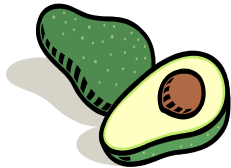




## Eating With The Seasons... Summer!

**Avocados**  
**Basil**  
**Berries**  
**Carrots**  
**Corn**  
**Cucumbers**  
**Eggplant**  
**Fennel**  
**Figs**  
**Green Beans**  
**Okra**  
**Melons**  
**Nectarines**  
**Peaches**  
**Peppers**  
**Plums**  
**Potatoes**  
**Summer Squash**  
**Tomatoes**



**You can find these delicious fruits and vegetables at many Farmer's Markets in the area! Read on for information on the Downtown Farmer's Market in San Jose, which is now open!**

### In this issue:

**Page 2:** What To Do If Your Child Gets a Sunburn  
Providers of the Month  
Kids Corner

**Page 3:** June is National Dairy Month

**Page 4:** Menu Magic

## Updates & Reminders



### Eligibility Applications

Eligibility applications are renewed on an annual basis. Applications will be sent out in June and will be due back in our offices by July 13, 2007.

Applications will be mailed out to any providers who are currently eligible and to parents whose children are eligible for Tier 1 rates. These applications **MUST** be received and approved in July for Tier 1 reimbursement to continue effective July 1, 2007. Please submit them as quickly as possible. Providers must report any changes in income and submit appropriate documentation along with the application, such as a *signed* 2006 income tax return and 2006 Schedule C.

### It's Time to Recertify Tiering Status

Our office will be recertifying tiering status for all providers. Remember that Tier 1 status is good for 5 years. Those of you who became Tier 1 in 2002 are now up for renewal. We will soon be notifying providers who have changed tier status.

### The Downtown Farmer's Market at San Pedro's Square in San Jose is Now Open!

The market takes place each Friday, May 4 through December 14, from 10am– 2pm along a charming block of San Pedro Street between Santa Clara and St. John streets.

The market is produced in conjunction with Pacific Coast Farmer's Market Association. Call (800) 949-FARM, or visit [www.pcfma.com](http://www.pcfma.com) for more information on Farmer's Markets in your area (all Bay Area counties represented).



Newsletter by:  
Maggie Villagomez ☺

**Deadline:**  
**July 5**

## What to Do if Your Child Gets a Sunburn

A sunburn can sneak up on your child, especially after a long day at the beach or park. Often, kids seem fine during the day, but then gradually develop an "afterburn" later that evening that can be painful and hot and can even make them feel sick. The best way to take care of your child is to treat the symptoms and prevent further problems.

When children get sunburned, they usually experience pain and a sensation of heat - symptoms that tend to become more severe several hours after sun exposure. Some children also develop chills. Because the sun has dried their skin, it can become itchy and tight. Burned skin typically begins to peel about a week after the sunburn. Encourage your child not to scratch or peel off loose skin because skin underneath the sunburn is vulnerable to infection.

If your child does get a sunburn, the following tips may help you make him or her more comfortable:

- Keep your child in the shade until the sunburn is healed. Any additional sun exposure will only increase the severity of the burn and increase pain.
- Have your child take a cool (not cold) bath, or gently apply cool, wet compresses to the skin to help alleviate pain and heat.
- Apply pure aloe vera gel (available in most pharmacies or taken directly from within the leaves of the plant) to any sunburned areas. It's excellent for relieving sunburn pain and helping skin heal quicker.
- Give your child a pain reliever like acetaminophen or ibuprofen and spray on over-the-counter "after-sun" pain relievers. (Do **not**, however, give aspirin to children or teens.)
- Apply topical moisturizing cream to rehydrate the skin and help reduce swelling. For the most severely burned areas, apply a thin layer of 1% hydrocortisone cream. (Do **not** use petroleum-based products, because they prevent excess heat and sweat from escaping. Also, avoid first-aid products that contain benzocaine, which may cause skin irritation or allergy.)

If the sunburn is severe and blisters develop, call your doctor. Until you can see your child's doctor, tell your child not to scratch, pop, or squeeze the blisters, which can become easily infected and can result in scarring.

Source: [www.kidshealth.org](http://www.kidshealth.org)



## Providers of the Month:

**Barbara Martin**  
**Kim Rocha**  
**Melanie Leon**  
**Alejandra Sanchez**

**Thumbs up, ladies!**



## Kids Corner...

What are prehistoric monsters called when they sleep?  
A dinosnore!

Why are goldfish red?  
The water turns them rusty!

What happens to an egg when it laughs?  
It cracks up!

What did baby corn say to mama corn?  
Where's pop corn?



# June is National Dairy Month

## Milk Myth Busters

**1. Myth:** “Soy milk is just as nutritious as regular milk.”

**Busted:** Soy based beverages are not nutritionally equivalent to milk. Fortified soy milk may contain the same amount of calcium as cow’s milk on the label, but you have to drink more of it to get the same benefits because the amount of calcium the body absorbs is less. Creighton University researchers calculated that the body absorbs about 25 percent less calcium from soy milk than from cow’s milk. Since soy beverages are naturally low in calcium (about 10 milligrams per serving), manufacturers fortify them with calcium salts to boost the calcium content. However, the amount of calcium salts added is not regulated and may vary from 80 to 500 milligrams a serving. It takes 500 milligrams of calcium in an 8-ounce serving of fortified soy milk to equal the calcium in a glass of cow’s milk.

**2. Myth:** “If you are lactose intolerant, you should avoid all dairy foods.”

**Busted:** People with lactose intolerance can enjoy dairy foods, if eaten in small quantities with meals. People with lactose intolerance have trouble digesting the natural sugar in milk and may experience bloating or stomach discomfort if they drink large quantities of milk. It is important to know that lactose intolerance is not the same thing as a milk allergy, which causes a reaction to the protein in milk. The good news is that recent research has shown that most people who are lactose intolerant can actually consume up to 2 cups of milk per day without symptoms if spread out over the day, e.g. one cup at breakfast and one at dinner. The recommended number of servings from the milk/dairy group can also be obtained by eating cheese and yogurt, which are generally better tolerated than milk.

The importance of maintaining milk and dairy products in the diets of lactose intolerant individuals, because of their contribution to overall diet quality, has been affirmed by the American Academy of Pediatrics in a September 2006 report, the committee for the 2005 Dietary Guidelines for Americans and The National Medical Association, the largest African American physicians group in the country.



**3. Myth:** “Drinking milk causes early puberty.”

**Busted:** There is no scientific evidence that drinking milk causes early puberty. The latest hypothesis is that a high fat diet could be the culprit. On the other hand, milk is a very significant source of calcium and should not be eliminated during puberty. Pre-teen girls (9 and up) need 1300 mg of calcium a day since this is the “window of time” during late childhood and adolescence when calcium is deposited in bone.

**4. Myth:** “Drinking milk when you have a cold causes mucus.”

**Busted:** Milk consumption does not lead to mucus production or occurrence of asthma. The belief has been held for centuries that milk causes mucus formation, although the few studies on this topic have failed to demonstrate any effect of milk on mucus production. Many people confuse the temporary, slight thickening of saliva after drinking milk with mucus. There is no scientific research showing that milk produces mucus in the airways or the throat. It will not worsen cold or asthma symptoms. In fact, drinking lots of fluids when you have a cold is important in speeding up recovery and may do your immune system some good.

For additional information on Milk Myths:

[Http://www.berkeleywellness.com/html/fw/fwNut04Dairy.html](http://www.berkeleywellness.com/html/fw/fwNut04Dairy.html)  
Wuthrich, B. Journal of the American College of Nutrition, 2005



# Menu Magic



## BREAKFAST

Milk	Milk	Milk	Milk	Milk
French Toast	Flour Tortilla	English Muffin	Whole Wheat Toast	Cream of Wheat
Banana	Salsa, Orange Sections	Honey Dew	Peaches	Blueberries
	Scrambled Eggs		Cottage Cheese	

## SNACK

Club Crackers	1/2 Grilled Cheese Sandwich	<b>**Rumbly-Tummy Buster Mix</b>	Almonds	Peanut Butter
Sliced Ham	Chicken Noodle Soup	Apple Juice	Sliced Pears	Carrots

## LUNCH / DINNER

Milk	Milk	Milk	Milk	Milk
Ground Turkey	Beef Skewers	Pork Chops	Tuna Salad	Roasted Chicken
Green Beans	Snow Peas	Mashed Potatoes	Celery Sticks	<b>** Quick Cheesy Broccoli</b>
Watermelon Chunks	Fruit Salad	Corn on the Cob	Grapes	Cantaloupe
Lasagna Noodles	Brown Rice	Rolls	Sourdough Bread	Stuffing

### Rumbly-Tummy Buster Mix

- 3 Tbsp. butter
- 3 cups Shredded Wheat Cereal
- 1/2 cup Slivered Almonds
- 1/2 cup raisins
- 1/3 cup firmly packed brown sugar
- 1/4 tsp. ground cinnamon



Microwave butter in large microwaveable bowl on high for 30 sec. or until melted.

Add cereal, almonds and raisins; toss to evenly coat with butter. Microwave 1 min. Add sugar and cinnamon; mix lightly. Microwave an additional minute.

Cool completely. Store in airtight container at room temperature. Makes 4 cups or 8 servings, 1/2 cup each.

### Quick Cheesy Broccoli

- 4 cups broccoli florets (about 1 medium bunch)
- 3 Tbsp. water
- 1/4 cup Italian Dressing
- 1/2 cup Shredded Low-Moisture Part-Skim Mozzarella Cheese

Microwave broccoli and water in microwaveable bowl on HIGH 5 min. or until broccoli is crisp-tender; drain.

Toss broccoli with dressing and cheese. Serve immediately.

Serves 6.

