



IT'S ALL ABOUT THE KIDS



October 2011



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Have a Healthy Halloween



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Halloween is a great time for kids. They have lots of fun with parties and with trick-or-treating. The problem for moms and dads is deciding what to do with those big trick-or-treat bags full of candy and sweet treats. Many kids have difficulty with their weight and loading up on all that sugar isn't a good idea.

Here are some tips to help control your children's consumption of treats:

Serve your kids a healthy snack such as a peanut butter sandwich and some fruit before trick-or-treating. If they aren't hungry, your kids will be less likely to gorge themselves on candy when they get home.

Let your children enjoy some of their Halloween candy in moderation when they have finished trick-or-treating -- after you have inspected the treats for safety. Keep a close eye on the kids who tend to binge so they don't eat too much candy.

Put all of the extra treats into a high cabinet in your kitchen or pantry. Out of sight is out of mind, and you can control how many treats your kids get to eat over the next few days.

Tip of the Month

On trick-or-treat night, safety-pin an index card with your name, phone number and address inside your child's costume in case you get separated .

Harvest of the Month

Winter Squash

Nutrition Facts

Serving Size 1 cup, cooked, cubes

Amount per serving

Calories 76 Calories from fat 6

% Daily Value

Total Fat 1g 1%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 18g 6%

Dietary Fiber 6g 23%

Sugar 7g

Protein 2g

Vitamin A 214% Calcium 5%

Vitamin C 33% Iron 5%

Source: www.nutritiondata.com

Just the Facts:

- There are two main squash varieties: winter and summer. Winter squash are not grown or harvested in winter, but picked when fully ripe and feature a hard shell with thick, inedible skin and fully developed seeds.
- The most common varieties of winter squash grown in the US are: acorn, butternut, buttercup or turban, hubbard and spaghetti.
- Besides the fruit, other edible parts of squash plants include the seeds, shoots, leaves, tendrils and blossoms.
- California leads the nation in total squash production, followed by Florida, Michigan and Georgia.
- Santa Barbara leads the state in squash production, followed by Fresno County.
- Squash production takes place mostly in the central San Joaquin Valley.

Recipe idea!

Bake seeded acorn squash halves in about 1/4 inch of water at 400°F until tender (about one hour). Saute one chopped apple, cinnamon, nutmeg and a sprinkle of brown sugar until soft. Fill each half with the apple filling and bake for 10 minutes more.

Helping Your Kids Eat Healthy

- Bake, boil, steam, sauté or microwave winter squash. Use it in stews, soups, salads and dips.
- Varieties with darker yellow/orange flesh are more nutritious than lighter colors.
- Add winter squash to your family's favorite soup or casserole. Ask your child to help you make it.

Reasons to Eat Squash:

One serving of cooked winter squash provides:

- An excellent source of Vitamin A, most in the form of beta carotene. Vitamin A is a central component for healthy vision and the antioxidant beta carotene helps fight off cancer-causing free radicals.
- A valuable source of Vitamin C and a good source of potassium.
- Six grams of dietary fiber, an excellent source for this complex carbohydrate.

Produce Tips:

- Look for firm winter squash that have dull-colored skin (not shiny) and feel heavy for their size.
- Store uncut winter squash in a cool, dark, dry place for up to three months.
- Once cut, squash can keep about one week wrapped and refrigerated.
- Thin skinned varieties, like acorn or butternut, can be peeled with a paring knife or vegetable peeler.

DID YOU KNOW?

Growing children need ...

- 1-2 cups of fruit
 - 1½-3 cups of vegetables
 - 60 minutes of physical activity
- ... every day!

...Continued from page 1

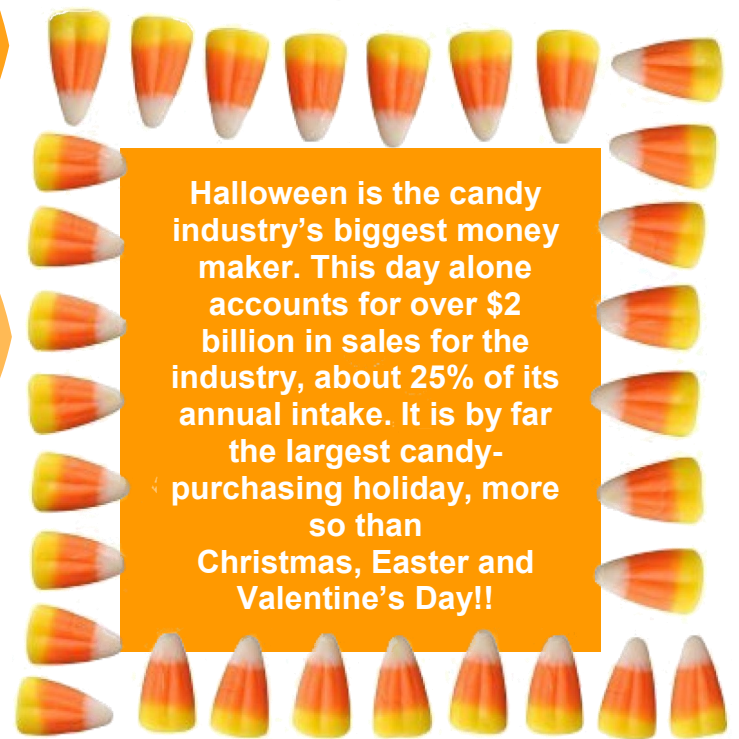
MORE HALLOWEEN TIPS!!

Place two or three small treats, or one larger piece, into each plain paper bag. Tape or staple the paper bags closed and keep them in a large box or bag. Let your kids pick out one bag each day.

Promote a healthy Halloween by handing out alternatives to candy.

- pencils
- stickers
- party favors
- trading cards

Skip the Halloween candy sale on November 1st. Cheap bags of candy sounds like a good buy, but you don't need the sugar and calories.



Halloween is the candy industry's biggest money maker. This day alone accounts for over \$2 billion in sales for the industry, about 25% of its annual intake. It is by far the largest candy-purchasing holiday, more so than Christmas, Easter and Valentine's Day!!

You might want to host a Halloween party for your kids. That way you have some control over the foods your kids eat. Include fresh vegetables and dips, baked chips and crackers, cheese and lean meats with whole grain breads for make-it-yourself sandwiches. Serve warm apple cider and plenty of water instead of soda.

{ DAD'S DEN }

How Can you Discipline your Child Gently??

Parents need to teach their toddlers to accept authority when it is communicated to them. The trick to disciplining your toddler is to be firm, yet gentle. Remember, you are doing it for your toddler's own good. Here are some tips to help you discipline your toddler in a positive way without being harsh or cruel:

Give clear directives: Leave no room for miscommunication while giving instructions to your child.

Be committed: Stick by your words no matter what. If you are not consistent and or give in too easily, chances are your toddler will not take you seriously.

Be practical: Be aware regarding what is considered normal behavior at your child's age. Set realistic expectations.

Understand the mental level of your toddler: You need to explain the consequences of un-disciplined behavior in a way that your child can understand.

Craft at Home!

TP Roll Mummy

Materials needed:

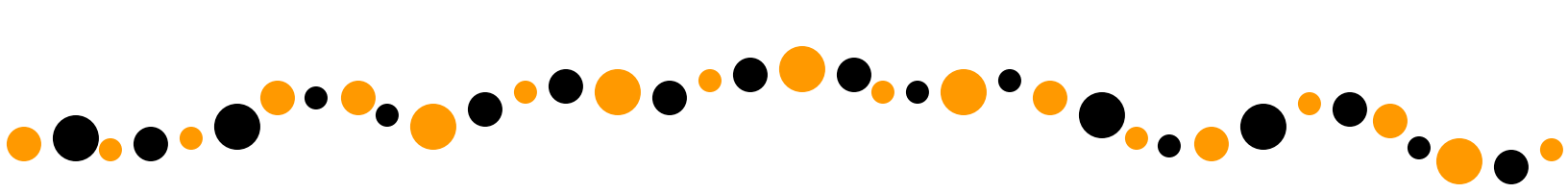
- Toilet Paper Roll
- White paper towels
- Glue
- Google eyes or black marker
- Scissors

Instructions:

1. Cut your paper towel into 1/2 inch strips.
2. Begin to wrap your strips of paper towel around the TP roll, gluing as you go. Make sure you save a little opening at the top of your roll for the eyes (see picture 1).
3. When you have wrapped your mummy enough, glue on the googly eyes, or draw them on with a marker.

Picture 1





Halloween Costume Contest and Potluck



Date: Friday,
October 28th
Time: 3:30-4:30pm

- Costume contest (best costume will receive a prize)
- Halloween craft
- Potluck sign-ups³



Free for families with children 0-5. Registration is required. Please register by phone or in person: (557)201-5000
405 Trinity Ave. Chockley, CA.

Halloween Safety Starts at Home

There's nothing spooky about Halloween safety. Use these common-sense Halloween safety tips to protect your ghosts and goblins.



Are your children begging to carve pumpkins? Make Halloween safety a family affair.



- **Use markers.** Let young children draw faces on pumpkins with washable markers. Leave the carving to an adult.
- **Invest in pumpkin cutters.** With supervision, older children can carve their own pumpkins with special pumpkin cutters equipped with safety bars.
- **Use candles with care.** Place candlelit pumpkins on a sturdy surface away from curtains and other flammable objects. Never leave candlelit pumpkins unattended.



If you'll be handing out treats, make sure you're ready for trick-or-treaters.

- **Clean up.** Put away anything trick-or-treaters could trip over, such as garden hoses, toys, bikes and lawn decorations.

Clear wet leaves, snow and ice from the sidewalk.

- **Turn the lights on.** Replace any burned-out bulbs to ensure good visibility at your door and the walkway leading up to it.
- **Control your pets.** Take no chances that your pet might be frightened and chase or bite a child at your door.





The promise of Halloween candy may leave stars in your child's eyes. But Halloween safety still rules.

- **Get in on the fun.** Accompany trick-or-treaters younger than age 12. Pin a piece of paper with your child's name, address and phone number inside your child's pocket in case you get separated. Encourage older kids to trick-or-treat with a group of friends, parents or older siblings. Make sure someone in the group carries a flashlight with fresh batteries.
- **Stay close to home.** Don't allow your child to go door to door in an unfamiliar neighborhood.
- **Set ground rules.** If your child will be trick-or-treating without you, establish a route and set a curfew. Review safety rules, including staying with the group, walking only on the sidewalk, approaching only clearly lit homes and never going inside a home. You may want to give your child a cell phone for the evening should he or she need to contact you.
- **Inspect the treats carefully.** Don't let your child snack while he or she is trick-or-treating. Inspect the treats first — and discard anything that's not sealed, has torn packaging or looks questionable. If you have young children, weed out gum, peanuts, hard candies and other choking hazards.
- **Ration the loot.** If your child collects gobs of goodies, dole out a few pieces at a time and save the rest. You may even ask your child if he or she would like to swap some — or all — of the candy for something else, such as a special toy, book or outing.
- **Plan a party.** Consider planning a trick-or-treat party with a couple of neighbors instead of house-to-house door knocking. Decorate the garages, have a costume contest, and plan games and prizes. This can be safer and healthier, and it allows your child to interact with more children.



 **OCTOBER** 

Play and Grow (Infants 0-2 years) Tuesdays 10-11am

PLAY AND GROW (TODDLERS 3-5) TUESDAYS 11-12PM

Little Yogis Wednesdays 10-11am

FAMILY STORYTIME WEDNESDAYS 3:30-4:30PM

Creative Explorers Thursdays 4-5pm

FEEL THE BEAT! FRIDAYS 3:30-4:30PM

**FRC HALLOWEEN
COSTUME CONTEST &
POTLUCK**

**Friday, October 28th
3:30-4:30pm**

Free to families with children 0-5 years old.

***Halloween Craft, Prize for the best costume, Potluck & Fun!

For more information or to register, please call:
(559) 201-5000.

