



Community-Focused PSE Changes in Early Care and Education

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DINE in Early Care & Education

DINE – Durham’s Innovative Nutrition Education Program

- Durham Co Dept of Public Health
- Nutrition Division

DINE in Early Care & Education (ECE) serves:

- Children, aged 0-5 years old
- Parents
- Staff at ECE centers

Direct Education and PSE



What is PSE Change

Policy

Systems

Environments



The Whitted School

LEAP Preschool

	Monday	Tuesday	Wednesday	Thursday
Week 1: Breakfast:	WW Mini Bagels + Cream Cheese	Oatmeal Squares & Milk	Cheese stick & Apple Slices	Cheerios Banana slices
Snack:	Oranges Kix Water	Carrots sticks with hummus Water	Pineapple Yogurt Granola Water	Cucumbers & ranch Wheat thins Water
Week 2 Breakfast:	Kix Milk	Fruit Roll-up (ww small tortilla, yogurt, and fruit rolled up)	WW English muffin with cheese slices	Granola Bar Milk
Snack:	Corn tortilla chips Black bean salsa Water	Celery Cream cheese Raisins Water	Trail Mix (WW cereals, pretzels, raisins, chocolate chips, sunflower seeds) Water	Berries Wheat thins Water
Week 3 Breakfast:	WW Mini Bagels + Cream Cheese	Oatmeal Squares & Milk	Cheese stick & Apple Slices	Multi-grain Cheerios Banana slices
Snack:	Oranges Kix Water	Vegetable sticks with hummus Water	Pineapple Yogurt Granola Water	Cucumbers & ranch Wheat thins Water
Week 4: Breakfast:	Fruit Roll-up (ww small tortilla, yogurt, and fruit rolled up)	Kix & milk	WW English muffin with cheese slices	Yogurt & Granola
Snack:	Corn tortilla chips Black bean salsa Water	Celery Cream cheese Raisins Water	Trail Mix (WW cereals, pretzels, raisins, chocolate chips, sunflower seeds) Water	Berries Wheat thins Water



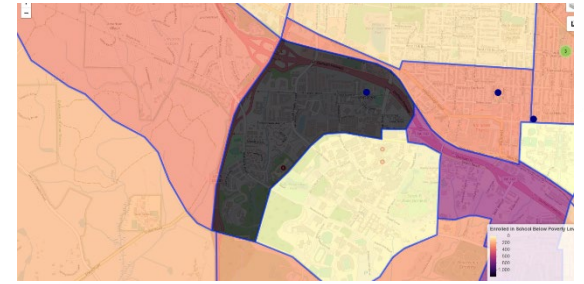
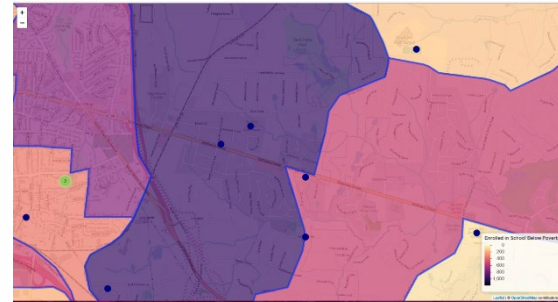
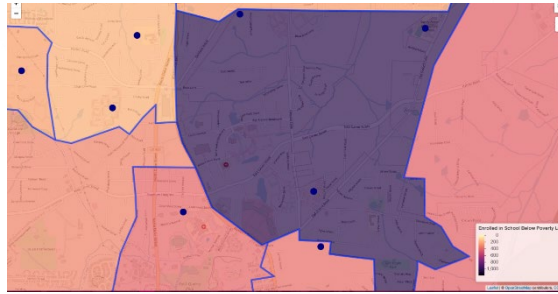
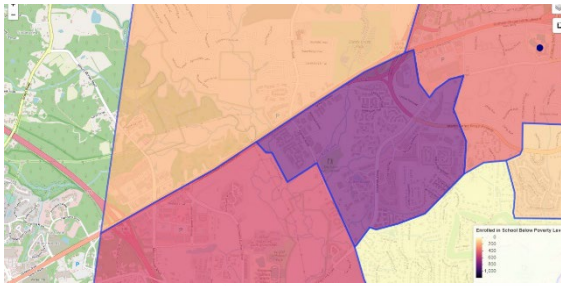
Fruit Trees



11 Gardens



Local Food Deliveries



Code for Durham & Summer Feeding

This month in preschool
your child will be eating...



Squash!



- Pumpkin is a type of squash!
- There are lots of different types of squash, some grown in the summer and some grown in the winter.
- Some of the winter squash varieties include pumpkin, butternut, acorn
- Winter squash is typically picked in the fall season and not the winter
- Cooked butternut squash or pumpkin puree are great first foods for babies!



Family CHALLENGE

Head to your local public library and check out some books about squash.

Sophie's Squash by Pat Zietlow Miller
The Pumpkin Book by Gail Gibbons
Patty's Pumpkin Patch by Teri Sloat
Pumpkin Time! By Erzsi Deak

Get your GROOVE On

Find a pumpkin patch to visit! The kids will have a great time running through the aisles of pumpkins and corn mazes! Allowing your child to explore where and how their food grows might help them accept eating more fruits and vegetables.

LEARN more here

- Asapconnections.org
- Farmtopreschool.org
- Foodhere.org



Make it Eat it! Love it!

Pumpkin Stuffed shells

Ingredients

- 12 Jumbo pasta shells, cooked
- 1 1/4 cup nonfat ricotta cheese
- 3/4 cup pumpkin puree
- 1/2 cup parmesan cheese
- 1/2 tsp garlic powder
- 2 tbsp dried basil
- 1/4 tsp ground dried sage
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 cup pasta sauce



Directions

1. Preheat oven to 350°.
2. Mix ricotta, pumpkin, parmesan, and all spice together. Save 1 tbsp parmesan for topping.
3. Spread pasta sauce on bottom of pan.
4. Stuff shells with mixture and place in pasta sauce, ensuring the shells fit tightly together.
5. Cover pan with foil and bake for 30 minutes. Remove cover, sprinkle with remaining cheese and bake for 12 more minutes.



Public Health
100 Years of Service • 1913-2013

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This month in preschool
your child will be eating...



Apple!



Make it Eat it! Love it!

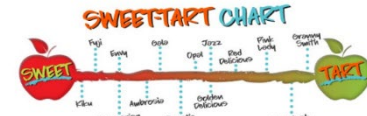
Apple Chips

- #### Ingredients
- 1 teaspoon olive oil
 - 4 medium apples (any variety)
 - 1 tsp cinnamon



Directions

1. Preheat oven to 225°
2. Grease 2 baking sheets with the olive oil
3. Remove the cores from the apples. Slice the apples into thin rings, then place the in a single layer on the baking sheets. Sprinkle apples with cinnamon
4. Bake for 2 to 2 1/2 hours, or until desired level of crispiness achieved
5. A shorter cook time will give chewy apple rings, and a longer time will give you crisp chips
6. Store chips in air-tight container



Family CHALLENGE

Apple Taste Test

Purchase different varieties of apples that are available in your grocery store or farmers market. Let your kids explore different tastes of apples. Get them to rank it with a "love it" or "maybe next time".

Get your GROOVE On

Playing this game can help keep your kids occupied when they have to stay inside. Have your child balance an apple on a spoon. Get them to try their luck walking from one side of the room to the next, without dropping it. Then kick it up a notch—get them to jump, dance and slither without dropping the apple!

Little helpers

Make homemade applesauce together and teach your child that it does not just come in a package. Show them the difference between apples and peeled apples. Let them help you chop and toss them in the pot! They can sprinkle the spices, too! Get them involved in the process—they'll love it!



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Harvest of the Month



PSE Change

Community-focused

Stakeholders and partners

Technical assistance

Tools and resources

Education

DURHAM
COUNTY

DCO
NC

★ ★ ★ 1881 ★ ★ ★

Thank You!



Live. Grow. *Thrive.*