. This may help reduce your risk of some cancers.
- Early introduction of oats in children’s diets may help reduce their risk of asthma.
- Oats are higher in protein and healthy fats, and lower in carbohydrates than most other whole grains.



MENU IDEAS

RECIPES

NUTRITION INFO

Food In Focus



Buckwheat

- Buckwheat is a plant cultivated for its grain-like seeds and as a cover crop.
- Despite the name buckwheat is not related to wheat, as it is not a grass. Instead, buckwheat is related to rhubarb.
- Buckwheat is a gluten free food.
- Because its seeds are eaten and rich in complex carbohydrates, it is referred to as a pseudocereal.
- Buckwheat contains higher levels of zinc, copper, and manganese than other cereal grains, and high in zinc, copper and potassium. It also provide a very high level of protein, second highest only to oats.
- Like most other whole grains, buckwheat flour can be used in noodles (soba) and pancakes. Cook roasted buckwheat groats with broth to a texture similar to rice. Farina made from groats are used for breakfast food and thickening materials in soup and gravies.



Gluten-Free Buckwheat Avocado Salad

Ingredients

- 1 cup water
- 1/2 cup buckwheat groats
- 1 small avocado –peeled, pitted, and diced
- 5 cherry tomatoes, diced
- 1 lime, juiced
- 2 Tbsp. thinly sliced red onion
- 1 1/2 Tbsp extra-virgin olive oil
- 1 Tbsp. chopped fresh flat-leaf parsley
- 1/2 tsp. fennel seed
- 1/2 tsp. cayenne pepper
- 1/4 tsp. fresh ground mixed peppercorns
- 1/4 cup soft goat cheese crumbled

Preparation:

- Combine water and buckwheat in a saucepan; bring to a boil. Reduce heat to medium-low, cover the saucepan, and simmer until the buckwheat is firm yet tender to the bite, about 8 minutes. Rinse buckwheat under cold water and drain.
- Stir avocado, cherry tomatoes, lime juice, red onion, olive oil, parsley, fennel seed, cayenne pepper, and mixed peppercorns together in a large bowl until evenly combined. Add buckwheat groats and stir gently; top with goat cheese.

Credits as a bread alternate component.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Plums
Bread/Bread Alternative	English Muffin wg
Meat/Meat Alternate	Scrambled Eggs
Snack	
Two Items	Graham Crackers
Two Groups	Yogurt
Other	Water
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Roasted Brussels Sprouts Mandarin Oranges
Bread/Bread Alternative	Buckwheat Avocado Salad wg
Meat/Meat Alternative	Grilled Chicken
Other	

Douglas County Child Development Association is committed to making workshop activities accessible to all participants. Please contact us at 1525 W. 6th, Suite A or call 785-842-9679 to advise us of special requirements or to make assistance requests. In order to accommodate your needs, we must receive your request at least one week prior to the class. After this date, we will make every effort to provide assistance, but cannot guarantee that requested equipment or services will be available. USDA is an equal opportunity provider and employer.