

*Fun and Resources for  
07-14-2020*





# Cherry Oat Crumble



## Ingredients

- 6 Tablespoons **sugar**
- 1 1/2 Tablespoons **cornstarch**
- 4 cups **tart cherries**, pitted, fresh or frozen
- 3/4 teaspoon **vanilla**
- 6 Tablespoons **whole wheat flour**
- 6 Tablespoons **old fashioned rolled oats**
- 3 Tablespoons **brown sugar**
- 1/8 teaspoon **salt**
- 2 Tablespoons **butter** or **margarine**, melted

**Makes:** 3 cups  
**Prep time:** 15 minutes  
**Cooking time:** 45 minutes



## Directions

1. Preheat the oven to 350° F.
2. Mix the sugar and cornstarch together in a large bowl.
3. Add the cherries and stir to mix. Add the vanilla and mix again.
4. Pour the fruit into an 8 x 8 baking pan or 2 quart casserole.
5. In a separate bowl mix together the flour, oats, brown sugar, and salt. Add the melted butter and mix together until the texture is coarse with some clumps. Distribute the oat topping over the fruit.
6. Bake in the preheated oven for about 30-45 minutes, or until the juices are bubbling and the oat toping is golden brown.
7. Refrigerate leftovers within 2 hours

*For tasty, healthy recipes that fit your budget, visit [www.FoodHero.org](http://www.FoodHero.org)!*

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	1/2 cup (144g)
<b>Amount per Serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	6 %
Saturated Fat 1g	5 %
Trans Fat 0.5g	
<b>Cholesterol</b> 0mg	0 %
<b>Sodium</b> 85mg	4 %
<b>Total Carbohydrate</b> 42g	15 %
Dietary Fiber 3g	11 %
Total Sugars 29g	
Includes 19g Added Sugars	38 %
<b>Protein</b> 3g	
Vitamin D 0mcg	0 %
Calcium 25mg	2 %
Iron 1mg	6 %
Potassium 190mg	4 %
Vitamin A 83mcg	9 %
Vitamin C 2mg	2 %

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





## The flavor of food

This experiment will teach children how the sense of smell helps them distinguish the different flavors of food (which are not the same as taste).

This experiment is appropriate for babies through preschoolers. Babies can taste everything and enjoy your interaction. Toddlers and preschoolers should be able plug their noses and guess the foods.

### Materials needed:

- Blindfold (optional)
- 5 small bites of food (examples: sliced fruit such as banana, apples, oranges, blueberries, bread with peanut butter, chocolate, cheese-flavored crackers, etc...)
- 

### Safety:

Choking hazard – whenever our children eat choking is a risk. Make sure the foods are small and that the children know to chew well before swallowing. If your baby does not have teeth yet, use only soft foods or purees.

### Procedure:

1. Ask your child to plug their nose
  - A. *For babies:* skip this step, or if they are ready you can plug their nose for them
  - B. *For toddlers:* plug their nose for them if they have trouble doing it themselves
  - C. *For Preschoolers:* they should be able to plug their nose themselves
2. Blindfold your child or ask them to close their eyes
  - A. *For babies:* skip this step
  - B. *For toddlers:* blindfold works well if they can't keep eyes closed
  - C. *For preschoolers:* closing eyes is recommended
3. Place the first food in your child's mouth.
  - A. *For babies:* spoon a small piece or puree into their mouth
  - B. *For toddlers:* ask them to open wide and place the item on their tongue
  - C. *For preschoolers:* hand them the food and instruct them to place it in their mouth





4. Ask your child to tell you what food is in their mouth  
A. *For babies:* tell them what the food is and describe the flavor (for example: “you’re eating an apple, it is sweet, crisp, crunchy. Your sense of taste tells you it’s sweet and your sense of smell distinguishes the apple flavor”)

B. *For toddlers:* Did they get guess right? Follow up with discussing the food as described in step 4A.

C. *For preschoolers:* In addition to 4B, can they identify which of the 5 tastes it is?

5. Add in some Sense of Touch fun by asking your child to move the food around in their mouth and try to describe the texture (ex: an apple is hard, banana is soft and squishy, grape is round and smooth, etc..)
6. Repeat steps 1-5 with all five foods
7. Ask them to unplug their nose and repeat steps 2-6 was it easier to identify the fruit without their noses plugged?

**What happened:**

This experiment teaches us how sense of smell often plays a huge role in identifying the flavor of foods. Without our sense of smell, you will know you are eating an apple, but with your sense of smell you can tell the difference in flavor between a gala apple and a pink lady apple.

In this experiment the children are forced to let their tongue decide what the food is and if they like it or not. Once my son learned it is more difficult to taste the flavor of food with his nose plugged, he said he will try plugging his nose when eating foods he doesn’t like in the future.



# Head Start and Families Working Together—4 months

## Welcome to Group Care!



THE NATIONAL CENTER ON  
Health

**H**ead Start and other programs that serve infants and toddlers provide your child a safe environment to learn. We believe you are your child's first teacher. Parents, grandparents, and other caregivers are viewed as partners. We promise to...

- Value individual culture, beliefs, and traditions in raising children
- Listen to your concerns and share ideas on healthy child development
- Support and encourage you through your child's enrollment
- Provide you with daily reports on how your child is doing

### Bottle-feeding

Your baby should be fed when he shows signs of being hungry. We hold babies during feeding to build the relationship between baby and caregiver. We never prop bottles.

- Your infant will be fed breast milk or formula for the first four to six months of life
- We will never put a bottle in the microwave

### Solid Foods

Breast milk or formula is all your baby needs until he is 6 months of age. When you know your infant is ready, introduce solid foods one at a time. We will wait to give your infant solid foods until you let us know.

- Signs that show your child is ready
  - Opens mouth for the spoon
  - Sits with support
  - Has good head and neck control
  - Shows interest in foods you eat
- Let us know if you have questions about bottle-feeding or solid foods



### Safe Sleep

At 4 months of age, your infant may not have a regular sleep schedule. Throughout the day, he may sleep only one or two hours at a time. We place your baby on his back to sleep. This is the safest position until he is able to roll over by himself (usually 4 to 7 months).

- He may start rolling over at this time. He may choose not to stay on his back
- We keep our cribs free of toys, stuffed animals, and extra bedding for safety
- We supervise infants while they are sleeping
- Our cribs meet current safety standards

### Immunizations (Shots)

Immunizations help your baby stay healthy. Your baby's pediatrician should provide routine immunizations based on the current state schedule.

- We explain how to determine if your infant is up-to-date

*School readiness begins with health!*

- We support families in working with the pediatrician to bring infants up-to-date
- Let us know if you have questions about your infant's immunizations

## Environment

We set up our environment to encourage active play. Active play is a great way for your baby to practice movement, manipulate objects, and imitate sounds.

- We have “tummy time” and play with him each day two to three times a day for three to five minutes
- We use colorful toys, brightly colored books, and floor gyms to engage him in active play
- We encourage you to sit and play with him at home too
- Infants are comforted by predictability. Our spaces and daily routines are set up to meet your infant's needs

## Development

We interact with your infant to make new connections in his brain. He explores with his five senses (seeing, smelling, hearing, touching, and tasting). We make sure the environment your infant explores is safe and clean. A 4-month-old can typically:

- Hold his head up
- Lay on his stomach and raise his body on his hands
- Babble, smile, and laugh

## Relationships

As your infant learns to sit up, use his hands, and move about, he's likely to become more aware of objects and people around him.

- He may show a clear preference for parents and his caregivers
- We will be friendly and respond to his cues
- We enhance our relationship with him by reading books, singing songs, and rocking him, and you can too

## Getting Sick

It happens to everyone. Catching a cold is an easy thing to do, even for a tiny person. We help protect him from illness.

- We wash his hands and ours
- We keep all of the toys clean—especially bottles and pacifiers
- At home, you can make sure to wash your hands and your infant's hands

### Questions to Ask Your Baby's Pediatrician

“Is my baby ready to start solid foods?”

“What should I start with?” “How much and how often?”

“Do you have information about programs such as WIC (Special Supplemental Nutrition Program for Women, Infants, and Children) that can help me get food/formula?”

“How do I know if my baby is developing normally?”



# Healthy Habits for Happy Smiles



## Getting Oral Health Care While You Are Pregnant

**T**aking care of your mouth while you are pregnant is important for you and your baby. Getting oral health care, including cleanings, X-rays, fillings, and pain medication, is safe when you are pregnant.

Also, brushing twice a day with fluoride toothpaste, drinking water throughout the day, and eating nutritious foods will help keep you and your baby healthy.



*School readiness begins with health!*



## Tips for getting oral health care:

- ◉ Ask your Head Start program staff to help you find oral health insurance if you do not have insurance or cannot pay for oral health care.
- ◉ If your last dental visit was more than 6 months ago or if you have an oral health problem or concern, make an appointment as soon as possible.
- ◉ Getting oral health care during the second trimester is best. During the first trimester, you might have morning sickness. And during the third trimester it can be uncomfortable to lie on your back in the dental chair.
- ◉ Tell the dental clinic staff that you are pregnant and your due date. This information will help them provide the best care and keep you comfortable.
- ◉ Tell the staff about any changes in your teeth or gums. Also tell them about all medications, including vitamin and mineral supplements, that you are taking.
- ◉ Talk with the staff about any concerns or worries you have about getting oral health care.
- ◉ Talk to your doctor or your Head Start program staff if you need help getting oral health care or making an appointment.

## Resources

### Find Dental Insurance

<https://www.healthcare.gov>

### Find Low-Cost Oral Health Care

#### Contact local health center:

<https://findahealthcenter.hrsa.gov>

#### Contact a local dental school and dental hygiene program



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ADMINISTRATION FOR  
**CHILDREN & FAMILIES**



NATIONAL CENTER ON  
Early Childhood Health and Wellness





# Give Your Family More of the Good Stuff!



## Peach Basics

*peaches provide vitamin C, which helps  
your body heal cuts and other wounds.*



## Shop and Save

✿ Choose peaches that have an even, creamy gold to yellow color. Some varieties have a red blush but it may not always be a sign of ripeness.

✿ When ripe, peaches should have a slight “give” or softness. Handle peaches gently—they bruise easily. Bruised areas spoil more quickly.

✿ Fresh peaches may be at peak quality and lowest cost from June through September, depending on the variety and growing area.

✿ When shopping for canned peaches, look for “Packed in 100% juice” and “No sugar added” on the label. Canned and frozen peaches are available year-round.

**Peach peels  
are a good source  
of fiber**



## Store Well Waste Less

- Keep peaches at room temperature until ripe for best flavor and texture. Ripen peaches in a loosely closed paper bag. Add an apple or banana to speed ripening. Check daily until soft, then eat or refrigerate.
- Store ripe peaches in the refrigerator in a plastic bag with holes to prevent moisture on the surface. Use within a few days.

■ Wash peaches just before using by gently rubbing under running water.

- To keep them from browning, cut peaches just before serving or dip cut peaches in water with lemon juice (2 Tablespoons/quart).
- To freeze cut peaches, first treat the slices to prevent browning (see above). Then freeze them on a baking sheet. Once frozen, transfer the slices to a freezer bag or container. Use within 12 months. Thaw in the refrigerator.



## Types of Peaches

**Freestone** — the pit falls out easily. These varieties have firm texture, low sugar content, low juiciness, and white or yellow flesh. White flesh peaches may be slightly less sweet and lower in acid than yellow flesh peaches.

**Clingstone** — the flesh clings to the pit. These varieties have soft texture, high sugar content and juiciness, and white or yellow flesh.

**Semi-freestone** — a hybrid of freestone and clingstone peaches. The flesh clings to the pit less tightly and they are relatively high in sugar content and juiciness.





# Ideas for Using Peaches

Go to  
**FoodHero.org**  
for easy, tasty  
peach recipes

## Quick Fix

- ✿ Peaches are a tasty snack eaten whole, chopped, or sliced.
- ✿ Add cut peaches to yogurt, cold cereal, or oatmeal to add sweetness and flavor.
- ✿ Peaches can be mixed into the batter of pancakes, waffles, muffins, or bread.
- ✿ Grill fresh peach halves for a simple dessert.

## Peach Sundae

### Ingredients:

- 1 Tablespoon **margarine** or **butter**
- 2 cups chopped or sliced **peaches** (fresh, frozen or canned/drained)
- 3 Tablespoons packed **brown sugar**
- ¼ teaspoon ground **cinnamon**
- 3 cups (24 ounces) **low fat yogurt** (try plain, peach, vanilla or raspberry)

### Directions:

1. Melt margarine or butter in a medium skillet over medium heat (300 degrees in an electric skillet).
2. Add peaches, brown sugar, and cinnamon. Stir occasionally until peaches are hot. Remove from heat.
3. Spoon yogurt into five individual bowls. Top with warm peaches.
4. Refrigerate leftovers within 2 hours.

**Makes:** 5 cups    **Prep time:** 10 minutes  
**Cook time:** 5 minutes

One pound of peaches  
= about 3-4 medium peaches  
= 2 cups sliced peaches



## Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ wash fresh fruits and veggies.
- ✿ chop or slice peaches on a cutting board. Ripe peaches can be cut with a plastic knife.
- ✿ use a can opener.
- ✿ fill a blender about half full to allow room for food to spin; check that the lid is on tightly.

## Peach Carrot Smoothie



### Ingredients:

- 1 medium **banana** (fresh or frozen)
- 1 cup **carrots** (cooked, frozen or canned/drained)
- 1 can (15 ounces) **peaches**, undrained or 1 ½ cups fresh or frozen peaches with ½ cup water or fruit juice

### Directions:

1. Combine all ingredients in a blender or food processor.
2. Blend until smooth.
3. Serve Immediately.
4. Refrigerate or freeze leftovers within 2 hours.

**Makes:** 3 cups    **Prep time:** 5 minutes