

JULY 2021, ISSUE 4: GRAINS

SUMMER SPLASH

NUTRITIONAL DEVELOPMENT SERVICES SUMMER MEALS PROGRAM



WELCOME!

WELCOME TO THE NUTRITIONAL DEVELOPMENT SERVICES (NDS) SUMMER MEALS PROGRAM! WE ARE THRILLED THAT YOU ARE PARTNERING WITH US TO PROVIDE CHILDREN WITH NUTRITIOUS AND DELICIOUS MEALS ALL SUMMER!



this week's issue:

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all about *GRAINS*

This week we talk all about grains! What are grains? How much should I be eating? What are delicious ways to include grains in my daily meals?

Rice. Oats. Cornmeal. Cereal. Bread. Pasta. Grits. Tortillas. Popcorn. Oatmeal. These are a few examples of grains that you may see in your daily meals. Grains are types of grass that produce seeds that can be eaten, and whether you have heard of them or not, you have likely eaten many servings of grains!

When talking about grains, you may have heard that you should make sure that half of all of the grains you eat should be whole grains. What does this mean? Whole grains are grains that have yet to be processed, while refined grains are those that have been processed, and thus, depleted of their fiber and vitamin & mineral content. Because of the decreased amount of fiber, vitamins, and minerals (as a result of processing), we are often told to look out for refined grains and optimize our whole grain intake.

Common refined grains:

- White flour
- White rice
- White bread
- Pasta

Common whole grains:

- Whole wheat flour
- Whole wheat bread
- Whole wheat pasta
- Oats
- Brown rice
- Quinoa

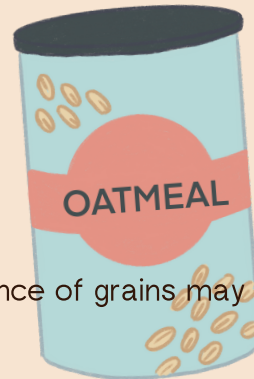


How many grains should I be eating daily? The amount of grains one needs to eat depends on age, sex, weight, height, and physical activity level. That said, there are some general recommendations that you can check out below!

- 12-23 months old: 1.75-3 oz daily
- 2-4 years old: 3-5 oz daily
- 5-8 years old: 4-6 oz daily
- 9-13 years old: 5-9 oz daily
- 14-18 years old: 6-10 oz daily

What does one ounce (1 oz.) of grains look like? One ounce of grains may be:

- 1 slice of bread
- ½ Philly muffin
- 1 small muffin/bagel/biscuit
- ½ cup of cooked oatmeal or 1 pack of instant oatmeal
- ½ cup of cooked pasta
- 3 cups of popcorn
- ½ cup of cooked rice
- 1 small flour or corn tortilla



Why are grains so beneficial to our health? Whole grains in particular contain fiber and vitamins and minerals that support good digestion and weight management, and may help to reduce our risk of heart disease.

Whether it's pasta for dinner or a slice of toast for breakfast, remember to opt for the whole grain option & be sure to include grains in your daily meals as grains contain carbohydrates which provide us with energy!

GRAINS at NDS

LEARN HOW YOU'LL SEE GRAINS INCORPORATED INTO OUR SUMMER BREAKFAST AND LUNCH MEALS HERE AT NDS!

AT NDS, WE USE WHOLE GRAINS:

All bread, rolls, muffins, and grain snacks that you will find in your breakfast and lunch meals are made with whole grains.

WHY WHOLE GRAINS?

Whole grains are high in fiber, provide plenty of protein, and contain several vitamins and minerals to fight disease and improve health!

WHOLE GRAIN FAVORITES ON OUR MENU:

- Italian whole wheat sub
- Muffins
- Chicken nuggets
- Chocolate chip or oatmeal cookies
- Cinnamon graham crackers
- Wagon wheel pasta
- Round cheese pizza
- Mini corn dog
- Cheese panini
- Spaghetti & meatballs
- Mac n' cheese
- Animal crackers
- Multigrain Sunchips

Point of Service (POS)

Be sure to fill out the Point of Service sheets **DAILY** and send them to NDS Data Management via:

EMAIL: datamanagement@ndsarch.org

FAX: (215) 895-0830

Having questions or trouble?
Call the office: **(215) 895-3470, OPTION 1.**

Helpful Tips!

- Remember to fill out **all** the information at the top correctly!
- If you have multiple site numbers (multiple locations or have both summer and school sites), make sure you use the **CORRECT site number!** Call the office if you're unsure which is which.
- The person filling out the POS **must print and sign** their name on the report.

First In, First Out

Remember to serve meals in the order you get them delivered! This helps prevent food waste, improve inventory management, and ensure the kids are getting the freshest food possible!

Helpful Tips!

- **Serve meals from the day before first.** Only then should you use meals from today's delivery.
- If you have too many meals leftover, call the NDS office and we can **reduce future deliveries** or **cancel your delivery for one day.**
- Unsure if a meal is still okay to serve? Call the office and tell us when it was delivered and which meal it is - **we can help you figure out if it's safe to eat.**

Grains Around the World

Grains and other carbohydrates make up the majority of human calories. It is a cheap and effective way to fill up bellies and stock up on energy, so it is no wonder that different cultures around the world have cultivated their own staple grains!

Rice is the most popular grain in the world, feeding 1.6 billion people from Latin America to Asia to Africa. Each culture makes different dishes from rice: East Asians make congee, a type of rice porridge and sticky rice cakes while Latin America loves their rice and beans!

On the other hand, wheat is the primary staple of the West and the Middle East. Many of our favorite foods, such as pasta, bread, and breakfast cereals, are made from wheat! The crop is said to be first domesticated plant, first planted by farmers in ancient Mesopotamia, now modern-day Iraq!

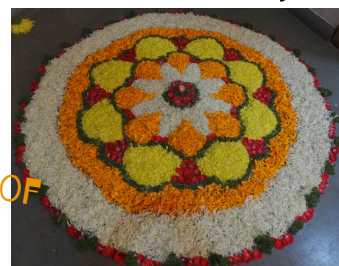
Early indigenous populations in what is known as Mexico today first domesticated corn 10,000 years ago, and today, this long history can be seen in Mexican cuisine - think corn tortillas! The indigenous peoples invented a process known as *nixtamalization*, which made corn a healthier food for everyday consumption.



Colorful Rice DIY

Rice is a staple carbohydrate all over the world, but it can also be used for fun activities! This is what you will need:

- Rice (old or expired rice is preferred)
- Vinegar
- Food coloring
- Bowls and spoons or plastic bags



A PICTURE OF
RANGOLI!

In each bowl or plastic bag, combine one cup of rice with one teaspoon of vinegar and a few drops of your food coloring of choice. Mix well to ensure the color is evenly distributed. Then, pour the rice onto paper towel sheets and spread them out. Wait until the rice dries, which can take up to a day.

Once the rice has dried, you can use it to make art! If you want a colorful decorative piece, pour the various colors of rice into a jar in the order of your choosing to make a vibrant pattern. You can also arrange the rice on the ground to form a circle with colorful patterns, a form of folk art called rangoli. You can also lay out the rice to create an image of your choice, like your favorite animal!



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