

Medford, MA 02155
10 Cabot Road, Suite 201
Family Times

Question & Answer

Q

I often find myself stopping at fast food places when my kids are hungry for a quick snack, but I don't want to buy a whole kids meal if it's not mealtime. Do you have any suggestions for quick, healthy snacks on-the-go?

Every parent has been there—your child starts to get really whiny and needs a snack to keep them full until you can finish your errands and get home for dinner. It is always good to keep a granola bar or some goldfish in your purse for moments like this, but even if you stop at a fast food restaurant, you can still make healthy choices. Here are some suggestions for choosing healthy, kid-friendly, snack options from your favorite fast food restaurants.

DRINKS

- Water. Whenever possible, choose a bottle of water for your child instead of soda or fruit juices.
- Look for 100% Juice. Many places like Wendy's®, Burger King® and Dunkin Donuts® offer 100% apple or orange juice boxes from Minute Maid® or Juicy Juice®. These brands have less sugar than other juices or soft drinks.

- Got Milk? Most kids menus offer a choice of 1% white milk, or chocolate milk. Choose milk instead of soda, fruit punch, juice drinks, or sports drinks.

SNACKS

- Taco Bell®- choose from the "Fresco" menu which has tacos with less cheese and lower sodium.
- McDonalds® – apple dippers and fruit and yogurt parfaits are fun ways to snack on fruit.
- Dunkin Donuts® – opt for English muffin choices instead of bagels or donuts. Stay away from Coolatas® and coffee drinks which have too much sugar and caffeine for children.
- Dairy Queen® – the "Kids Live Well Menu" offers a healthy combination of a turkey wrap, banana and strawberry banana smoothie made with real fruit. DQ also offers an applesauce as a side.



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A Note From CDE

Dear Friends and Family of
Child Development,

I hope your summer is off to a relaxing, enjoyable start. At CDE, summer is our time to reflect on the successes of the past year and to make adjustments for the fall. We are hopeful that the budget for fiscal year 2014 that will begin in July, and the new leadership from EEC's Acting Commissioner Thomas Weber will bring renewed energy, access, and advancements to the early education and care field. We are excited to be part of it!

We hope you enjoy some quality family time during these summer months. We have included a fun counting activity, healthy snack recipes and information for eating well on-the-go. Wherever your summer plans take you know that CDE is working hard to continue to give your children and your educators high quality services throughout the year, and we wish you a safe and healthy summer.

Sincerely,
Bill Restuccia
President



Quotable Quotes:

"All kids need is a little help, a little hope, and someone who believes in them." -Magic Johnson

EPS Announcement

Child Development, along with our training division, The Institute for Education and Professional Development (IEPD) was recently awarded an Educator and Provider Support grant from the Department of Early Education and Care. CDE submitted a competitive proposal to be in charge of leading professional development, training, coaching, mentoring and other initiatives in the Southeastern region of the state. We are very excited to work with a network of colleges, community partners, family child care educators, public schools, centers and afterschool and out of school time groups in the area. We look forward to making professional development services in the area more accessible, diverse, and varied.

Counting Activity: Ten Little Fish

This summer your child will be reading and doing some activities with the book *Ten Little Fish*. This story practices counting down from ten to one. You can do a fun counting activity at home while reading the book with your child. Use Goldfish crackers as a fun way to act out the story, practice counting, and enjoy a healthy snack at the same time! As you read the book, have your child take away a Goldfish from their pile as one fish in the story swims away.

After you finish reading the story, have your students gather their ten Goldfish. Ask them to pull out one cracker and then ask to put one more with that. Ask them how many they have total. They should be able to easily answer two. Continue with different addition problems or ask subtraction questions, such as seven take away three, five take away one, three take away two, and so on.

Summertime Snacks

One of the best parts of summer is being outdoors and eating outdoors. Fruits and vegetables are fresh, watermelon tastes even better on a hot day, and treats like ice cream and popsicles are everywhere. Take advantage of summer's bounty by choosing fresh vegetables and fruits. Look for colorful produce such as: green spinach, yellow squash, orange sweet potatoes, pink watermelon, red peppers and purple grapes.

- Freeze fresh grapes for a refreshing summertime snack!
- Grill vegetables like yellow squash and zucchini to serve at your backyard BBQ.
- Smoothies made with unsweetened frozen fruits, vegetables and a pinch of cinnamon are packed with healthy nutrients, protein and taste great!
- Replace candy at a party or dessert time with a bowl of fruit like fresh strawberries. They are sweet, delicious and much healthier.
- Look for popsicles made with whole fruit or natural fruit juices. These will have less sugar and you will feel better about giving your child a treat!



