CLC Newsletter

January 1, 2011

Fruitful Eating

Raspberry red, blueberry blue
Yellow lemons, bananas too
Tangerines, cantaloupes with orangey hue
Green grapes, kiwis and honey dew
Purple plums, brown figs and dates
Blackberries spilling all over the plates
Fabulous fresh fruit from far-off lands
My fruit bowl’s a rainbow
Right here in my hands!
http://songsforteaching.com/avni/rainbowfruitbowl.htm

CLC Snack Menu Items

CLC has added new snack menu items for 2011:
Hummus & Pita Bread
Cucumbers & Tomatoes
Multi-grain Cheerios
Turkey & Lettuce Rolls
Rice Cakes

Tasting: Green Plate Kids Catering

CLC would like to expand our catering options for families by offering additional services. We are hosting a food tasting of Green Plate Kids in the CLC lobby at Wheeler.

Please join us January 25th from 8:30-9:30 a.m. for this event.

Green Plate Kids meals are made fresh with organic and locally sourced ingredients (when available). Their all-natural meals are prepared without artificial ingredients, preservatives, additives or trans fats.

Their menu is designed by a registered dietitian and trained chef and is kid-tested and approved. To learn more visit: http://www.greenplatekids.com/

Special Points of Interest:
* Fruitful Eating
* CLC Menus
* Catering Options
* Fostering Healthy Eating Habits
* Arts Alive
* CLC Calendar
* CLC at Cameron
Fostering Healthy Eating Habits

By teaching your children healthy eating habits, you can keep them at a healthy weight. Also, the eating habits your children pick up when they are young will help them maintain a healthy lifestyle when they are adults.

Some approaches parents can take to develop healthy eating habits in their children include:

- Guide your family’s choices rather than dictate foods. Make a wide variety of healthful foods available in the house. This practice will help your children learn how to make healthy food choices.
- Encourage your children to eat slowly. A child can detect hunger and fullness better when eating slowly.
- Eat meals together as a family as often as possible. Try to make mealtimes pleasant with conversation and sharing, not a time for scolding or arguing. If mealtimes are unpleasant, children may try to eat faster to leave the table as soon as possible. They then may learn to associate eating with stress.
- Involve your children in food shopping and preparing meals. These activities will give you hints about your children's food preferences, an opportunity to teach your children about nutrition, and provide your kids with a feeling of accomplishment. In addition, children may be more willing to eat or try foods that they help prepare.
- Plan for snacks. Continuous snacking may lead to overeating, but snacks that are planned at specific times during the day can be part of a nutritious diet, without spoiling a child’s appetite at meal times. You should make snacks as nutritious as possible, without depriving your children of occasional chips or cookies, especially at parties or other social events.
- Discourage eating meals or snacks while watching TV. Try to eat only in designated areas of your home, such as the dining room or kitchen. Eating in front of the TV may make it difficult to pay attention to feelings of fullness, and may lead to overeating.
- Encourage your children to choose water as their beverage. Over consumption of sweetened drinks and sodas has been linked to increased rates of obesity in children.
- Try not to use food to punish or reward your children. Withholding food as a punishment may lead children to worry that they will not get enough food. For example, sending children to bed without any dinner may cause them to worry that they will go hungry. As a result, children may try to eat whenever they get a chance. Similarly, when foods, such as sweets, are used as a reward, children may assume that these foods are better or more valuable than other foods. For example, telling children that they will get dessert if they eat all of their vegetables sends the wrong message about vegetables.
- Make sure your children’s meals outside the home are balanced. Find out more about their school lunch program, or pack their lunch to include a variety of foods. Also, select healthier items when dining at restaurants.

http://children.webmd.com/guide/kids-healthy-eating-habits

Arts Alive Spring Schedule

CLC offers onsite extracurricular activities for children.

ARTS ALIVE! is an integrated arts program for children of all ages and abilities that builds self-esteem, confidence, and creativity through the expressive arts. The program truly involves each participant—physically, visually, aurally, and orally. Each child is encouraged to explore their unique and individual learning styles. Most importantly, the ARTS ALIVE! program was developed to promote self-confidence and cooperation in a non-competitive setting with classes that are process not product (or performance) oriented. www.artsaliveinc.com

Wheeler Site Schedule: Tuesdays, 10-10:30 a.m. January 4-May 31, 2011

Spring 2011 Fees: $264; One time registration fee: $25

Cameron Site Schedule: Tuesdays, 11-11:30 a.m. February 1-May 31, 2011

Spring 2011 Fees: $214; One time registration fee: $25
### CLC January Calendar 2011

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### CLC Welcomes Children at Cameron

- After students voiced a need for quality child care on campus in the early 1970’s, President Hoffman appointed a Child Care Student Group to examine the feasibility of opening a child care center at the University. With the Board of Regents approval, the University of Houston Child Care Center opened in February 1975. In response to the increasing demands of the UH community for child care services, the Center gradually grew. In 1989, the addition of four classrooms expanded the Center’s capacity to 153 children. Then in 2010, five additional classrooms were opened at the Cameron building across the street from the original location. Today, the Children’s Learning Centers, formally UH Child Care Center, has two convenient locations on campus with a combined capacity of 221 children.

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Note from the editor:

Greetings! This is the 1st installment of the CLC’s E-News for 2011. For your convenience, an archive of all E-News is available at [www.uh.edu/ccc](http://www.uh.edu/ccc). If you would like to be removed from this distribution list, please email your name and email address to ccenter@mail.uh.edu. Thank you and enjoy reading!