



Solano Family & Children's Services, Child Care Food Program

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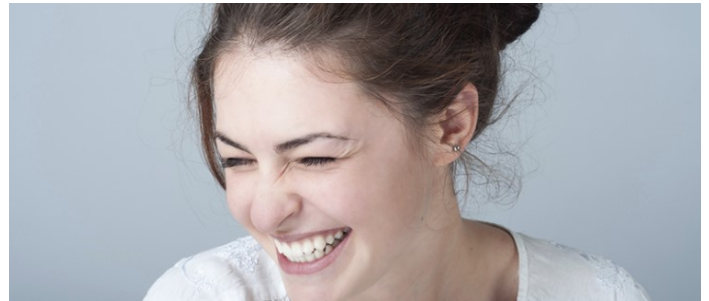
Nutrition Nuggets

Laugh for Your Health

A good laugh has great short term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body, stimulating your organs, relieving your stress response and soothing tension. Laughter is good for you over the long term as well and may improve your immune system, relieve pain, increase personal satisfaction and improve your mood!

A GOOD HEARTY LAUGH CAN...

- Boost positive energy, creativity and connection
- Boost immune function
- Exercise facial, abdominal and chest muscles
- Oxygenate the blood
- Improve brain function
- Increase alertness
- Change our mood
- Boost positive emotions
- Increase pain tolerance



Find a way to laugh about your own situations and watch your stress begin to fade away. Even if it feels forced at first, practice laughing. It does your body good.

A SENSE OF HUMOR CAN...

- Improve your heart health by increasing blood flow which lowers your risk for blood clots and heart disease
- Fuel positive energy, connection and creativity
- Transform situations during challenging times
- Arouse curiosity and increase engagement in divergent or creative thinking

Nourish children's growth, development, health and sense of well-being. Humor in children has been correlated with higher intelligence, creativity, sociability, empathy, self-esteem and problem solving, according to Louis Franzini, Ph.D. According to Dr. Bob Arnot, "Children are so receptive to a smile that if a parent could make just one change in a thirty day period to vastly improve their parenting style, he would suggest smiling more often at their children and offering more hugs and affection." Brian Tracy writes in *Million Dollar Habits*, "The simplest way to express acceptance of another person is simply to smile each time you see him or her."

Social benefits of laughter include the fostering of emotional connections, the creation of positive bonds, the promotion of team work and conflict resolution as well as uniting people during difficult times.

WAKE UP LAUGHING

- Wake up with a smile
- The minute your feet hit the floor, smile some more
- The first time you look at yourself in the mirror smile, giggle, medium laugh, laugh heartily to wake up your laugh
- Greet the people you meet with a high five and say "It's a Belly Laugh Day! Ha, ha, ha, ha, ha..." Whether you're guffawing at a sitcom on TV or quietly giggling at a newspaper cartoon, laughing does you good. Laughter is a great form of stress relief, and that's no joke.

— adapted from bellylaughday.com and the Mayo Clinic

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Oven Chicken and Linguine

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| 3 T. Margarine or butter | 1 small onion, chopped |
| 1 Garlic clove, minced | 2 t. Basil, dried |
| 1/4 t. Hot chili flakes, dried | 8 Chicken thighs, skinless |
| 6 oz. Linguine pasta | 1 1/2 10 oz. pkg. Spinach, frozen, chopped |
| 2 Oranges, quartered | 3/4 c. Cheese, Parmesan, grated |

Melt margarine or butter in a 12x15-inch pan in a 400 degree oven. Mix in onion, garlic, basil, and hot chili flakes. Lay chicken on top of seasonings and bake for 45 minutes. Cook linguine and spinach separately, in accordance with directions on the package. Remove chicken from seasonings in pan. With a slotted spoon, transfer seasoning to linguine; combine. To serve, spoon 1/8 linguine on a plate. Add 1/8 of spinach and top with chicken. Garnish with orange wedge, which is to be squeezed on chicken. Serve Parmesan cheese on side. Makes 8 preschool servings

From Children's Choices Cookbook, by CDE



2019 Due dates & Payment Schedule

Monthly claims must reach our office, either online or by scannable forms, no later than the due dates listed below. This includes enrollments for any new children you are claiming that month and source documents.

Pending enrollments cannot be paid. There is no set payment date each month.

Claims for the month of:	Due in Fairfield office by 5pm on:	Will be paid in the month of:	Late claims received by:	Will be paid in the month of:
January	February 5	March	February 25	April
February	March 5	April	March 25	May
March	April 5	May	April 25	June
April	May 6	June	May 27	July
May	June 5	July	June 25	August
June	July 5	August	July 25	September
July	August 5	September	August 26	October
August	September 5	October	September 25	November
September	October 7	November	October 25	December
October	November 5	December	November 25	January 2020
November	December 5	January 2020	December 25	February
December	January 6, 2020	February	January 27	March
January 2018	February 5	March	February 25	April