**Transportation Safety**

Summer is around the corner and we want to remind providers to make sure that all staff members are updated on the facility Transportation Policy.

We recommend that providers conduct a Transportation Policy training with ALL staff members and volunteers.

Please make sure staff are aware of the procedure for checking vehicles to ensure NO child is left behind.

---

**New toolkits for Child Care Programs**

The Centers for Disease Control and Prevention have released updated guidance and new toolkits for child care programs with information to help child care professionals protect children, their families, and staff members from the coronavirus disease. Please follow the below links to access these new and/or updated resources.

Centers for Disease Control Guidance for Operating Child Care Programs during COVID-19----


Centers for Disease Control Toolkits for Child Care Programs---


---

**MSDH Training Update:**

The MSDH training team began offering the Child Care Development Fund (CCDF) Health and Safety training in April. Please visit our online calendar and registration form to register.

MSDH Online Training Calendar and Registration Form link:

Early Childhood Education Recognition Survey

To all Child Care Providers and Interested Parties,

We need your help! We recognize that during these busy times you want to provide a healthy environment for the children enrolled in your centers. The MS State Department of Health and Bureau of Community & School Health has developed a survey to help identify barriers to reaching your desired goals, identify needs, and pinpoint the type of required assistance. Our overall goal is to help provide a healthier environment for the children and families you serve. This assessment addresses your needs and will assist us in developing an action plan for improvement. The survey is completely anonymous and will take approximately 10 minutes to complete. If desired upon completion of the survey, you may enter your name into a drawing for a $75 Kaplan gift card. If you agree to participate, please click the link below,

MS Recognition Program: Provider Interest Survey April 2021. If you receive the link multiple times, please complete the survey just once. The survey closes, Wednesday, May 26.

Thank you for your participation!!!

Nutrition: Healthy Cooking Habits

Cooking Healthy at Home
Tips for quick, easy and inexpensive meal preparation.

Healthy living tips

- Choose foods that are naturally low in fat like fruits and vegetables, pasta, rice and whole-grain breads and cereals.
- Use non-stick cooking spray and go easy on the oil.
- Try using non-stick cooking spray instead of oil.
- Tend to lean meats with fruit juice or vinegary-based marinades.
- Try grilling instead of frying.

Simple substitutions

Follow the chart below and save calories with these simple substitutions.

<table>
<thead>
<tr>
<th>USE THIS</th>
<th>NOT THIS</th>
<th>AND SAVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grounded turkey</td>
<td>Grounded beef</td>
<td>110 calories</td>
</tr>
<tr>
<td>Baked fish</td>
<td>Fried fish</td>
<td>70 calories</td>
</tr>
<tr>
<td>Grilled vegetables</td>
<td>Baked or fried vegetables</td>
<td>210 calories</td>
</tr>
<tr>
<td>Whole grain bread</td>
<td>White bread</td>
<td>70 calories</td>
</tr>
<tr>
<td>Beans, lentils or chickpeas</td>
<td>Processed meats like hot dogs or sausages</td>
<td>90 calories</td>
</tr>
<tr>
<td>Fresh fruits and vegetables</td>
<td>Fruits or vegetables in juices</td>
<td>50 calories</td>
</tr>
</tbody>
</table>

Working off the calories

A little exercise can get rid of these calories. Just follow the tips below:

FIOOD | WALK IT OFF | RUN IT OFF | SITTING ON THE COUCH
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 large apple</td>
<td>10 minutes</td>
<td>5 minutes</td>
<td>28 minutes</td>
</tr>
<tr>
<td>1 graham cracker</td>
<td>7 minutes</td>
<td>5 minutes</td>
<td>9 minutes</td>
</tr>
<tr>
<td>1 graham cracker sandwich</td>
<td>13 minutes</td>
<td>6 minutes</td>
<td>13 minutes</td>
</tr>
<tr>
<td>2 eggs</td>
<td>11 minutes</td>
<td>6 minutes</td>
<td>11 minutes</td>
</tr>
<tr>
<td>1 serving</td>
<td>12 minutes</td>
<td>6 minutes</td>
<td>12 minutes</td>
</tr>
<tr>
<td>10 calories</td>
<td>12 minutes</td>
<td>6 minutes</td>
<td>12 minutes</td>
</tr>
</tbody>
</table>

Common sodium traps

These foods are known for the amount of sodium they contain:
- Canned meats, ham, bacon, sausage, hot dogs, luncheon meats (bologna, salami, etc.)
- Fish, canned in oil or basted (Canned shellfish)
- Salted nuts, seeds and snack mixes
- Soy protein products
- Pilotas
- Lasagna
- Frozen dinners
- Soups
- Cheese
- Instant cocoa mixes
- Baked goods
- Olives, pickles, pickle relish
- Seasoning salts

Read the label

Always read the label and look out for these sodium code words. They hide extra calories and add extra pounds and could lead to health problems:
- Safe = Sodium A (sodium-glutamate (MSG) · Baking powder · Baking soda · Disodium phosphate)
- Medium sodium = Sodium chloride · Sodium nitrite · Sodium propionate · Sodium sulfite
- High sodium = Sodium benzoate · Sodium hydroxide · Sodium nitrite

Here are a few tips in lowering your salt intake and improving your health in the process:
- Limit salty snack foods like potato chips, corn chips, salted pretzels and salted popcorn.
- Choose reduced sodium products whenever possible, such as reduced sodium soups, soy sauce, canned beans, spaghetti and barbecue sauce.
- Look out for canned or frozen vegetables. Many have large amounts of added sodium.
- Limit all processed foods contain sodium. Cut out for fresh foods as often as you can.
- Avoid fast-food restaurants whenever possible. Menu items are usually very high in sodium.
- Use salt-free seasoning blends.
- Season with herbs and spices. Most are sodium-free.