



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

Division of School
and Community
Nutrition

Indiana CACFP

NEWS 2 USE

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Reading for Good Health

There is a natural link between nutrition, physical activity, and reading. Young children are particularly interested in stories that describe or depict things that are connected to their own everyday lives such as food, eating, grocery shopping, cooking, playing with friends, and family mealtime. Reading books that focus on preparing and eating healthy foods and being physically active can motivate children to adopt positive food and physical activity behaviors that can last a lifetime.

Children's eating and physical activity habits are not what they should be...

- Since 1980, obesity prevalence among children and adolescents has almost tripled.
- 1 in 3 children are obese or overweight before their 5th birthday.

Children in the United States could be better readers too...

- Children develop much of their capacity for learning in the first three years of life, when their brains grow to 90 percent of their eventual adult weight. When parents or caregivers

talk, sing, and read to children; links among the child's brain cells are strengthened and new links are formed.

- Despite the considerable evidence of a relationship between reading regularly to a child and that child's later reading development, six in ten babies and five in ten toddlers are not read to regularly by parents or family members.

Karen Edwards, one of our CACFP Field Consultants, recently compiled a list of food themed lesson plans that you can access on the resource section of our website and by [clicking here](#).

In addition to Karen's resource, we also encourage you to view the Michigan Team Nutrition Preschool Booklist, which you can view by [clicking here](#).

The information from this article came from: [Michigan Team Nutrition Preschool Booklist](#), www.cdc.gov

We'd love to hear more about how you deliver nutrition education! Contact Heather at hstinson@doe.in.gov

Support Breastfeeding

“Those who think they have no time for healthy eating, will sooner or later have to find time for illness.”
~ Edward Stanley

Breast milk saves you money! Breast milk is not only free, it is a reimbursable component of the infant meal pattern if fed to infants by a caregiver. It also affects caregivers, because breastfed babies are sick less often, spit up less, have less colic, and diapers have less odor.



How Can You Help?

- Encourage moms to get help when concerns arise - Most breastfeeding issues can be managed
- Support & advocate for breastfeeding
- Invite moms to nurse onsite
- Offer a private space with a chair and an outlet (not a bathroom) for women to pump
- Be the mother's cheerleader & enthusiastic supporter

Resources:

- "How to support Breastfeeding Mothers and Families" - A Simple Guide for Child Care Providers - [Click here](#) to access the presentation
- Resource List [Click here](#) to view complete listing
- Sample Breastfeeding Policy in Child Care Setting [Click here](#) to view sample
- Sample Child Care Provider Refrigerator Magnet Guide [Click here](#) to view

For questions related to supporting breastfeeding in child care facilities, contact Tina Cardarelli, Indiana Perinatal Network's State Breastfeeding Coordinator at tcardarelli@indianaperinatal.org



Angie Frost
Grant Co-Director

Staff Spotlight: Angie Frost

We are happy to welcome Angie Frost to our CACFP team! She will be assisting child care facilities with our new CACFP award program (that will begin this spring).

Angie is a Registered Dietitian who graduated from Purdue. In addition to her role at the Indiana Department of Education, she has worked for Crawfordsville schools as a nutrition educator for 6 years. She also serves as a consultant at Wabash Valley

Education Center for 5 school corporations.

Angie has been married to her husband Toby for 17 years. She has 16 nieces and nephews and has 2 more on the way. In her free time she loves to cook, read, garden and travel. She loves Ireland and hopes to retire there someday.

Help us welcome Angie! You may contact her at afrost@doe.in.gov or 317-232-2130.

Please Welcome Our New Sponsors

• Beech Grove City Schools	Beech Grove	CACFP Contact: Beth Skirvin
• Gary Community School Corp.	Gary	CACFP Contact: Samantha Gnoth



Events Calendar

⊕ April 6	State Agency Offices closed	
⊕ April 19	Census Webinar for FDC Sponsors	10-11 am, online
⊕ April 26	Refresher Workshop	9-4, 151 West Ohio St, Indianapolis
⊕ April 26-28	Indiana Early Childhood Conference	Marriot Hotel
⊕ May 8	State Agency Offices closed	
⊕ May 10	CACFP Award Program Webinar *	10 am, online
⊕ May 14	CACFP Award Program Webinar *	2 pm, online
⊕ May 24	CACFP Award Program Webinar *	2 pm, online
⊕ May 28	State Agency Offices closed	
⊕ May 30	New Sponsor Workshop	9-1, 151 West Ohio St, Indianapolis
⊕ May 31	CACFP Award Program Webinar *	10 am, online
⊕ June 7	CACFP Award Program Webinar *	10 am, online
⊕ June 13	CACFP Award Program Webinar *	2 pm, online
⊕ June 26	Refresher Workshop	9-4, 151 West Ohio St, Indianapolis

Note: A photo ID is required at all times at the IDOE offices.

* The asterisked webinars will provide information on our new CACFP award program. All webinars offered will provide the same information. More information about these webinars as well as registration information will be sent out soon!

Did You Know... We have a new public website?

The new web address is www.doe.in.gov/cacfp. With a new website comes a new look, so be sure you take some time to navigate through the website and get comfortable with it. The CNPweb® will remain the same and is located at <http://scnweb.doe.state.in.us/Login.asp>. It is a good idea to bookmark or save both of these website links.

For questions about the new website, contact Heather Stinson at hstinson@doe.in.gov or 317-232-0869.



What Have Plants Done for You Lately?

Human Issues in Horticulture (HIH) is a branch of horticultural science that seeks to understand the role plants play in our quality of life. Here are some of the ways that plants make a difference in our lives. These 'factoids' were gleaned from reports of HIH research done over the last several decades:

For Individuals:

- The presence of plants in a room increases attention and reduces stress
- Students perform better when the view from their room is dominated by plants vs. buildings and pavement
- Gardening for 45 minutes burns as many calories as a 30 minutes of aerobics
- In a study comparing the effects of different forms of exercise on bone density, gardening scored second only to weight training
- Children with ADD can concentrate better when they spend time in natural, green settings. The 10% of children with ADHD who do not respond to medication showed significantly reduced symptoms after taking part in green outdoor activities
- Participants in adult day facilities interact more when taking part in horticultural activities vs. craft projects

In Our Diets:

- Community gardens are associated with increased food security and food quality
- Growing your own food can reduce food costs and increase intake of fresh, nutrient-rich vegetables
- Children who participate in youth gardens are more likely to recognize and consume vegetables
- Curriculum combining gardening and nutrition improves children's attitudes towards fruit and vegetable snacks

In Educational Facilities:

- Improved social skills and behavior are the most prominent benefits to kids reported by gardening teachers nationwide
- Garden-based learning has a positive impact on children's understanding of key life science concepts and their investigative skills
- Kids engaged in gardening show significant improvement in environmental attitudes
- Children who participate in horticultural activities show more group cohesion than those who did not
- Adolescents who participate in horticultural activities show improved interpersonal relationships compared with those who did not. Such improved attitudes carry through into adulthood

Visit www.kidsgardening.org to learn more about plants and gardening!

Banana Dog

Ingredients

- Whole-grain hot dog bun
- Peanut butter
- Banana
- Jam

Instructions

Simply spread a whole-grain hot dog bun with peanut butter and top with a whole, peeled banana and a squiggle of jam.

Variation: For a Banana Burrito, substitute a tortilla for the bun.

Source: <http://familyfun.go.com>



Indiana Department of Education
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-Dr. Tony Bennett, State Superintendent of Public Instruction.