



Winter 2015

Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants and Health Educators Newsletter

Volume 1, Issue 4



Have Fun in the Snow: Safety Tips for Winter ~ By: Glenna Bailey, RN

It's that time of year; leaves have fallen from the trees, the wind gets colder and winter is just around the corner. Here are some tips from the American Academy of Pediatrics to help keep kids safe when the weather turns cold.

Dressing warm for the weather is essential to prevent hypothermia and frostbite. Use several thin layers to keep warm and dry. Cotton can be used as the first layer next to the body since it can wick moisture and help to keep skin dry. Top layers should be wool or water resistant materials. Thermal underwear, turtle-necks, coats, hats and

gloves can all help provide warmth and protection. Layering clothing also helps provide a cooler layer that can be worn more comfortably indoors.

Keep infants warm in their cribs with one-piece sleepers or a light blanket tucked in around the mattress and reaching only as far as the baby's chest. Do not use loose blankets, quilts or pillows that can increase the risk of Sudden Infant Death Syndrome.

Don't forget the sunscreen. You might not think you can get sunburn in winter, but snow can reflect up to 85% of the sun's ultraviolet rays so skin and eye protec-

tion is in order.

Cold weather does not cause colds or flu. But the viruses that cause them are more common in the winter so remember to wash hands frequently and cough and sneeze into the elbows.

Just using a few precautions can help to make winter fun safe for kids of all ages. So get out there and play in the snow and enjoy the beauty winter has to offer.



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Introducing Child Care Health Educators



Need more STARS credit? Want more trainings on child health? Then you need to know about our new position at RVCDS. The Child Care Health Educators are a great resource for all child care centers. The educators provide trainings focusing on health, safety, and nutrition topics. All trainings are registered through WV STARS and are completely free to your centers. The educators have very versatile schedules and can work with you to schedule a training that best fits your time schedule. Some training topics (but not all-inclusive) include:

- Let's Make a Menu
- Being a Good Role Model
- Picky Eaters
- Kitchen Safety

- Understanding Special Diet Needs
- Safe Sleep
- Keeping Kids Safe
- Bed Bugs and Beyond
- Play Hard

If you have a topic you want training on that is not on the list, feel free to request it!

The child care health educator team is made up of two people: Renee Stonebraker and Kellie Smith. Renee works in the Northern half of the state covering the Choices, CCRC, and Mountain Heart North regions. Kellie works in the Southern half of the state covering the Connect, Link, and Mountain Heart South regions. For more information or to schedule/request trainings you can contact them via email or phone:

Kellie Smith

WV Early Childhood Training Connections and Resources

611 7th Avenue

Huntington, WV 25701

304-690-5826

Ksmith@rvcds.org

Renee Y. Stonebraker, RS

WV Early Childhood Training Connections and Resources

9404 North Preston Highway

Albright, WV 26519

304-710-9695

RStonebraker@rvcds.org

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Meet Our Health Educators

Renee Stonebraker is a new WV Early Childhood Training Connections and Resources Child Care Health Educator for northern West Virginia. Renee is from Preston County and has a degree in Family and Consumer Sciences Education with a minor in Food Service Management. She previously worked for the Monongalia County Health Department as a Nutritionist/Outreach Coordinator for the Women, Infants, and Children's program and as a Registered Sanitarian, performing inspections throughout the county. In her spare time, Renee likes to cook, bake, travel, hike, and spend time with her friends and family.

Kellie Smith is our southern West Virginia Health Educator. She has been with us since June 2015. Kellie has a background in both food and nutrition. She received her Associates Degrees at Pierpont Community and Technical College in Food Service Management. Her focus included both Culinary Arts and Dietary Management. Kellie not only received the "Outstanding Student in Culinary Arts" award in 2010 and "Best Use of WV Produce" for the Cast-Iron cook-off, but she also has three (2 bronze and 1 silver) American Culinary Federation medals for the team hot food competition. After finishing her degree in Culinary Arts and Dietary Management, Kellie went on to get her Bachelor's degree in Dietetics at Marshall University. Kellie has worked in child care for 3 years now. She started as a Nutrition Coordinator at Forrest Burdette. It was there she learned a lot about child care and the CACFP guidelines.

Healthy Recipes For Winter from Renee Stonebraker and Kellie Smith

BBQ Chicken & Roasted Butternut Squash Tacos

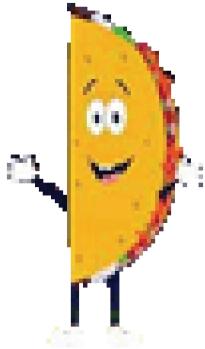
Serves: 4

Ingredients:

- 2 cups Tangy BBQ Sauce (See Recipe)* + an extra tablespoon**
- 2 cups Roasted Butternut Squash (See Recipe)
- 2 Chicken Breast
- 1 cup Prepared Coleslaw
- 1 Tbsp. Salt
- 4 Whole Wheat Tortillas

* Needs to be prepared ahead of time.

** Can also just use your favorite BBQ sauce



Directions:

-Prepare the roasted butternut squash as recipe says.

-While butternut is roasting, prepare the chicken:

Preheat oven to 350°F

Season both sides of the chicken with salt

Cover the chicken with the BBQ sauce.

Bake in oven covered (on the bottom rack) for about 20-25 minutes until internal temperature reads 165°F

Pull from oven and let rest for 3-5 minutes

After resting, shred the chicken or cut it into bite-size chunks

To assemble the tacos:

-In one tortilla take $\frac{1}{4}$ cup cooked chicken and place on bottom.

-Next take $\frac{1}{2}$ cup roasted butternut squash and put onto of chicken

-Finally top with $\frac{1}{4}$ cup coleslaw

Roasted Butternut Squash

Yield: 4-6 cups

Ingredients:

- 1 Butter nut squash, Peeled and dice into medium size cubes
- 2 tsp. oil
- 1 tbsp. dry cumin
- $\frac{1}{2}$ tbsp. Chili powder
- $\frac{1}{2}$ tbsp. Salt



Tangy BBQ Sauce

Yield: 3 cups

Ingredients:

- 2 TBSP Oil
- 1 small onion (minced)
- 2 cups ketchup
- $\frac{1}{2}$ cup cider vinegar
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup Apple Juice (2 fl oz)
- $\frac{1}{4}$ cup Worcestershire sauce
- 4 TBSP honey
- 2 TBSP Molasses
- 2 tsp Dry mustard powder
- 1 tsp Chili Powder
- 2 cloves minced garlic
- 1 tsp Cayenne Pepper
- 1 tsp garlic powder



Directions

1. Heat the oil in saucepan over medium heat.
2. Stir in the onion, and cook until tender.
3. Add the minced garlic and stir. Be careful not to burn the garlic.

Mix in ketchup, cider vinegar, water, apple juice, Worcestershire sauce, molasses, honey, mustard powder, chili powder, garlic powder, and cayenne pepper. Bring to a boil. Reduce heat

Directions:

-Pre-heat oven to 400°F

-In a bowl, mix all ingredients together, trying to coat each piece of butternut evenly.

-Place on greased sheet pan, and bake about 20 -25 minutes or until al dente (with a slight bite).

-Serve & enjoy!

What's Up, Butternut?

By Kellie Smith

Have you been seeing a lot of orange lately? With the fall season moving in, chances are you have been seeing pumpkin spice this, candy corn that, and... butternut? That's right, butternut squash. Although we may not be putting it into our coffee yet, butternut is a great fall and winter vegetable that can be used as a substitute for many pumpkin recipes. Even though butternut squash is found easily in supermarkets today, it wasn't introduced commercially until 1944 (2). This fairly new-to-consumer squash has a sweet, nutty taste that is almost indistinguishable from pumpkin. Butternut can be cooked many different ways to add more nutritional benefits to your meals. Naturally, it is fat free, cholesterol free, and a sodium free food that is a good source of fiber, potassium and magnesium. In addition to that, it also is an excellent source of Vitamins A and C (1). Some favorite ways to prepare it include:

- Adding to stews
- Steamed and drizzled with olive oil
- Added in curry
- Baked or roasted with some of your favorite herbs/flavors
- Added to soups
- Mashed or whipped



Butternut pairs well with flavors like: cumin, cinnamon, ginger, and brown sugar. But be creative and experiment with your favorite flavor combinations.

If you have never worked with butternut before, you want to choose a squash that is heavy for its size. It should be firm, not mushy, and free of (or minimal) bruised/weak spots. Sometimes, you can find it pre-cut and fresh near the pre-cut and bagged vegetables; usually you can find it pre-cut and frozen in the frozen vegetable aisle. When using a whole, fresh butternut squash, you want to peel the skin off and remove the inner seeds, kind of like cantaloupe. Since butternut is a firm vegetable, it is recommended that you use a heavy, sharp knife, bigger than that of the vegetable to reduce the risk of cutting/hurting yourself. Butternut should be stored in a cool, dark place. Once it is cut however, refrigerate the unused portion for later use.

As with all fruits and vegetables, natural anti-oxidants found in squash, can help keep your bodies working at their best. Not only can fruits and vegetables help protect your health by reducing the risk of heart disease, stroke, and some cancers, it can also help prevent obesity. So, maybe adding it into coffee isn't in the works yet, but adding this vegetable to your fall/winter menus can create a significant nutritional impact to both you and the children's health.

For more information and recipes check out: <http://www.fruitsandveggiesmorematters.org/butternut-squash>

Sources:

1. **Butternut Squash: Nutrition . Selection . Storage - Fruits & Veggies More Matters."** *Fruits Veggies More Matters*. Produce for Better Health Foundation, 2008. Web. 26 Aug. 2015. <<http://www.fruitsandveggiesmorematters.org/butternut-squash>>.
2. Landsman, Kara. "Butternut Squash Is Super Healthy and Super Delicious!" *WebMD*. WebMD, 30 Sept. 2009. Web. 26 Aug. 2015.

Meet Our New Nurse Health Consultant

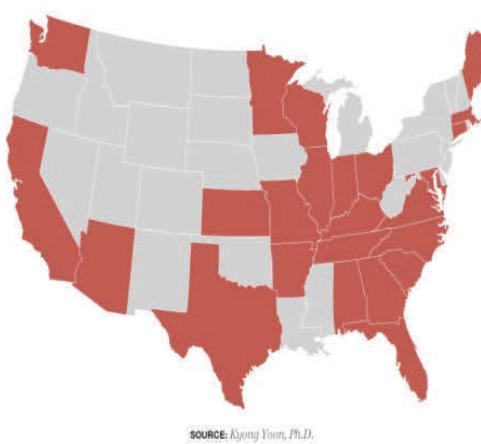
Sara Bell is the new Child Care Nurse Health Consultant for North Central WV and the Eastern Panhandle. Sara has a background as a clinical nurse, as well as psychology, with experience in both urgent care and case management. She received her Bachelor of Science in Nursing from West Virginia University and her Bachelor of Science in Psychology from the University of Pittsburgh. Sara's true passion lies with educating others on health promotion and disease prevention. If you would like to schedule trainings for your center, please feel free to contact Sara at 304-840-2842 or at sbell@rvcds.org

New School Year, New ‘Super Lice’?

By: Sara Bell – Nurse Health Consultant

As parents prepare their children for the start of the new school year, news of mutant lice strains make headlines in the media. So what exactly is this hyped-about ‘super lice’? While head lice affects up to 12 million American children between the ages of 3 and 11 each year, infestations are typically treated with over-the-counter medications and supplemental hygienic measures (3). However, a recent study found that 104 out of 109 (95%) lice populations across 30 states showed resistance to the commonly used lice treatment, pyrethroid (1).

Treatment-resistant lice



SOURCE: Kyong Yoon, Ph.D.

Pyrethroid is an FDA-approved insecticide that is often listed as the active ingredient in over-the-counter lice treatment shampoos. Researchers suggest that overuse of over-the-counter treatment is to blame for the new strain of ‘super lice’ (2). This newfound discovery leaves parents anxious and fearful for a potential lice infestation. However, the American Academy of Pediatrics (AAP) suggests that “unless resistance has been seen in the community, parents should consider using over-the-counter medications containing 1% permethrin or pyrethrins as a first choice treatment for active lice infestations” (4). The AAP also advises parents to perform nit removal and wet combing as part of at-home lice treatment. If you live in an area where lice resistance is a problem or if at-home treatments do not work, the AAP recommends that children see their pediatricians for prescription treatment, such as spinosad or topical ivermectin (4). The National Pediculosis Association (NPA), a non-profit organization aimed at protecting against the overuse of pesticide treatments, offers numerous tips for parents and children who struggle with stubborn lice infestations. These suggestions include manual nit and lice removal, having two people

check the scalp for live lice, and avoiding the use of lice spray in the home. The NPA reminds parents that lice treatments are more than just shampoos and lotions; lice treatments are pesticides that should be used cautiously (5). The take-home message from this alarming study is that persistent overuse of a chemical can eventually create drug resistance. With this in mind as the school year begins, it is important to confirm the diagnosis of a lice infestation before seeking chemical treatment. For more information on ways to recognize head lice, please visit the CDC’s website at <http://www.cdc.gov/parasites/lice/head/diagnosis.html>.

1. Miller, Korin. "‘Mutant’ Lice Resistant to Treatment Found in 25 States." *Yahoo! Health*. Yahoo!, 19 Aug. 2015. Web. 28 Aug. 2015. <<https://www.yahoo.com/health/mutant-lice-resistant-to-treatment-found-in-25-127082708622.html>>.
2. Canon, Gabrielle. "Mutant Super Lice May Be Coming to a School Near You." *Mother Jones*. 26 Aug. 2015. Web. 28 Aug. 2015. <<http://www.motherjones.com/environment/2015/08/back-to-school-with-mutant-super-lice>>.
3. Manacher, Ilene. "Lice Resistant to Common Treatments in Many States." CBSNews. CBS Interactive, 18 Aug. 2015. Web. 28 Aug. 2015. <<http://www.cbsnews.com/news/head-lice-resistant-to-pyrethroid-common-treatment/>>.
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5. "FAQs - Resistant Lice?" HeadLice.Org. Web. 31 Aug. 2015. <<http://www.headlice.org/faq/treatments/pest.htm>>.

**West Virginia Child Care
Nurse Health Consultants**

Glenna Bailey, RN

611 7th Ave Suite 322
Huntington, WV 25701
304-972-6300
gbailey@rvcds.org

Covers Link, Connect, and
MountainHeart South

Sara Bell, RN

965 Hartman Road
Morgantown, WV 26505
304-840-2482

Covers MountainHeart
North, Choices, and CCRC

**West Virginia Child Care
Health Educators**

Kellie Smith

611 7th Avenue
Huntington, WV 25701
304-690-5826
Ksmith@rvcds.org

Covers Link, Connect, and
MountainHeart South

**Renee Y.
Stonebraker, RS**

9404 North Preston
Highway
Albright, WV 26519
304-710-9695
RStonebraker@rvcds.org

Covers MountainHeart
North, Choices, and CCRC

www.wvearlychildhood.org

