



## ATTENTION HOME PROVIDERS & PARENTS

Child Care Resource & Referral has teamed up with Cooperative Extension to offer you The Expanded Food Nutrition Education Program with Katie Payne. The classes will begin on Dec 1st, and will meet 5 times to complete the course. You will receive incentives for keeping up with healthy eating. Such as measuring cups, cookbook, spoons, cutting boards.

### You Must Attend All Sessions To Receive Credit & Certificate

- 1. Intro to EFNEP:** introduction lesson about the program & attain background information about participants.
- 2. Plan: Know What's for Dinner:** Participants learn and practice how to plan ahead of time the weekly meals, how planning saves money, and how planning ahead helps you eat smarter.
- 3. Shop for Value, Check the Facts:** Participants learn how to use labels to compare foods, help portion control, and identify whole grain products.
- 4. Shop: Get the Best for Less:** Participants learn how to shop with a list as well as how to utilize in-store ads, newspaper ads, coupons, and unit pricing to get the most for your money.
- 5. Fix it Safe:** Participants learn how to properly clean hands and surfaces, how to prevent cross-contamination, proper temperatures for certain foods, and how to refrigerate foods properly.
- 6. Fix it Fast, Eat at Home:** Participants learn how fixing foods at home can be fast, money-saving, overall healthier, and a great time for family time.
- 7. Choosing More Fruits and Vegetables:** Participants will learn that it is important to eat a variety of colors of fruits and vegetables at meal and snack times.
- 8. Making Smart Drink Choices:** Participants will learn why choosing soft drinks and fruit drinks are not the healthiest option. They will also be instructed on what drinks are the healthier option, such as low-fat/skim milk, water, 100% fruit juice, and diet soft drinks.
- 9. Choosing to Move More Throughout the Day:** Participants will be encouraged to move more throughout the day as well as various activities that require moving more that could be done anyplace, anytime.

### Dates For Class Are:

- Dec 1st-** Introduction and Plan What's for Dinner.
- Dec 15-** Shop for Value, Check the Facts & Shop Get The Best for Less.
- Jan 5th-** Fix it Safe & Fix it Fast, Eat at Home.
- Jan 19th-** Choosing More Fruits and Vegetables.
- Feb 2nd-** Choosing to Move More Throughout the Day.

## December Observances & Holidays

### Month

- ◆ World AIDS
- ◆ Bingo's Birthday
- ◆ National Tie
- ◆ Rising Star
- ◆ Operation Santa Paws
- ◆ Safe Toys & Gifts Month
- ◆ Spiritual Literacy
- ◆ Worldwide Food Service Safety

### Weekly Observances

- ◆ Cookie Cutter Week 1st-7th
- ◆ Tolerance Week 1st-7th
- ◆ Recipe Greetings For the Holidays 1st-8th
- ◆ Handwashing Awareness Week 6th-12th
- ◆ Kwanzaa



## **Attention! Attention!**

Effective January 1, 2012

### **Our New Rates!**

<b><u>Service</u></b>	<b><u>Current</u></b>	<b><u>Increase</u></b>
<b>Membership</b>	<b>\$5.00</b>	<b>\$10 membership</b>
<b>Trainings</b>	<b>\$6.00</b>	<b>\$6 member \$8 non-member</b>
<b>Lamination</b>	<b>\$.25</b>	<b>\$.50 member \$.75 non member</b>
<b>Large Paper</b>	<b>\$.25</b>	<b>\$.50 member \$.75 non member</b>
<b>Copies</b>	<b>\$.10</b>	<b>\$.20 member \$.25 non member</b>
<b>Colored Copies</b>	<b>\$.10</b>	<b>\$.50 member \$1.00 non member</b>
<b>Book Binding</b>	<b>\$1.00</b>	<b>\$1.00 member \$1.25 non member</b>
<b>Faxing</b>	<b>\$1.00</b>	<b>\$1.00 per page \$1.25 non member</b>
<b>Late Fees</b>	<b>\$.10 a day</b>	<b>\$.25per day</b>

## Healthy Holiday Food Choices, Not Impossible

The number of calories that can be consumed on a holiday can be shocking. The average American gains four to seven pounds between Thanksgiving and New Year's Day.

Most of us follow a familiar pattern. We overeat during the holidays and promise to go on a diet after the New Year. Weight loss is the most popular New Year's resolution. A recent study revealed that 65 percent of Americans are overweight with 33 percent of them being clinically obese.

By making some simple changes, you can still enjoy special holiday foods without gaining the traditional holiday weight, and you don't have to stay home and eat fat-free cottage cheese and carrot sticks.

The critical factor is to learn how to balance calories. Today's holiday celebrations are centered on high-fat, high-calorie feasts. Many of the traditional holiday foods are high in calories.

Gravy, stuffing, nuts and pecan pie are loaded with fats and calories. You don't have to give up these foods. If you really love stuffing, you should enjoy it. But consider conserving calories somewhere else, perhaps by having a little less of something that's not as important to you or by eliminating something you won't miss. Start with the easy changes first. Conserve calories where you can. For example:

- Turkey contains fewer calories per ounce than ham.

White meat is lower in fat than dark meat. Of course, if you like dark meat, eat it and save those calories somewhere else. You can cut calories further by removing the skin from the turkey.

- Gravy contains 60 to 70 calories per tablespoon. When was the last time you used a tablespoon to put gravy on anything? A generous helping of gravy can add 700 calories to your holiday meal. However, by putting gravy through a skimmer you can cut the calories by 80 percent.

- Stuffing baked outside the turkey has half the calories of stuffing cooked inside the bird. The baked stuffing tastes just as good once you put some of the skimmed gravy on top of it, and the combination saves you 70 percent of the calories.

- Riced potatoes have fewer calories than mashed and much fewer than candied sweet potatoes. Sour cream has half the calories of butter. A baked potato with one tablespoon of sour cream has only 150 calories.

- Pumpkin and apple pies have half the calories of pecan pie. Most of the fat in pie is the crust. You could leave some of the crust on your plate and conserve calories.

Remember, the holiday is only one day. Enjoy it, and balance calories throughout the other days. A helpful strategy is to learn to balance overeating days with days of eating less. One of the easiest ways to burn more calories is to increase physical activity. Walking may be the best activity of all. Thirty minutes of brisk walking during the course of the day or climbing stairs

instead of taking the elevator can be the difference between maintaining your weight this holiday season. Exercise is a tradition worth incorporating. One suggestion for holiday gatherings would be for everyone to put on sneakers and head out for a walk around the neighborhood.

By learning the calorie content of different foods, limiting your intake of high-calorie foods and increasing your level of physical activity, you can beat the holiday bulge.

*Adapted from Lifestyles November 14, 2011*

*Diane Dressel is a registered dietician with Mayo Clinic Health System Weight Management Services.*

## Food Substitutions for the Holidays

**Try some or all of these substitutions for your holiday and everyday recipes:**

Applesauce—substitute no sugar added applesauce for some of the butter or oil in recipes.

Sweet Potatoes—try mashed sweet potatoes with cinnamon for an alternative to candied yams.

Yukon Gold Potatoes—use these for your mashed potatoes instead of russets. Also use less butter and low fat milk.

Broths—instead of sautéing your meats and vegetable in oil, try steaming them in a ½ cup of canned low salt broth. Chicken broth can be used instead of butter in mashed potatoes.

Cranberry Sauce—use to top your turkey for a tangy no fat option to gravy.

Vegetables—replace some of the bread in your holiday stuffing with canned chestnuts, a nutritious and different alternative. To lighten your stuffing and add valuable nutrients, mix in chopped vegetables.

Cocoa—when baking recipes call for chocolate, you can substitute 3 tablespoons of cocoa for every one ounce of unsweetened chocolate in many recipes.

Evaporated Milk—substitute low or nonfat canned evaporated milk in recipes that call for cream.

Yogurt—use plain nonfat yogurt instead of sour cream. Try using Greek yogurt for a thicker texture.

Shared by: Terri Walls-Craven Child Care  
Health Consultant

# December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Holidays From Our Family To Yours! May Your Holiday Be Filled With Joy!</p>  						
				1 Rosa Parks Day	2 Christmas Trolley Tours 5:30 & 7 pm  Christmas Tree Lighting Ceremony starts at 5:30 pm	3 9:00 AM Breakfast with Santa for children and families with Special Needs.  3:00 PM Christmas Parade
4 Movie Prancer 2pm at Athens Theatre \$5 per person and includes popcorn and drink	5 Make your bath time extra special with a bath tub party! Add color to the water, bath tub crayons and more!	6 Saint Nicholas Day	7 National Cotton Candy Day	8 Start your own food drive, for your local food bank	9 Christmas Trolley Tours  Hanukkah Starts!	10 Annual Cookie Walk at Ministry Center on Middles Street 10 am till 2 pm
11 Sing Christmas Carols With Your Family	12 Poinsettia Day! Have your family draw Poinsettias to hang on the door 	13 Watch a Christmas Movie	14 Monkey Day! Time to act like a monkey!	15 Community Sing- 6pm meet at the 300 block of Pollock Street and sing carols	16 Christmas Trolley Tours	17 Make homemade butter for your holiday dinner. Find the recipe on the next page.
18 Read a Christmas story each night to your child.	19 Read <u>One Starry Night</u> by Lauren Thompson	20 <u>A Bad Kitty Christmas</u> by Nick Bruel	21 <u>Strega Nona's Gift</u> by Tomie dePaola	22 Read <u>Oh What a Christmas!</u> by: Michael Garland	23 <b>Child Care Resource &amp; Referral Closed</b>	24 Christmas Eve 
25 Christmas Day 	26 <b>Child Care Resource &amp; Referral Closed</b>	27 <b>Child Care Resource &amp; Referral Closed</b>	28 National Chocolate Day!	29 Tick Tock Day! Best time to practice learning hours and minutes	30 Bacon Day!	31 New Years Eve  <b>A HAPPY NEW YEAR</b>



## Play & Learn Group Attention Lending Library Members

Come Make Homemade Christmas  
Gifts With Us

December 7 & 14

From 10 am till 11 am

Ages 1-5 Welcome

Please Call and Register,  
Limited Space Available.  
(252) 672-5921 ext. 21

The Play and Learn On  
November 17, 2011  
My Little Turkeys



### Homemade Butter In Minutes

This is an easy project your child will enjoy!

What you will need

\*1 cup Heavy cream

\*1 jar 24 oz. with lid

**Fill It Up!** With your child, measure 1 cup heavy cream and pour in to a jar that holds at least 24 ounces. Put on the lid-and make sure it's tight.

**Shake, Rattle, & Roll!** Take turns with your kid shaking the jar and rolling it around on the floor. After 2 to 3 minutes, the heavy cream will turn into whipped cream. Let the jar (and your arms) rest for about 10 minutes as the cream deflates.

**Start Round Two!** Shake for another minute or so until it separates and voilà... butter! Strain any excess buttermilk and get the bread ready!

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## Child Care Resource & Referral

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Visit us on the web  
[www.cravensmartstart.org](http://www.cravensmartstart.org)  
or find us on Facebook,  
Craven Smart Start!

## Mission Statement For CCR&R

To enhance the quality and quantity of child care services in Craven County by providing a wide range of information, referrals, advocacy and training services to families, providers and the community in general.



## Are You Needing Help Finding Quality Child Care?

Child Care Resource & Referral is here for you!

**FREE**

Referrals to fit your child care needs with a licensed, regulated or legally exempt child care programs.

### Looking for:

- *Full-time Child Care*
- *Part Time Child Care*
- *Before/After School Care*
- *Part Time Preschools*
  - *Evening Care*
  - *Over Night Care*
  - *Weekend Care*
  - *Drop In Care*
  - *Hourly Care*

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