

# Nutrition Notes

DOUGLAS COUNTY CHILD DEVELOPMENT ASSOCIATION

## News & Calendar of Events

## DCCDA Library

**FREE**

### Exercise Through Creative Movement

Thursday, May 19th 6:30-8:30PM @ DCCDA Office

Creative Movement is a joyful way for children to explore movement and be active. Children develop physical skills, channel energy, stimulate brain development as well as get healthy. We will explore different & Fun ways to get children moving as well as enjoy exercise.

RSVP by May 12th

### CELEBRATE Week Of the Young Child

April 10-16

◆ **Sunday, April 10th** We're placing flags & banner at 23rd & Iowa to bring some awareness to the event. Do you want help? Meet us there at 4p.m.

◆ **Music Monday, April 11th**

Through music, Practice clapping, drumming, or stomping to the beat of the music while counting. Evening Drum Circle at the Toy Store from 5-6p.m.

◆ **Taco Tuesday, April 12th**

Local restaurants, including La Familia, will be offering meal specials for adults and their small people this day. Plus the Mayor will formally declare this week in Lawrence as Week of the Young Child. Proclamation will happen 5:45 City Hall.

◆ **Work Together Wednesday, April 13th**

When children build together they develop their social and early literacy skills. Practice organizing blocks by size and then try building block towers.

◆ **Artsy Thursday, April 14th**

Children develop creativity, social skills and fine motor skills with open-ended art projects where they can make choices, use their imaginations, and create with their hands.

◆ **Family Friday, April 15th**

Families can enjoy a special free program at Prairie Park Nature center from 4-5pm including a scavenger hunt.

**Claims Due**

Sunday, April 3rd

**Open Office**

Friday, April 29th, 6:00-7:00 PM

### April is National

### Stress Awareness Month

The DCCDA library has a number of kits that can help kids keep active and help reduce stress.

- Bubbles
- Dancing Scarves & Ribbons
- Gardening
- Kids Yoga
- Let's Get Moving



## ACTIVITIES!

**Stress Relief for Kids-** Stress can be dangerous and adults aren't the only ones who feel its harmful effects. As early as first grade, kids are able to identify what stress is and report feeling that they're under stress. But the effects and symptoms of stress can also be seen in kids as young as preschool age.

Here are a five activities to help your child calm down:

**Take Deep Breaths-** When a child is showing signs of stress help them to slow down with simple, kid-friendly breathing and mindfulness exercises.

**Get Out of the House-** Do something that is movement oriented. Visit a park or playground to play ball, go for a bike ride or take a swim can also help to reduce stress. Gardening is a great stress reliever.

**Start an Art Project-** Gather the art supplies and let the kids get creative. Art can be an easy and effective way to help reduce tension.

**Remember the Big Squeeze-** In addition to giving kids hugs, it is important to teach them to soothe themselves. Hugging oneself, can help kids feel comforted instantly.

**Namaste-** For kids who like quieter activities, yoga can be an excellent way to promote mindfulness and emotional stability.





# Food In Focus

MENU IDEAS

RECIPES

NUTRITION INFO

Chard-sometimes called Swiss chard or rainbow chard (when it sports brightly colored stalks) is a relative of the beet. But unlike traditional beets which put their energy into producing finger-staining roots, chard instead produces big, tender leaves and crunchy stalks.

The taste depends on which part you eat, though not so much on which color. The large, firm leaves are mild, sweet, earthy and just slightly bitter; on the whole, it's a bit milder than spinach. The stalks which can be white, yellow, red, purple, pink, striped and so on resemble flat celery with a sweet taste slightly like a beet.

When shopping for chard, look for bright, firm leaves and stalks. Wrapped in plastic and refrigerated it will keep for two to four days.

How do you use it? The simple explanation is use to use the leaves as you would spinach and use the stalks as you would asparagus. You can also roughly chop the leaves and finely chop the thicker stalks; this helps the two parts cook in about the same time.



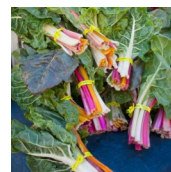
## Chicken & Rice with Swiss Chard

### Ingredients

- 4 chicken leg quarters or boneless chicken breasts (about 2 lbs. total), patted dry
- Coarse salt and ground pepper
- 3 garlic cloves, roughly chopped
- 1 bunch Swiss chard (10 oz), stems cut into 1/2-inch pieces, leaves torn into 2-inch pieces
- 1 small yellow onion, diced small
- 2 medium carrots, diced medium
- 1 1/2 tsp. finely grated lemon zest, plus wedges for serving
- 1 1/2 c. basmati rice
- 2 1/2 c. low-sodium chicken broth

### Preparation

- Season chicken with salt and pepper. Heat a large Dutch oven or other heavy pot with a tight-fitting lid over medium-high heat. Add chicken, skin side down, and cook until browned on both sides, 12 minutes, turning once. With tongs, transfer chicken to a plate.
  - Reduce heat to medium and add garlic, chard stems, onion, and carrots. Cook, stirring occasionally, until chard stems and onion are translucent, 4 minutes. Add chard leaves, lemon zest, and rice; cook 1 minute. Add broth and bring to a rapid simmer. Reduce to a simmer and season with salt and pepper. Arrange chicken, skin side up, on top of rice mixture and cook, covered, until chicken is cooked through and liquid is absorbed, about 25 minutes. Remove from heat and let sit, 5 minutes. Serve with lemon wedges.
- Credits as a meat, vegetable, and or bread for lunch.*



## Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Apricots
Bread/Bread Alternative	Whole Wheat Bagel
Other	Sunbutter®
Snack	
Two Items	Cottage Cheese
Two Groups	Pineapple
Other	Water
Lunch	
Fluid Milk	Milk
Two Servings	Strawberries & Bananas
Fruits/Vegetables	Rainbow Swiss Chard
Bread/Bread Alternative	Rice
Meat/Meat Alternative	Chicken & Rice Swiss Chard
Other	