

PATCH Food Program Newsletter

October 2021



Pumpkin Season

Did you know... that the word "pumpkin" originated from the Greek word for "large melon" which is "pepon." Pumpkins are available fresh and canned for good nutrition and convenience. If selecting fresh, choose pumpkins that are firm and heavy for their size.

Nutrient Content Claim:

They are low in calories, they are Fat free, Saturated fat free, Cholesterol free, Sodium free, High in vitamin A, and a Good source of vitamin K .

The bright orange color of pumpkin is a dead giveaway that pumpkin is loaded with an important antioxidant & beta-carotene. Beta-carotene may reduce the risk of developing certain types of cancer and offers protection against heart disease.

Food for Thought



Q: Why did the banana go to the doctor?

A: Because it wasn't "peeling" well!

What's New?

As you may notice you have received a "Monthly Local Food Tracker" page along with your claim summaries. In short, we have partnered up with Farm to Keiki on this project to help increase the amount of local foods served in Family Child Care Homes.

I encourage you all to take the monthly webinars, which can also be used for your annual training hours. Please also Use the tracking and send together with your monthly claims. This is not a requirement for the food program but highly encouraged. Participants will be entered to when monthly prizes.

Tips

Solid foods are gradually introduced to infants around 6 months as developmentally appropriate.

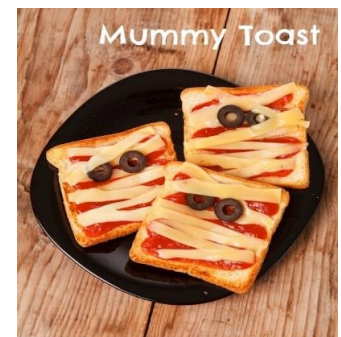
- Sit with little to no support
- Good head control
- Open mouth and lean forward when food is offered
- Communicate with parents and guardians

Spooky Treats



Clementine Pumpkins

Turn your ordinary clementine into a fun healthy Halloween snack. All you need is a whole clementine and stick a half celery stick!



Mummy Toast

Create a Mummy Pizza: All you need is your Whole Grain Bread, tomato sauce, strip cheese, and olives for your eyes.



Breakfast Ghost All you need is Bananas and Cheerios. Make your simple, easy, healthy, and festive!