



Central California Child Development Services, Inc

2250 Rockefeller Dr Ste 1, Ceres CA 95351

Phone: 209-581-9000

Winter Wellness Newsletter

Purpose of the Newsletter

Our newsletter features a variety of helpful tips and tricks to incorporate in your daily life. Learn to make new healthy habits & changes for your life.

1. Harvest of the Month
2. Healthy Hearty Recipes
3. Heart Healthy Activities for Kids
4. National Nutrition Month
5. Experiencing Nature Supports Social-Emotional Health & Well-Being
6. The Great New Year Budgeting Plan
7. Self-Care for Families
8. Flyers pg. 7 -11



Harvest of the Month: Beets

Why are Beets good for you?

Beets are highly nutritious and packed with essential vitamins, minerals, and plant compounds, many of which have medicinal properties. They're known for their earthy flavor and aroma. Many people call them a superfood because of their rich nutritional profile. They are low in calories and rich in nutrients. They're also a good source of several key nutrients, including folate, manganese, and copper.

Benefits:

1. Many nutrients and few calories
2. Could help lower blood pressure
3. Help fight inflammation
4. May improve digestive health
5. May support brain health

Recommended Serving Size:

Cooked beets:

1/2 cup (120 grams) provides approximately 43 calories, 9 grams of carbohydrates, 2 grams of fiber, and 1 gram of protein.

Raw beets:

1 cup (136 grams) provides approximately 58 calories, 13 grams of carbohydrates, 4 grams of fiber, and 2 grams of protein.

Winter

December, January, February



DRIED NUTS & FRUITS



BEETS



WINTER SQUASH



CITRUS



CRUCIFEROUS



KIWIS

Healthy Hearty Recipes

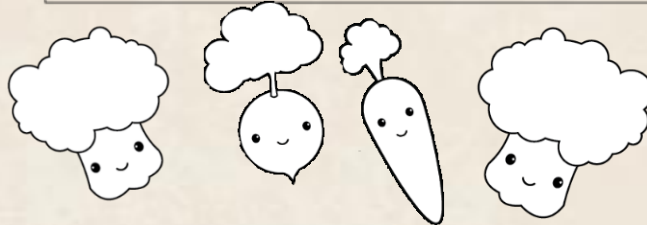
Ingredients

Roasted Beets and Corn with Feta Cheese

- 3 medium beets
- 2 ears corn
- 1/2 small red onion, minced
- 2 stalks celery, minced
- 1/4 cup olive oil
- 2 Tbsp balsamic vinegar
- Salt and Pepper
- 1 cup feta cheese crumbles
- chopped parsley (optional)

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
8 servings per container		Total Fat 11g	14%	Sodium 270mg	12%
Serving size		Saturated Fat 4g	20%	Total Carbohydrate 13g	5%
Calories per serving 160		Trans Fat 0g		Dietary Fiber 3g	11%
		Polyunsaturated Fat 1g		Total Sugars 8g	
		Monounsaturated Fat 6g		Includes 0g Added Sugars	0%
		Cholesterol 15mg	5%	Protein 5g	10%
		Vitamin D 0mcg	0%	Calcium 1430mg	110%
		Potassium 15040mg	320%	Vitamin C	4%
				Iron 0.18mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Directions

1. Trim the tops off the beets and put them in a pot of water just to cover. Boil for 30-45 minutes until they're just tender. Check by sticking a sharp knife into the center of one. Cool them while you prep the other vegetables.
2. Microwave the corn kernels for about a minute or two, or just leave them raw if you prefer. I think cooking them brings out the flavor.
3. Put the corn, celery and onion into a serving bowl. When the beets are cool enough to handle, trim off both ends and gently peel off the skin. Chop the beets into chunks and add to the bowl.
4. Whisk together the olive oil and vinegar and taste to adjust the proportions. Toss the salad with enough dressing to moisten it, you may not need it all. Season with salt and pepper and chill until ready to serve.
5. Add the feta cheese and parsley just before serving.
6. The salad will keep, refrigerated, for up to a week.

Zuppa Toscana (Olive Garden Copycat)

Ingredients

1. 1 pound ground Italian sausage (I recommend spicy)
2. 3 garlic cloves, minced
3. 1 medium white onion, peeled and diced
4. 1.5 pounds Yukon Gold potatoes, diced
5. 5 to 6 cups chicken stock
6. 2 to 3 cups chopped fresh kale
7. 1 cup heavy whipping cream
8. fine sea salt and freshly-ground black pepper
9. 6 pieces bacon, cooked and crumbled



Directions

1. Cook sausage in a large stockpot over medium-high heat until browned and cooked through, breaking the sausage into small pieces as it cooks. Use a slotted spoon to transfer the cooked sausage to a separate plate, reserving 1 tablespoon grease in the stockpot for later*, and discarding the excess grease. (I actually like to briefly rinse my cooked sausage in a strainer to remove even more excess grease.) Set aside.
2. Add onions to the stockpot (with the grease), and sauté for 5 minutes, stirring occasionally. Add garlic, and sauté for 1 minute, stirring occasionally. Add the potatoes, chicken stock, and cooked sausage, and continue cooking until the mixture reaches a simmer. Reduce heat to medium-low, and simmer for 10 minutes, or until the potatoes are tender. Stir in the kale and cream, and simmer for an additional 5 minutes. Season with salt and pepper to taste.
3. Serve warm, garnished with the bacon bits.



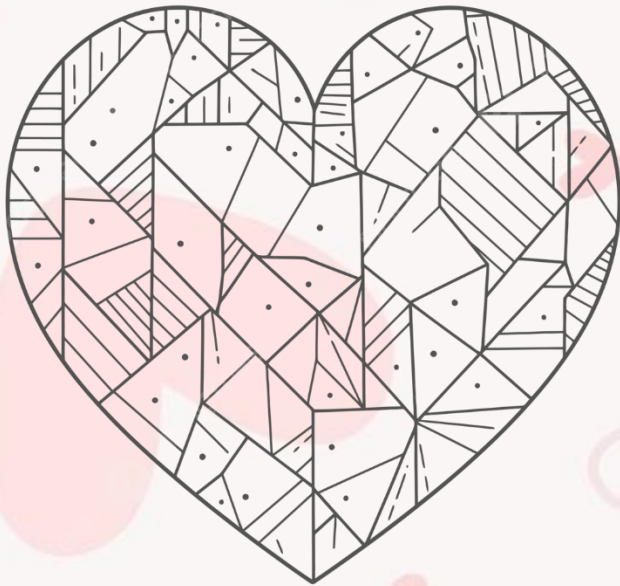
Heart Healthy Activities for Kids

Heart disease is probably not something you think about when you think about your child's health. Most of the time, as a parent, we think about sore throats, scraped knees, colds, and other issues happening now. But recent studies show that good habits to reduce heart disease start at an early age. Coronary arteries are the tubes that carry blood from the heart throughout the rest of the body. Keeping these arteries strong and free of fatty buildup is very important for heart health. This can help lower the chances of your child having heart issues as an adult

Here are some everyday practices that can help you and your kids live a heart-healthy lifestyle.

Eat well: a heart healthy diet rich in fruits, veggies, and whole grains, lean meats, reduced fat dairy products, beans and legumes. A good nutrition is a top step that can prevent most cardiovascular disease, which includes heart attack and stroke

Stay Active: The American Academy of Pediatrics recommends that kids get at least 60 minutes of exercise each day. Exercise can be organized sports, active play, household chores, biking or walking



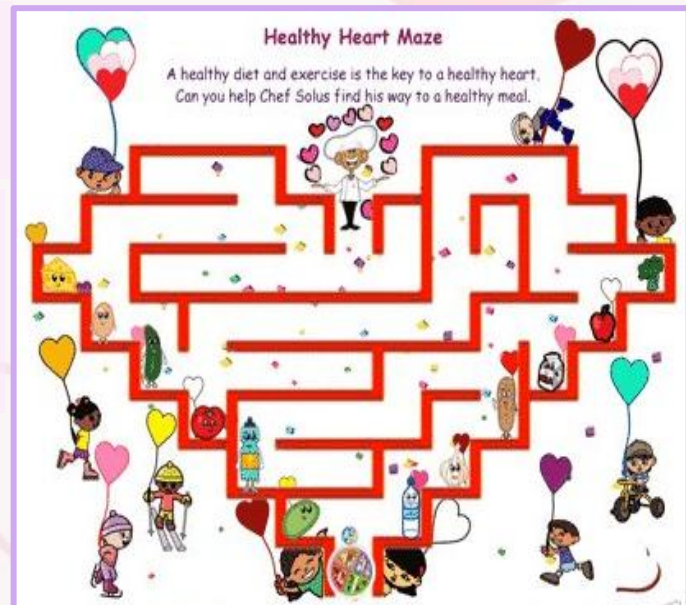
Maintain a healthy weight: Carrying extra pounds makes our hearts work harder, which can damage heart muscles. Higher body weight also contributes to high cholesterol, high blood pressure and diabetes.

Keep an eye on cholesterol: Cholesterol builds up in the arteries and clog them up. It makes it harder for the heart to pump blood to the body. A heart-healthy diet in childhood can set the stage for lower cholesterol levels in adulthood. The AAP recommends that children with no family history of heart disease should have cholesterol tests between ages 9 and 12. However, if children have close relatives (a parent, grandparent, aunt or uncle) with coronary heart disease or high cholesterol, screening can start as early as age 2.

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Prioritize health sleep: travel, seasonal changes and sports or school schedules can disrupt your child's sleep. Still, it's important to create a solid foundation for regular rest. Did you know that studies show that weight gain and poor food choices can start from lost sleep?

Don't smoke: Tobacco use is a known factor in heart disease, both for smokers and the people who live with them. Secondhand smoke harms your child's health in many ways



National Nutrition Month

Ideas to Get Involved in National Nutrition Month® At Home & At Work

Home

As a family, commit to trying a new fruit or vegetable each week during National Nutrition Month®.

As a family, commit to trying a new fruit or vegetable each week during National Nutrition Month®.

Give family members a role in meal planning and let them pick out different recipes to try.

Plan to eat more meals together as a family during National Nutrition Month®.

Explore food recovery options in your community.

Practice mindful eating by limiting screen time at mealtime — including phones, computers, TV and other devices.

Try more meatless meals — choices like beans and lentils are versatile plant-based protein sources that work in a variety of dishes.

Let everyone help with food preparation — a skill for people of all ages. If you have kids, there are age-appropriate tasks they may enjoy learning how to do.

Bring out the flavors of food by trying new herbs, spices or citrus fruit such as lemon or lime.

Are the statements below **FACT** or **FICTION**?

Circle the correct answer		
1	The serving size listed on a Nutrition Facts label reflects the amount that a person should eat or drink.	FACT or FICTION
2	The human body relies mainly on protein to function.	FACT or FICTION
3	MyPlate serves as a guide for healthy meals.	FACT or FICTION
4	Eating the exact same foods every day is recommended for a healthy eating pattern.	FACT or FICTION
5	About 85% of our daily calories are needed to meet food group recommendations.	FACT or FICTION
6	All grains provide dietary fiber.	FACT or FICTION
7	Food safety is only a concern for foods if they are uncooked or raw.	FACT or FICTION
8	Activities like running, jumping rope, and playing hopscotch can help to strengthen bones.	FACT or FICTION
9	For most people, nutrients should come primarily from foods, not supplements.	FACT or FICTION
10	Sugar-sweetened beverages are a top source of added sugars for Americans.	FACT or FICTION

1. FICTION 2. FICTION 3. FACT 4. FICTION 5. FACT 6. FICTION 7. FICTION 8. FACT 9. FACT 10. FACT

Workplace

Host a virtual cooking demonstration on social media for shoppers that features an easy and budget-friendly recipe.

Highlight cultural food traditions in office cafeterias. Offer special menu items from international cuisines (Asian, Mediterranean, Mexican, etc.) or regional foods of the U.S.A.

Organize a "healthy recipe" contest among employees. Have the judges be VIPs from your workplace. Award National Nutrition Month® t-shirts, mugs or other items as prizes.

Organize a virtual or in-person healthy potluck. Have each person cook their dish and eat together through an online video platform or in the cafeteria. Make sure each of the food groups is represented.

Distribute coupons for discounts on a healthy meal featured in the cafeteria or vouchers for nutritious beverages or snacks.

Start a "walking club" with co-workers and take a stroll during scheduled break times.



Vitamin D
Selenium
Iron
Vitamin C
Vitamin A

Healthy
Immunity
Vegetables
Strong

Zinc
Folate
Copper
Mushrooms

EXPERIENCING NATURE SUPPORTS SOCIAL-EMOTIONAL HEALTH AND WELL-BEING

UNSTRUCTURED NATURE PLAY CAN ENHANCE CHILDREN'S SOCIAL AND EMOTIONAL DEVELOPMENT.

Outdoor learning offers positive benefits for children identified with social, emotional, and/or behavioral conditions including increased pro-social behavior and social well-being. Limited opportunities to engage in outdoor learning negatively impact children's group social

BLENDED LEARNING THAT COMBINES TRADITIONAL EDUCATION WITH FOREST SCHOOL OR OTHER MODELS OF OUTDOOR LEARNING ACTIVITIES ENHANCES CHILDREN'S:

- o social interaction skills
- o build confidence
- o promotes problem-solving
- o Independence
- o builds negotiation skills
- o supports creativity



Improved Social Skills Outdoor education often involves group activities that require teamwork and cooperation. This setting helps students develop: relationship skills, such as communication and collaboration.

Enhanced Emotional Well-being Being in nature has been shown to reduce stress, anxiety, and depression. Outdoor environments provide a calming effect, which can improve students' emotional regulation and overall mental health. Not just physical development but also social and emotional growth. When individuals are provided opportunities to learn in outdoor spaces, the emotional well-being of self and others (self & social awareness and social management) increases.

Better Decision-making Skills Outdoor education encourages students to assess risks and make responsible decisions. The unpredictable nature of outdoor learning requires SE skills such as self-management and self-efficacy. These SEL skills prepare individuals to adapt, be patient, and effectively manage their emotions.

Living close to and being in nature can buffer children's social skills as well as improve pro-social environmental attitudes.

Social Emotional Learning Activities for Spring		
www.thepathway2success.com		Read Outside
Self-Talk Sidewalk Chalk Messages	Start a Garden	Mindful Breathing
Outdoor SEL Chats	Scavenger Hunt	Spring Reflection
Mindful Coloring	Outdoor SEL Journaling	Spring SEL Crafts

BETTER DECISION-MAKING SKILLS OUTDOOR EDUCATION

Encourages students to assess risks and make responsible decisions. This aspect of SEL is crucial for their personal and social development. The unpredictable nature of outdoor learning requires SE skills such as self-management and self-efficacy. These SEL skills prepare individuals to adapt, be patient, and effectively manage their emotions.

High levels of exposure to outdoor green space may improve children's pro-social behaviors such as:

- o Cooperating
- o Sharing
- o Comforting
- o Children report increased social connectivity and decreased peer conflict after engaging in greened schoolyards. Plus, early experiences with school gardening programs are associated with increased prosocial environmental attitudes.

Opportunities to engage in education outside the classroom can lead to the inclusion of students who may be at risk of exclusion in schoolwork and school life. Among these students, increased education outside the classroom with decreased symptoms of inattention and hyperactivity and peer interactions.

Outdoor Activities to Build Social Skills

www.thepathway2success.com

Gardening (patience)	Walk and Talk (conversation skills)	Birdwatching (attention)	Tidy the Yard (organization)
	Go on a Scavenger Hunt (attention)	Jogging (coping strategies)	Picking up Trash (responsibility)
Sidewalk Chalk Messages (kindness)	Leaf Tracing (mindfulness)	Plan a Picnic (Planning)	

Clipart by Kate Hadfield & Ashley Hughes

The Great New Year Budgeting Plan

In the land of the WHO's, with the snow on the ground, A new year arrived, and the budgets were found! The WHO's sat together, with eyes all aglow, and set up their plan for the year to bestow.

Groceries: Plan meals and stick to a list.
Rent/Mortgage: Don't forget the roof overhead!
Utilities: Keep track of power, water, and heat.
Transportation: Gas, car payments, or bus rides. oh sweet!

First, The Needs: The Essentials, We Say!
"Let's start with the basics, the things we must buy,
The groceries, the rent, and the bills to not cry.
A roof on our heads, and food for our tums,
We'll track all these costs, no matter how dumb!"

Now, The Wants: The Fun Things, You See!
"Ah yes, the fun stuff! It's part of our year,
But let's not go wild, or we'll soon shed a tear!
Gifts and gadgets, and treats for the soul,
We'll set a budget for fun, to keep it in control."

Entertainment: Movies, parks, and games to enjoy.
Vacations: A trip, or a park with a toy.
Dining Out: Go once or twice, but don't overspend.

Don't Forget the Savings, They're Quite Important Too!

"Put some aside for a rainy day,
Or the future you'll dread, oh what a dismay!
Savings are sweet, like honey in jars,
For health and for safety, and trips to the stars."

The Debt, Oh The Debt, Let's Tackle That Now!

"The debt is a beast, but it can be tamed,
We'll chip it away, and be debt-free, unclaimed!
The credit cards, loans, and the student loans too,
We'll pay them down slowly, till they are all through!"

Emergency Fund: 3-6 months of expenses.
Retirement: A bit for the future, though it seems far.
Big Purchases: Save for a car, home, or a new guitar!

Credit Card: Pay off the balance each month, no delay.
Loans: Set aside money, to clear them away.

Track It All! Keep Watch Over Each Cent!

"Record every penny, each dollar and dime,
Monthly check-ins will keep us in line!
Apps or old notebooks, whatever works best,
To stay on track and avoid the financial stress."

Use budgeting apps or a spreadsheet.
Review every month, and adjust as needed.

So, Here's To The Whos, Who Plan With Delight,

"With budgets in hand, we'll budget just right!
We'll stick to the plan, but have fun along too,
For a year of success, with finances all new!"



Self-Care for Families



Self-care are proactive steps that families can take to improve physical, mental, and emotional well-being. It is important to take opportunities to be alone as well as

What is self-care? with our family.

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. This can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact



BENEFITS OF SELF-CARE FOR KIDS

It may come as a surprise that self-care can be extremely beneficial for children to learn at a young age. Learn the benefits and start practicing with your child now!



When kids practice self-care they learn to identify their physical and emotional needs and can begin to take care of those needs.

Practicing self-care at a young age allows kids to create a foundation that will benefit them as adults.



Practicing self-care allows your child to develop healthy habits that they can benefit from in the future.

Your child will be able to become more independent and understand how to take care of themselves.



They will develop the skills necessary to keep themselves healthy mentally, physically, and emotionally.

SELF-CARE IN 5 Minutes ... OR LESS

MEADOWLARKCSO.COM



Look at pictures from beloved memories



Focus on a favorite smell



Put on lotion or dry brush



Journal or try a prompt ->



DANCE!



Play I-spy and find items around you



Focus on gratitude



Listen to music or sing



Go outside and breathe



Read



Meditate or use mindfulness



Chat w/ a friend



Stretch



Watch a funny video



Doodle or create art

Self-Care Ideas with our Children

- ❖ Make a healthy snack together
- ❖ Go to the park
- ❖ Draw a picture
- ❖ Watch a movie
- ❖ Read a book
- ❖ Exercise together



MERCED COUNTY

naeyc[®]



Week of the Young Child[®]



**Free Event, Games, Community Resources, Family Fun
Free Food , Free admission to Kiddieland and rides**

Applegate Park

1045 W 25th St, Merced, CA 95340

Saturday, April 12th, 2025

10:00 AM -3:00 PM

Will be located right by Kiddieland



For more information call 209.385.7337 or email: First5@countyofmerced.com

MERCED COUNTY

naeyc®

Week of the Young Child®

Free Event, Food, Games, Community Resources,
Family Fun

Oliveira Park

1115 Cardoza Rd, Los Banos, CA

Saturday April 5th, 2025

10:00 AM -3:00 PM



For more information call 209.385.7337 or email: First5@countyofmerced.com



ASPIRANET RESOURCE DAY

FRIDAY
MARCH 21
10:00 AM – 2:00 PM



JOIN US:

- Free Market
- Kids Activities
- Resources

Contact Us



(209)-668-6118



2160 Geer Rd Turlock CA 95380

**FIRST 5
STANISLAUS**

Funding made possible through First 5 Stanislaus



smart snack approved



Cesar E. Chavez

FAMILY DAY CELEBRATION

Join us as we celebrate the legacy
of Cesar E. Chavez!

There will be cultural entertainment,
educational displays, guest speakers,
children's activities, and much more!



FREE FAMILY EVENT

SATURDAY, MARCH 22
2:00 - 5:00 PM

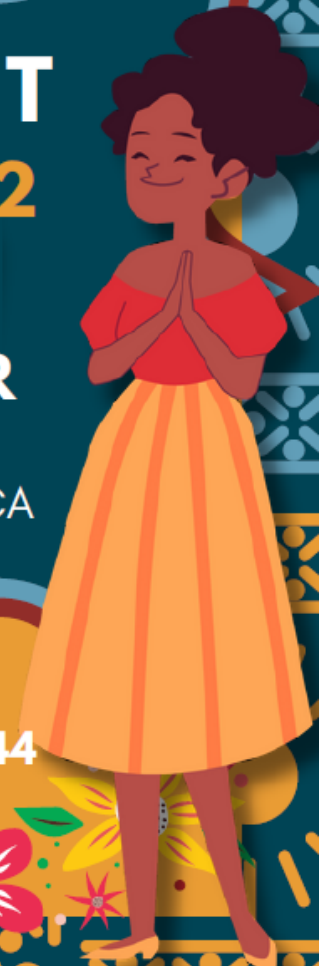


**MODESTO SENIOR
CITIZENS CENTER**

211 Bodem Street, Modesto CA



More Information: 209-577-5344



Early Childhood

Registration & Insurance
are **NOT** Required

Community Health Fair

Head Start + Quality Counts CA

Ceres Community Center

2701 4th Street
Ceres, CA 95307

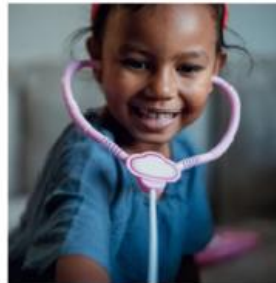
Bring Your Head Start Child to Receive:

- School Immunizations
- Oral Health Assessments
- Health Screenings
- Hearing and Vision Screenings



Activities & Services Offered:

- Nutrition & Gardening Activities
- Yoga & Active Play
- Hands-on Family Activities
- Community Partner Booths
- Much More!



Monday

March 24th, 2025
12:00 pm - 5:00 pm

Children five years and
younger will receive a
backpack filled with
supplies.



Remember to bring your child's
immunization documentation



EDUCATING CHILDREN Supporting Parents Developing Professionals Impacting Communities

Special thanks to the CCCDS Wellness Committee who takes part in creating this Newsletter.

Consuelo Hernandez (Program Specialist – Health)
Jasmine Berumen (Program Assistant - Nutrition Services)
Lilia Gonzalez (Support Services – Family & Community)
Natali Garcia (Program Specialist - Disabilities/Mental Health)
Louie Daniel (Program Specialist – Child Development)

Claudia Villatoro (Nutrition Services Coordinator)
Angela Duran (Accounts Payable Clerk)
Angie Dominguez (Program Specialist - Disabilities/Mental Health)
Yaritsi Cardenas (Program Specialist – Child Development)