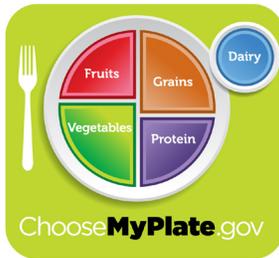




# Bradford Tioga Head Start Inc.

## MyPlate and ChooseMyPlate.com for Children

Children need foods from all the groups shown on MyPlate. Colors orange, green, red, blue and purple represent the five food groups. Some color sections on the plate are larger than others. Choose more foods from the food groups with the largest sections. For example, half of the plate is fruits and vegetables. The next largest section is the grains group. MyPlate suggests at least half of a child's grains should be whole grains. Grains, vegetables and fruits provide children vitamins, minerals, carbohydrates and fiber. The dairy and protein groups provide protein, calcium, iron and B vitamins.



ChooseMyPlate.com is the government web site for MyPlate information. When you visit the web site you will find information for specific groups, such as pregnant or breastfeeding women, preschoolers between the ages of two and five, and children six to 11 years of age. Find what foods are in each group and servings sizes needed for your child's age group. For example, preschoolers need about three ounces in the grain

group. The grain servings could be 1/2 cup cooked oatmeal for breakfast (1/2 cup = 1 ounce), a sandwich at lunch (1 slice oatmeal bread = 1 ounce), and brown rice for dinner (1/2 cup = 1 ounce).

If a child is overweight, select low-fat choices in each group, such as 1 percent milk from the Dairy Group and skinless chicken from the Protein Group. If a child is underweight, select higher-fat choices in each group, such as a milk shake from the Dairy Group and a hamburger from the Protein Group.

On the web site, you can complete a growth chart for your child. The web site also offers a daily food plan, sample meal patterns and snacks, kitchen activities for children and tips on how to cope with picky eaters. A Spanish option is also available.

MyPlate tips to remember:

- Make at least half your child's grains whole, such as oatmeal or whole-wheat bread.
- Serve lots of vegetables and fruits. Vary choices by selecting different colors; especially dark green and orange.

## Taco Bake



### What You Need:

- 1-1/2 pounds lean ground beef
- 1 cup chopped onions
- 1 (14.5-ounce) can tomato sauce
- 1 (14.5-ounce) can red kidney beans, drained
- 2 teaspoons chili powder
- 8 ready-to-eat taco shells
- 1 cup shredded light cheddar or Monterey Jack cheese
- 1/2 small head iceberg lettuce, coarsely chopped
- 2 medium tomatoes, diced

### How To Fix:

1. Cook ground beef and onions in skillet over medium heat, until beef is no longer pink. Drain.
2. Stir in tomato sauce, beans and chili powder.
3. Break each taco shell in half at fold. Arrange on bottom and sides of 13- x 9-inch baking dish.
4. Spoon meat mixture evenly over tacos. Sprinkle with cheese. Bake 15 to 20 minutes at 350° F, until hot. Top with lettuce and tomatoes. Makes 8 servings. (397 calories and 21 grams fat per serving)

## Listeria

Listeria is a bacterium found in soil, dust, water, sewage and wild and domestic animals. Listeria in healthy individuals usually causes only short-term symptoms, such as high fever, headache, nausea, stiffness and diarrhea. Listeria can cause miscarriages and stillbirths and sometimes fatal infections in newborns.

Listeria is found in milk that hasn't been pasteurized and in foods not processed properly, such as cheeses, ice cream, vegetables, raw



and cooked poultry, meats and fish.

Pregnant women should **not** eat:

- Soft cheeses (such as Feta, Brie, Camembert), blue-veined cheeses, or Mexican-style cheeses (such as queso blanco fresco).
- Refrigerated pâté or meat spreads. Canned are okay.
- Refrigerated smoked seafood, unless used in a cooked dish such as a casserole. Canned are okay.
- Unpasteurized milk and foods that contain unpasteurized milk.
- Hot dogs or luncheon meats, unless they are cooked.

## Iron Needs in Pregnancy and Infancy

A pregnant woman needs 50 percent more iron during pregnancy because her blood volume increases 50 percent. It's hard for pregnant women to eat enough iron-rich foods to meet the increased need, so iron pills are often needed during pregnancy.

Anemia is the most common nutrition deficiency during pregnancy. Anemia increases the risk of premature delivery or delivery of low-birth weight babies.

Iron is vital for a baby's brain growth. If a mother has enough iron stores during pregnancy, a baby's stores

usually last four to six months. After four to six months, another source of iron is needed, such as iron-fortified cereal.

Human milk contains the right amount of an easily absorbed iron. The iron in cow's milk is not enough and is not absorbed easily, so most infants on formula need an iron-fortified formula. Children over the age of one should not drink more than 24 ounces of cow's milk a day. More than 24 ounces replaces solid foods and can lead to low iron levels.

## Latch Car Seat System

LATCH is a system that makes it easier to install a child safety seat. LATCH stands for Lower Anchors and Tethers for Children.

LATCH is now required on child safety seats and in cars made after September 2002. It is not required on booster seats and car beds. Some older cars and seats just have the tether part.



A child's LATCH-equipped safety seat simply fastens to the lower anchors and to the top tether in a LATCH-equipped car, not the seat belts.

There are LATCH kits available for some older cars and some child safety seats. If your child's safety seat is not LATCH-equipped, follow the car seat maker's instructions, or call the 800 number on the seat label.

The LATCH system makes it easier for adults to correctly install child safety seats. For a child safety seat inspection by a certified technician, call 1-888-DASH-2-DOT (1-888-327-4236) or go to [www.NHTSA.dot.gov](http://www.NHTSA.dot.gov).

## Sidewalk Art

This sidewalk paint is non-toxic and will hose off. If any color is left, it will go away with time and rain. Locate food coloring made for icing in a grocery store (it's a paste instead of a liquid food coloring). To make sidewalk paint, you need; a plastic container, 1 cup water, 1 cup powdered nonfat milk, 1/4 teaspoon icing food coloring, paintbrushes and sponges.

Pour water in a plastic container, such as a milk jug. Add milk and food coloring. Stir well. Mix several different colors. Let children use paintbrushes and sponges of different sizes to create sidewalk art.