

# GAP NEWSLETTER

## NOVEMBER 2008

**WELCOME TO OUR MONTHLY NEWSLETTER.**

### Thanksgiving time



When all the leaves are off the boughs,  
And nuts and apples gathered in,  
And cornstalks waiting for the cows,  
And pumpkins safe in barn and bin,  
Then mother says, "My children dear,  
The fields are brown, and autumn flies;  
Thanksgiving Day is very near,  
And we must make Thanksgiving pies!"

Author Unknown

**What counts as a Serving?**  
(National Black Child Development institute)

The food Guide Pyramid (see on the back) informs us that we must eat a certain amount of servings each day from the various food groups – breads/grains, dairy, fruit, vegetables and meat & poultry- to receive the proper nutrients. So what counts as a serving? The table below, designed by the U.S. Department of Agriculture, provides a definition of what one serving equals based on each of the food groups. For example, an adult and a two-year old child require at least 2 servings of milk each day. By looking at the table below you can see that one serving of milks equals 1 cup of milk, therefore 2 cups of milk should be consumed to fulfill the daily 2 servings. Using the table and the food guide pyramid can help you and your family to maintain a healthy and nutritious lifestyle.

**Bread, Cereal, Rice and Pasta**

1 slice of bread	1 ounce of ready-to-eat cereal	½ cup of cooked
------------------	--------------------------------	-----------------

**Vegetable**

1 cup of raw leafy vegetables	½ cup of other vegetables, cooked or chopped raw	¾ cup of vegetable juice
-------------------------------	--	--------------------------

**Fruit**

1 medium apple, banana, orange	½ cup of chopped, cooked, or canned fruit	¾ cup of fruit juice
--------------------------------	---	----------------------

**Milk, Yogurt and Cheese**

1 cup of milk or yogurt	1-1/2 ounces of natural cheese	2 ounces of process cheese
-------------------------	--------------------------------	----------------------------

**Meat, Poultry, Fish, Dry Beans, Eggs and Nuts**

2-3 ounces of Cooked lean meat	½ cup of cooked dry beans or 1 egg counts as 1 ounce of lean meat. 2 tablespoons of peanut butter or 1/3 cup of nuts Counts as 1 ounce of meat.
--------------------------------	---

**Healthy snacks and the food guide pyramid**

As you plan after-schools snacks, use de food guide pyramid, just as you should for meals. Instead of reaching for food that is high in calories, primarily from sugar or fat, such as cookies, candies and sweet snacks, use these guidelines:

Select whole-grain foods to provide energy, fiber and a healthy dose of vitamins and minerals:

- Bagels
- English Muffins
- Breads
- Cereals

Include fruits and vegetables for color, variety, crunch, taste and nutrition.

Select foods with protein, they are specially necessary for children as they grow and develop:

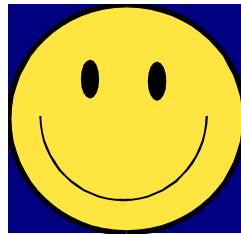
- Milk-Yogurt-Cheese-Peanut Butter-Tuna-Poultry & Meat Products

Limit added fat and sugars as much as possible.



**REMEMBER...**

- During the wintertime, please dress your child/children appropriately;
- Label all your child's clothing with his/her name and classroom;
- Teachers are always available to meet with you and discuss your child's needs. If you have questions or need help, GAP administration will be pleased to assist you and your family.



**AGENCIES  
THAT SERVE DC RESIDENTES  
AND LOW INCOME FAMILIES**

**OSSE offers help to low income families that are receiving TANF**

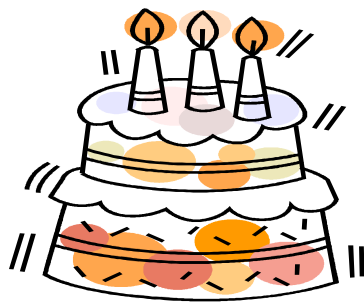
**717 14<sup>TH</sup> Street NW Washington DC  
American Red Cross—National Capital Charter**

**Program Grand parenting  
2131 K Street, NW  
Washington, DC 20037  
202-728-6400**

**Instruction and discussions for grandparents of infants and toddlers.**

# Happy Birthday

**Isis 11/2/06**  
**Amanda 11/27/06**  
**Alayt 11/28/06**  
**Ja'mari 11/10/06**  
**Bruk 11/7/06**  
**Kalkidan 11/5/04**  
**Devona 11/18/04**  
**Hadiyah 11/23/07**  
**Diego 11/13/07**  
**Jason 11/08/07**  
**Ahmed 11/25/05**  
**Muhajir 11/16/05**  
**Jeremiah 11/01/05**



Thanksgiving

*The year has turned its circle,  
The seasons come and go.  
The harvest all is gathered in  
And child chilly north winds blow.*

*Orchards have shared their treasures,  
The fields, their yellow grain,  
So open wide the doorway  
Thanksgiving comes again!*

*Old Rhyme*

*HAPPY THANKSGIVING*

