

Exercise Boosts Brain Function

A recent study conducted by researchers at the Georgia Health Sciences University (GHSU) and published in a recent issue of the journal *Health Psychology* found that math and cognitive scores went up in overweight children who spent more time being physically active.

Researchers studied 171 overweight 7 to 11 year olds who were not physically active when the study started. After participating in an exercise program that include running games, hula hoops, and jump ropes, brain activity increased in areas associated with complex thinking, decision making, and correct social behavior. Intelligence scores also increased the more the children exercised.



The message of the study is that an active body can help an active mind. “For children to reach their potential, they need to be active,” said Catherine Davis, clinical health psychologist at GHSU’s Georgia Prevention Institute and author of the *Health Psychology* study.

Experts recommend that children engage in at least 60 minutes of physical activity each day. In addition to boosting brain function, physical activity combined with healthy eating, can help prevent chronic diseases like heart disease and cancer, decrease the risk of obesity, lower stress, and promote strong bones and muscles.

Let’s Move Outside, a component of the *Let’s Move!* Campaign, encourages children and adults to spend time being physically active in nature. The goal is for children to see physical activity not as a chore but as a fun way to explore the world around them.

The moral of the story, brought to you by CCC CACFP: Get your kids outside, in motion and having fun!!

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Check out Child Care Connections on Facebook. Become a fan so you can get updates and stay connected.



CCC

Thermometers

We have refrigerator and freezer thermometers available for CACFP participants. If you are not currently equipped with thermometers or need to replace yours, please contact Lisa.



Participants, A Few Things to Remember...

Tiering Redetermination

Tiering forms have been sent and need to be returned ASAP. If you have not already done so, please complete the form and return it to us at your earliest convenience.

What We're Seeing.....and Not Seeing

We've now finished round 2 of visits, which focused on menu planning and nutrition. We've compiled a list of the most commonly missed requirements and best practices.

- **Meal Counts**—Per state requirements, you are required to record the number of children who received each meal every day. Where you record these totals is up to you. There is a form available for you to utilize if you prefer. One method we've seen that appears to work well for providers is recording the meal totals at the bottom of the sign in forms. We've also seen meal counts completed on menus, which works as well.
- **Serving an Additional Meat Alternate with Peanut Butter at Lunch**—If you serve peanut butter for the meat alternate during lunch, you must serve an *additional* meat alternate as well. It is extremely difficult for a child to eat enough peanut butter to get the protein they need at lunch. Some easily added options include: yogurt, cheese, and cottage cheese.
- **Special Diet Statements**—If you have a child with special diet needs that prohibit the child from eating required meal components, you must have a Special Diet Statement on file. The prime example is a milk intolerance. If you have a child receiving an alternative to cow's milk, make sure to have a Special Diet Statement completed and kept in the child's file.
- **Providers Eating with Children**—There are a variety of reasons providers don't eat with the children, many of which are understandable, valid reasons. We do want to emphasize the importance of your role as a model of healthy eating habits and the best way to send the message is to eat with your children. If eating with the children is difficult for you, aim for eating with them during at least one meal or snack each day.

DPHHS Renewal Reminders



Our records indicate the following child care programs will need to renew their registration as a child care provider soon in order to continue to participate with the CACFP. Renewal applications can be requested from Cori Kerins in Helena at 444-9460 and should be requested at least 2 to 3 months prior to expiration.

| | | | |
|-------------|----------|----------------|---------|
| L. Bagley | 07/31/11 | Christoffersen | 8/31/11 |
| M. Domingue | 07/31/11 | J. Inabnit | 8/31/11 |
| A. Finch | 07/31/11 | S. Judkins | 8/31/11 |
| B. Flanigan | 07/31/11 | B. Limpus | 8/31/11 |
| S. Hunt | 07/31/11 | M. Padilla | 8/31/11 |
| E. Shults | 07/31/11 | A. Rask | 8/31/11 |
| J. Strelnik | 07/31/11 | A. Robinson | 8/31/11 |
| A. Bolin | 8/31/11 | M. Woodland | 8/31/11 |

Produce Profile: Cherries

Nutrition:

Cherries are loaded with antioxidants, which have been proven to lower a person's risk for disease, stimulate the immune system, protect brain neurons from damage, and help slow the aging process. Cherries may also help lower body fat, total weight, inflammation and cholesterol, all of which make them a great benefit to heart health.



Selection:

Choose cherries that are plump, firm and deep in color. Avoid those that are soft, wrinkled, or have evident signs of decay.

Storage:

Store cherries uncovered in the coldest part of the refrigerator, which will allow them to keep for up to 10 days. Avoid storing them near strong-smelling food items. To preserve the cherries, rinse them under cold water only when you are ready to use or eat them. It is advised to periodically check your cherries for decay and remove rotten ones immediately to best preserve the rest.

Credit: www.choosecherries.com

Recipe: Cherry Banana Smoothie

Ingredients:

- 1 cup frozen, pitted cherries
- 1 banana, cut into chunks
- 1/2 lemon, juiced
- 1/2 cup low-fat Greek style yogurt
- 6 ice cubes
- 3 drops almond extract



Directions:

Place the cherries, banana, lemon juice, yogurt, ice cubes, and almond extract into a blender. Cover and puree until smooth. Pour into glasses to serve.

Claim as:

Fruit - Cherries or Bananas

Meat Alternate - Yogurt

Credit: <http://allrecipes.com/recipe/cherry-banana-smoothie/detail.aspx>

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Child and Adult Care Food Program

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Please look for these materials in your mailing:

~ August Calendar and Activities

Additional Resources:

Forms (such as pink, yellow, blue) are available online at:

www.childcare.mt.gov

From the home page, go to: “About Us” then: “Forms & Applications”

Upcoming Health/Nutrition Trainings

| | | | | |
|--------------------------------|------------------------|--------------------|--------------|------|
| Food Power Grocery Tour | Learn @ Home | Provider schedules | TBD | \$15 |
| Family Style Dining | Child Care Connections | July 19th | 6:30—8:30 pm | \$10 |
| Annual Required CACFP Training | Child Care Connections | August 16th | 6:30-8:30pm | Free |

TRAINING REMINDER: As CACFP participants, you must complete the CACFP Annual Training each program year (October 1st—September 30th). The Annual Required Trainings will be offered numerous times throughout the year, twice in Bozeman, twice in Belgrade, once in Livingston and once in Manhattan. You must also complete 2 additional hours of approved health, safety, and/or nutrition training. There are online options available at childcaretraining.org and Learn-At-Home trainings available at Child Care Connections.



Remember that claims must be submitted by the **3rd day** of each month. One provider’s late claim can result in a delay in everyone’s payment. To accommodate the majority of providers, late claims might not be processed until the next month. Please call Lisa if experiencing a delay.