



NEBRASKA TEAM NUTRITION QUARTERLY NEWSLETTER

LEGUMES
BY
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What are Legumes?

Legumes are flowering plants of the pea family. The pod, or “fruits,” of these plants are also called legumes. Some legumes commonly found in the American diet are black beans, kidney beans, pinto beans, garbanzo beans, soybeans and peanuts.

Why eat legumes?

Legumes are a low cost, nutritious source of protein. The protein found in legumes ranges from 6g to 27g per 1/2 cup, depending on the type of legume. Twenty-seven to forty grams are the recommended daily amount of protein for children age 1-4 years!

Legumes also contain important nutrients like potassium and fiber, which many Americans do not get enough of. One-half cup of legumes contains between 300 mg and 750mg of potassium. Children ages on to 13 years should get between 3,000mg and 4,596mg of potassium daily, making black beans, peanuts and garbanzo beans important elements for meeting potassium needs. In addition, a potassium rich one-half cup serving also contains between 5 to 30 grams of dietary fiber. For children, who need 19g to 25g of fiber each day, legumes are an excellent way to meet dietary fiber needs.

Black Bean Burger Recipe

Ingredients:

- 2 cans black beans (rinsed and drained)
- 1 cup bread crumbs
- 1 cup corn (thawed, frozen, or canned)
- 1 Tbsp. pepper
- 2 tsp. cumin
- 1 garlic clove, minced
- 1/2 cup onion, chopped
- 1 tsp. salt
- oil for cooking

Instructions:

- 1.) Rinse and drain black beans.
- 2.) Mash beans in large bowl.
- 3.) Add all remaining ingredients (except oil) to beans. Mix well.
- 4.) Form into 4 large patties or 6 medium sized patties.
- 5.) Cover bottom of pan with a thin layer of oil and cook patties until firm.
- 6.) Serve on a whole wheat bun or bed of fresh greens.



INSIDE THIS ISSUE:

Healthier CACFP
Award Winner 2

CACFP Rock STAR 2

Turn Key Training 3
Video: Preventing
Obesity & Promoting
Wellness in the Early
Childhood Setting

Recipes for Healthy 4
Kids: Cookbooks for
Child Care Centers

Upcoming NAP SACC 4
Trainings



Legumes can be added to any meal as a filling side dish. They can also be part of the main dish in entrees like chili soup or burritos.



HEALTHIER CACFP AWARD WINNER WITH HONORS

Congratulations to Southeast Community College Child Development Center for being selected for a Healthier CACFP Award! This award, established by the USDA Food and Nutrition Service, Mountain Plains Region, serves to recognize the outstanding efforts that are made by child care centers participating in the Child and Adult Care Food Program.

The Southeast Community College Child Development Center has chosen to place physical activity in the forefront of the program to teach children and their families about the importance of nutrition and wellness. This center offers each child at least 120 minutes of active indoor and outdoor play each day. Making physical activity a part of every child's day demonstrates the center's focus on the wellness of their students, as well as its commitment to the health of our nation's children. Therefore, the USDA Food and Nutrition Service, Mountain Plains Region has presented the Honors Healthier CACFP Award to the Southeast Community College Child Development Center in recognition of their exceptional efforts to improve the physical activity for children in their care.



September 2013, continued

CACFP Rock Star of the Month

The CACFP Rock Star of the Month is Ms. Shaila Hisey. Ms. Hisey is a center director in Kearney, Nebraska. She is best known for her commitment to providing children with healthy meals. Ms. Hisey implemented curriculum that focuses not only on standard subjects, but involves weekly nutrition education lessons. She also implemented a "Healthy Celebration Policy" for special occasions, where parents have a list of ideas for making occasions fun and healthy. Ms. Hisey has worked hard to encourage her staff in becoming more physically active. She believes when children see the adults being physically active, the kids are more prone to model their behaviors.

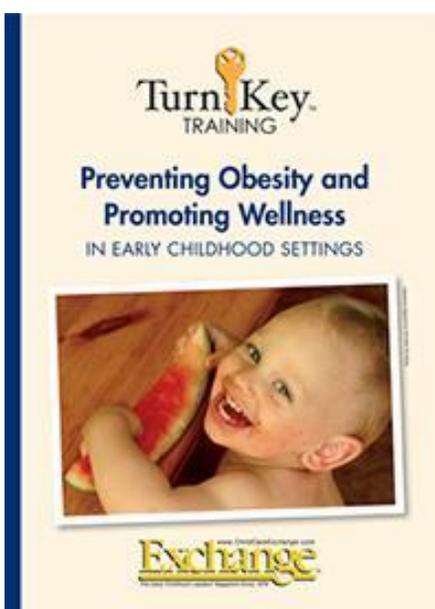
TURN KEY TRAINING VIDEO: PREVENTING OBESITY AND PROMOTING WELLNESS IN EARLY CHILDHOOD PROGRAMS

Nebraska Team Nutrition has purchased *Turn Key Training videos : Preventing Obesity and Promoting Wellness in Early Childhood Programs* to help encourage and support early childhood programs in their efforts to deal with the childhood obesity epidemic. The video training series Child Care Exchange has developed the *Preventing Obesity* training videos to capture the insights of over 60 experts in pediatrics, nutrition, movement, child development, and adult education. The interviews are supplemented with video excerpts from over 30 early childhood centers and family child care home from around the country to help viewers see the training's concepts in action.

Preventing Obesity is organized into four modules, Nutrition & Healthy Choices, Nutrition Activities, Activity and Movement, and Movement Activities, with each module including a number of lessons. For each lesson there is a 25 – 30 minute training video. A list of all the lesson topics can be found at <https://www.childcareexchange.com/catalog/product/turn-key-preventing-obesity-and-promoting-wellness/7505000/> Each lesson is supplemented with a list of discussion questions a director or trainer can use following the video, as well as educational activities that viewers can engage in individually or in groups. The combination of the video and the follow-up discussion or activity provide for at least one hour of high quality training for each lesson.

These videos are available for Nebraska child care programs to check-out from the Nebraska Department of Education Media Center so that directors, teachers, and providers can use the videos for workshops, continuing education opportunities, and consultations. To borrow the training video, call the Media Center at 402-557-6885 or 800-89-CHILD; you can also request a copy by visiting their website at <http://www.education.ne.gov/OEC/mediactr.html>

The intent of making videos available for free check-out through the state is to reduce the rate of childhood obesity in Nebraska by providing low cost access to comprehensive, high-quality training on preventing obesity and promoting wellness to every child care teacher, Head Start teacher, Pre-K teacher, center administrator, and family child care provider in Nebraska. These training videos also support early childhood professionals in educating parents on providing appropriate nutritional and movement experiences for their children.



“The videos are very high quality and produced in a format that is engaging, informative, and practical. Teachers working in a variety of early childhood settings including child care centers, family child care homes, and Pre-K programs will benefit from the videos. Teachers will gain the knowledge and skills needed to change and improve behaviors while helping children learn to make healthy choices and enjoying an active lifestyle.”

Phyllis Kalifeh, The Children’s Forum, Florida

RECIPES FOR HEALTHY KIDS:



The recipes in the cookbook feature foods both children and adults should consume more of: dark green and orange vegetables, dry beans and peas, and whole grains. All of these 30 healthy recipes are low in total fat, saturated fat, sugar and sodium. With fun names like Porcupine Sliders, Smokin' Powerhouse Chili, and Squish Squash Lasagna, these kid-tested, kid-approved recipes are sure to please children and be an instant hit! **There are two different ways to access the cookbook.**



- The cookbook is available for download from the website below: <http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers-0>.
- Free print copies of the cookbooks are available to child care centers who participate in Child Nutrition Programs. Go to the Resource Order Form (located at the website below) to order your print copy of the cookbooks. The cookbooks are listed under the Childcare/Preschool section of the order form. (Quantity is limited to 2 cookbooks.) <http://tn.ntis.gov/>

*Please note in the cookbook for homes the recipes are standardized for 6 servings, the cookbook for centers are standardized for 25 and 50 servings, and the cookbook for schools is standardized for 50 and 100 servings.

UPCOMING NAP SACC TRAININGS



NE Team Nutrition has established partnerships with various organizations throughout the state in an effort to increase the work done in the area of nutrition. Four of these organizations, Teach a Kid to Fish, Live Well Omaha Kids, East-Central District Health Department, and Four Corners Health Department, are offering 2014 NAP SACC Trainings. See below for more details.

If your child care facility is located in Platte, Colfax, Boone, or Nance counties, contact Kaise Recek with East-Central District Health Department to find out more about their upcoming NAP SACC trainings. Kaise can be reached at 402-563-9656 or krecek@ecdhd.com

For those child care centers located in the city of Lincoln, Teach a Kid to Fish will be holding NAP SACC trainings. If you are interested in participating, please contact Emily Hulse at 402-570-4113 or emilyhulse1@gmail.com

If your child care center is located in Douglas, Cass, Sary, or Pottawattamie counties, contact Arli Boustead with Live Well Omaha Kids to find out more about their upcoming NAP SACC workshops. Arli can be reached at 402-215-3721 or Arli.Boustead@alegent.org

Four Corners Health Department serves child care centers in Butler, Polk, Seward, or York counties. To find out about NAP SACC workshops in these areas, contact Chris Blanke at 402-362-2621 or chrisb@fourcorners.ne.gov

