Thank You!

Thanks to all who attended the StoryTime performance at the ArtWorks event! It was so much fun telling stories on a different stage! Big Jeff narrated Fortunately by Remy Charlip, Abiyoyo by Pete Seeger and Michael Hays, and Where the Wild Things Are by Maurice Sendak. James Burger, AKA The Professor of Percussion, provided amazing sound effects for the stories using such instruments as a slide whistle, a ukulele and a piano! Sunnie provided projected illustrations to go along with the narration.

Listening to children and their adults react to the stories made the events as much fun for the performers as it was for the audience!

You never know what story we’ll be sharing next!
Dear Big Jeff,
I can't believe some of the things that are coming out of my four year-old's mouth! Yesterday she told me, "You can't come to my birthday party!" She has certainly never heard mean and spiteful language like this at home. What's going on?
Signed,
I Can Too (come to your birthday party)

Dear Party Girl,

Congratulations! Stop for a moment to admire how well your hard work in parenting has paid off. Your daughter is well on her way to becoming an articulate and well-spoken adult! Stop for a moment to appreciate the tremendous growth in your daughter's verbal skills. Remember when she was just a baby and you read stories to her and talked to her just like she could understand every word. You knew that her brain was a sponge soaking up language for a day just like this when she needed to put something important into words. When she was two and full of "No" and "Mine", you were proud of how well she could use power words to convey a whole range of meaning - without hitting or biting or scratching. When she was three and constructed for herself the time honored phrase, "You're not the boss of me." You were tolerant and maybe even a little impressed with her ability to put the idea into words, knowing fully well that you WERE the boss of her. It's not much different now. On the long road to erudition your daughter has discovered ever more powerful ways of expressing herself.

On the other hand, words do have the power to hurt. Socially responsible children in our society are learning acceptable ways to maneuver through complex thoughts and emotions. When you hear potentially hurtful language another time, here are some tips:
-Stay calm. Don't over-react making the language even more powerful and attractive than it already is.
-Choose a quiet moment to talk this over. In a non-accusatory fashion you might say, "I heard you tell so-and-so that she couldn't come to your birthday party. Tell me more about what you were feeling." ....."Oh, she took the new purple marker right out of your hand?" .... So, what you were thinking is "I don't like it when you
take my things. Please give it back now." Another time you might say that. Then she'd know what you want and it wouldn't hurt her feelings.

It's always a good idea to talk to your child's teachers about such things. They may not have heard this particular interaction, but they have dealt with the issue with each new crop of children learning the power of language.

Good luck,
Big Jeff

Dear Big Jeff,
I noticed that my baby cries every time he sees you. I just want you to know that this is not reflective of our attitude. Is there anything I can do about his social skills?
Signed,
You're OK

Dear I'm OK,
Thanks for the reassurance. I was pretty sure that your son's reaction was just a normal and wonderful stage of development in which he is learning about relationships. I had noticed how observant he has become and how he is ever more capable of distinguishing differences and knowing how he feels about things. I suggest that we don't do anything about this. I think that he will return to finding me endlessly amusing at a later age. I think we can help him master this stage best by not acting embarrassed or self-conscious about his stranger anxiety. Those are confusing emotions for babies to interpret. We might even make him a little confused and more uncomfortable. Let's just be matter of fact about this. You might just say, "Oh, Big Jeff is here. He must have come to say hello" Then turn away and engage him in a different thought.
So, don't worry. I'm pretty good a staying calm, speaking nicely to crying babies and moving on.
Best wishes,
Big Jeff
Greetings From Sunnie:

Welcome to October! I have been having such a great time watching the children in all of the classrooms! They are becoming cohesive groups very quickly! I can see that the transition is going quite smoothly!

I have begun a process of checking in with each family to see how the transition is going for you and your child. I’ve checked in with many families and will be checking in with the rest of you over the next few weeks. In the meantime, if there is anything that I can do for you, just let me know!

The Fall Benefits Fair will be happening Tuesday, October 18. Jeff and I will be there to represent DCCCC. I’m putting together a short video of a few children telling me what they would like to be when they grow up! It should be quite fun to watch – stop by our table if get the chance!

We are certainly enjoying all that Autumn in New England has to offer. Several classes have been picking apples and some will be picking pumpkins soon as well! Getting children outside and active is so important! It is great that we have so many wonderful places to visit!
ANNOUNCEMENTS

DCCCC Will Be Closed On The Following Days:
- November 24 and 25, 2011 – Thanksgiving Break
- December 23, 2010-January 2, 2011 – Winter Break
- March 19, 2011 – In-service Training Day
- May 26, 2011 – Memorial Day
- July 4, 2011 – Independence Day

Snow Days (so maybe I’m pushing it a bit, but you never know!)
Whenever Hanover schools close or open late due to inclement weather, DCCCC will have a late opening time of 9:00 a.m. A late opening at DCCCC will be announced on:
- WMUR TV Channel 9 and www.WMUR.com
- WCAX TV Channel 3 and www.WCAX.com, (go to weather, select school closings)
- New Hampshire Public Radio web site: www.nhpr.org

During school vacations, late openings will be decided by the Director in consultation with local authorities and will be announced in the same media as above.

Grizzlies may arrive at 9 a.m. too and pay the full day rate.

Working Mom's Group Fall Lunches
Working Mom's Group:
I hope everyone had a great summer. We took a little hiatus from our lunches this summer, but we are back. Here are the dates for the lunches this term so make sure you mark your calendars for:
Wednesday, October 19
Monday, November 14
Tuesday, December 13
All lunches will take place at 12:00 at Ramundo's in Hanover.
A little background on the group for those who are new: We are very casual group that gets together once a month for lunch to talk about whatever is on our minds. We all know how challenging it is to balance a career and a family and it's really nice to have others to talk with and get ideas or just vent. We discuss all types of things ranging from pregnancy, potty training, child care options, bedtime routines, food, etc. Any topic is open for discussion and people have been so helpful in offering advice and assistance when needed. Mom's in the group have all age ranges of kids and everyone is welcome. Typically we have anywhere from 5-12 women at each lunch. It would be great to have more so I hope to see some new people and the return of some who haven't been in a while. Mark your calendars now and try to join us!
If you have any questions or know people that would like to be added to the e-mail list, please feel free to e-mail me!
Megan
Reminder
Please be sure that we have accurate contact information from you. If you have moved or changed your job or office location, please be sure that we have the proper information!

Muskeg Music presents a special early

Family Contradance

with

Cuckoo's Nest

Lausanne Allen
caller

5:00 - 6:30 pm Saturday Oct. 22

Tracy Hall, Norwich, VT

Please bring a separate pair of clean, soft-soled shoes for dancing.
Children should be accompanied, all dances are taught.

Following this event: a potluck supper at 6:30 pm, and a contradance at 9 pm

Beginners and singles welcome. Under age 16 are Free!
Admission $5 adults For more information: (602) 765-4607
Resources for Families

**Nearly New Sale in Norwich:**
Friday October 14, 7 to 9 p.m., Saturday October 15, 9-4, and Sunday October 16, 10-3, Tracy Hall, 300 Main St. Grand opening sale to benefit the Norwich Women's Club Scholarship Fund. Free admission. 802-649-1558

**You're a Good Man, Charlie Brown in Randolph:**
Friday October 14, 7:30 p.m., Randolph Union High School, 15 Forest St. 2 p.m. matinee on Saturday, Oct. 15. $4 to $8. 802-728-3397.

**Autumn Wagon Ride Weekend in Woodstock:**
Saturday, October 15, 10 a.m. to 5 p.m., Billings Farm & Museum, Route 12 North and River Road. Narrated wagon rides through the Billings Farm fields at the height of fall foliage. $3 to $12, under 2 free. 802-457-2355 or billingsfarm.org.

**Family LEGO Fun in Newport:**
Saturday, October 15, 11 a.m., Richards Free Library, 58 Main St. LEGOs provided. All you bring is the creativity. All ages welcome. Free. 603-863-3430.

**Family Basket Weaving Workshop in Lebanon:**
Saturday, October 15, Noon to 3 p.m., AVA Gallery, 11 Bank St. Judy Dow teaches the craft of basket weaving. Children under 9 must be accompanied by caregiver. Free. 603-448-3117.

**Orange Harvest Festival:**
Sunday, October 16, 10 a.m. to 8 p.m., Cardigan Mountain Road. Vendors, food, live music, raffles and family fun. Potluck supper at 5 p.m. Proceeds benefit Orange Scholarship Fund, which provides all graduating seniors with funds to advance their education. 603-523-7344.

**2011 Pumpkin Festival to be held October 22, 2011**
Continuing a two decades-long tradition, Keene's Pumpkin Festival will fill the city's downtown with tens of thousands of smiling and scowling gourds on Saturday, October 22. One theme this year: plant a seed and grow your own!

**Horse-Drawn Wagon Rides to the Pumpkin Patch — FREE! At Cedar Circle Farm**
October 22nd & 23rd AND 29th & 30th ONLY; Sat-Sun, 11 am-4 pm. Take a free horse-drawn wagon ride to the Pumpkin Patch to pick your perfect pumpkin. See our educational displays, take our self-guided farm tour, and visit the Hello Café and Farmstand. The kids can play in the sandbox and meet the horses.
Recent Events at DCCCC

Apple Picking at Poverty Lane Orchard
Elizabeth got married! We congratulate Elizabeth and her husband Josh! We are so happy that Liz is back from her honeymoon and ready to play with kids!

Eileen is back! You’ll be seeing Eileen in different classrooms. She is starting out slow and working her way back to her usual amount of hours. The children still think that they will be working with worms as soon as they see Eileen walk through the door! Welcome Back Eileen; we’ve all missed you!

Gladness continues to spread her sunshine throughout the center and we are so happy about that! Gladness has a very calming nature with the infants, a silly side with the toddlers and all out fun with the older children!

Teresa moved into the Panda Room. While the other classrooms will miss her, the Pandas are very excited to have her all to themselves.

Stay tuned! We are in the process of interviewing for the final member of our float team! I hope that I’ll have very exciting news by the next newsletter!
teddy one news

Hey, hey, the gangs all here!! We recently welcomed Madelyn Berk and her parents, Deidre Willies and Vincent Berk, to our room. Everyone is settling in and we are getting to know their routines without referring to our notes each time. There is some crying and asking for Momma from time to time, but for the most part we are a happy group! Remi had his first birthday with cupcakes and singing. Dara and Kellyn will be celebrating their birthdays this month.

Wendy, Michele and I go to workshops or take classes all year long to give us fresh ideas or update new information. I recently attended a workshop with several of my co-workers from the center. The topic was curriculum planning for infants and toddlers. It was nice to be reminded that infant curriculum should be based on relationships. We form close bonds with each child in our care and we help them foster relationships with each other. Wendy had already planned to bring a truck table into our room and, after the workshop, I had more ideas for its use. We put paper and crayons on the top of the truck table to let everyone explore art. Walkers and crawlers all came together to explore! It was rewarding and exciting to see six children all playing together! Even our youngest children were watching all the action.

Another area we are always working on is fostering independence. We encourage children to roll over, crawl, walk and even feed themselves...whew we truly are a happy, busy group. We are seeing lots of children transitioning to finger foods. We have a packet of food suggestions for anyone who would like some new ideas. Or even stop by some day at lunch and see what everyone brings!

Our family picture wall is a focal point throughout our day. The children love to see their families and everyone else's. They will go over and touch each picture. We love to see their pets and it always brings them a smile when we mention their dog or cat by name.

We hope you are enjoying the autumn season and the beautiful scenery!

Fondly,
Debbie, Wendy and Michele
One month into the new year and everyone seems to be settling into their own rhythm. There are predictable times of Teddy room upheaval when all the babies are hungry or tired. We are getting used to who needs what and when they need it. We have hired extra hands (mostly Katherine) in the morning from 8:00 to 10:00, and that has helped keep our morning busy time a bit more manageable. Our afternoon helpers are Anna every day, Elise Monday and Wednesday and Lyndsey on Tuesday, Thursday and Friday.

Our music class with Brooke has started. We are scheduled to go with the Panda group on Tuesday’s at 10:15. We typically take all of the babies that are awake. Please feel free to come and enjoy music class with your child if Tuesday is a day they typically don’t come.

We are enjoying the times we have outside. We have discovered who likes to taste a bit of nature. We have some sand and leaf eaters as well as gravel tasters. We have some who don’t like the feel of grass or sand on their feet would rather sit and play on a blanket. We are also discovering who is comforted by a little bit of fresh air and change of scenery. We’re also discovering who likes to ride in the stroller and who doesn’t.

Our days are filled with new exciting experiences for the toddlers in our group. We have tried play dough, sand and coloring with crayons. We have time to explore the multi
and outside. The new crawlers are enjoying getting round the room and checking things out on their own. The little babies are enjoying being held and cuddled. They are also enjoying the new baby swing seat.

By the time you read this we will have had another successful picture day! I’m sure everyone smiled and had a great time with the photographer. I am always impressed with results.

Happy fall,

Terri, Lori and Denise
By golly we are off to an amazingly smooth transition here in Pandaville! It's amazing to watch as this group of awesome kids comes together. We can see a definite connection between children that were in Teddy 1 as well as Teddy Too. This also carries over to the Teddy children that jumped the Panda room to the Koala room. I almost had tears in my eyes when I looked over at the piano in the multi and there were 4 girls standing up side by side playing. Two were Pandas and two were Koalas. It was so clear that those 4 formed relationships while they were in the same Teddy classroom. Those teddy teachers are doing something wonderful as relationships are formed and expanded at such a young age.

The apple picking trip was a great success. There were apples in little mouths very quickly!! I was so happily surprised to see the transition back to daycare went so smoothly. I apologize for that letter I sent home trying to prepare you for a potentially tough transition time. I was so very wrong! I'll be printing some pictures today.

We are beginning to look at times for family conferences. At this point, early November seems to be the most likely time. This is a check in chat to see how's it going as well as us giving you some developmental information about your child. I'll be sending out a very brief questionnaire that helps us prepare. If you have any concerns, it's nice to talk about them as a team and see what we can come up with for potential solutions and then talk to you. If you'd prefer to wait and talk with either Jenn or I, that is of course fine as well.

Please keep your child's cubby well stocked with extra clothes, socks and puddle boots. The mornings are chilly and some afternoons downright HOT! Ask us for a sharpie so you can label clothes. We even have a silver one that writes on black!

And we welcome Teresa!!! She has jumped right in and knows the kids so well. Now if any of you know someone that does African drumming, maybe we can get her to dress up and dance for us!!! We are also incredibly fortunate to have Aspen every afternoon. She has worked in the Panda rooms since she was a freshman (graduated this last spring) and we just love her!!

Happy happy fall!!
Fondly,
Susan, Jenn and Teresa
Hello Koala Families,

Now that we are a few weeks into the Koala program have you noticed……..

- On most days your child is more willing to be dropped off
- They understand the classroom routine, such as washing hands right away
- They have established a new favorite toy or activity in the room
- They are sharing parts of their day with you when they get home
- They have established a comfort with their new teachers
- That they want to do more all by themselves, or a willingness to at least try
- How tired they are when they get home
- Their ability to mass produce art projects is out of control

Teachers have noticed……..

- On most days your child comes in eager to see what there is to explore
- Certain tasks such as washing hands and putting away their lunches have become routine
- They are confident and willing to share thoughts and stories
- How independent they have become, picking up toys, packing up lunches, washing hands, putting away outside clothing etc.,
- There is way more laughing and giggling than crying
- An understanding about how to safely (most of the time) maneuver on a big playground with older children
- They are learning to compromise, the words “no” and “mine” have become “okay” more often.
- They are hungrier
- They have grown comfortable enough to challenge limits

Most importantly!

- Teachers are not just bodies to your children, Teachers arms really have become a place of comfort for when they can’t have you.

……and this has all been accomplished in a really short period of time. So just imagine your child’s year in its entirety

On Behalf of the Koala Team

Terri Hollis
Wow! We had fun picking apples at Poverty Lane with our friends the Pandas. Heavy rains chased us away from our first attempt but luckily we had beautiful sunshine on our second attempt. The great thing about apple picking is that we get to eat some right away. YUM! They were delicious! This year for the first time our tractor driver Wanda gave each Woolly their own bag, one for eating and one to take home. They carried their own apples with great pride.

Take a good look around the classroom. Woollies have been very busy learning about apples and creating apple projects. We have baked with apples making apple crisp, apple sauce using a food mill, and apple rinks with a toppings bar. We have enjoyed all the yummy treats. We have counted seeds and talked about halves and quarters. We used an apple peeler, corer slicer and just a plain corer. It is always fun to listen to each child’s guess when we introduce a new cooking tool. Some of them are pretty funny.

This is a great time of year to notice all the changes that are happening around us. The trees are changing beautiful colors, the grass has frost on it some mornings, the air is crisp and cool, plus it is getting darker sooner. The children are also changing as well. We are making new friendships but keeping our old bonds, they trust their teacher bonds and gently challenge them, they have ownership of their classroom and the Woolly ways and showing pride to be a Woolly bear helper and detective.

Happy autumn to all,

You’re Woolly Bear Team
Deb, Barb, Moya and Loey
Happy Autumn to all!

We, in the Polar Room, have been enjoying the Fall Theme with apples, leaves, finger-plays, songs, books about 'the cycle of apples' and lots of cooking! Some of the activities included a field trip to Poverty Lane Orchards to pick very delicious McIntosh and Cortland apples. We took a chance with the weather since the forecast predicted a fifty-fifty chance of rain and we made it through picking our apples without a drop from the sky! Then as we crunched quietly on our apples, we felt one droplet, then two droplets and... the downpour began! Polar Bears voted on taking a very wet wagon ride, (instead of walking) back to our vehicles. These children were truly amazing! We held on to each other through the bumpy ride; some stuck their heads under umbrellas and others quietly licked droplets from their rain jacket hoods. Brian, the tour guide, let us have a free bushel of apples for being such great troops during the heavy rain! Thank you Brian! And thanks to Polar families who drove and chaperone! Some Polars could not make it and we really missed them. We got back to school to change ‘all’ our clothes, have our lunch and cozy up with books and art about apples... what an adventure!

We have been busy putting together many yummy recipes while using a special apple peeler/corer: Cinnamon-Apple Pancakes, Oatmeal-Apple Crisp, Honey-Applesauce and Apple Cake drizzled with caramel! Wow!

Picture Day was a success! Children were excited about posing for the camera-man and getting a good laugh, as he makes it very fun for these special moments!

We have put our gardens to sleep for the winter. Children pulled out weeds and cleaned out the garden beds in our playground, filling wheel barrels and headed over to our compost where they said 'goodbye' to the wilted bean plants, cucumbers, chives, carrots and lettuce that we planted, watched grow and ate from, through the spring
and summer. Now, we are looking forward to Nature Walks around the center, in search of the old “Polar Pines.” We’ll be exploring and collecting what we’ve discovered from trails around school and then bringing these inside and talk about them during gatherings.

Pumpkins are next! We have already begun mixing red and yellow paints to make different shades of orange. Towards the end of the month, we look forward to visiting Cedar Circle Farm to pick our pumpkins, carving out our classroom pumpkin and also decorating for our Halloween Bash in our classroom! It is going to be a blast!

We hope you are enjoying your autumn days and the “Indian Summer”, as they call it!

Ray and the Polar Bears…
Six weeks have already been happily completed together in the Grizzly room. The children have definitely reached a level of comfort, ownership and sense of togetherness. They enjoy each other’s company and are at ease with the flow of the day and feeling more confident and knowledgeable about ways to get their needs and wishes met.

We are enjoying getting to know individual personalities, all of the wonderful and amazing attributes they contribute to the group and the sweetness they all possess. Grizzlies are also enjoying the warmth, fun and interest that our other adults in the room provide daily. We hope by now you have had the opportunity to meet our terrific group of assistants for the term. They are an important and valuable part of the program.

We are thankful to have Eric Pinard-Janisch on board every day from 2-5:30 (if not earlier). Eric grew up in Chugiak, Alaska (outside of Anchorage) and attended college in St. Louis, Missouri earning a degree in Biochemistry. It will be a sad day when we have to say goodbye to Eric in December as he moves to Fort Benning, Georgia to be enrolled in a 4-month Infantry Officer Basic Course. From there, he will attend Air Borne School and Ranger School before travelling to Italy where he will be stationed. We must thank Eric’s girlfriend, Nigeen, for having him come to New Hampshire this summer as she began Medical School at DHMC. Some of Eric’s interests include rock climbing and baking. When with the Grizzlies, Eric is totally committed to the children and the classroom. Grizzlies anxiously await Eric’s arrival to play ball games and chase games outside and to share their amazing structures with him. He does a great job of balancing his time with the children and helping to keep them safe and friendly towards each other. He is a patient partner, listener and engager while playing the various games and activities with the children each day.

We are also thankful to have Sue Hewitt working alongside us every day from 1-4:00pm. Although she contributes in so many ways, Sue is known to the Grizzlies for opening the upstairs to play, for cuddling up for a story together and to prepare our afternoon snack and rest mats. Sue has been working as a Grizzly helper for the past 7 years. She lives in Lyme, NH and you may have seen her working in the flower department at the Hanover Co-op. This past summer
Sue was busy planning for her eldest daughter’s wedding. Meghan resides in Lebanon and is a science teacher at Hartford High School. Sue recently sent her younger daughter, Julie, off to Graduate School at Tufts. Some of Sue’s interests include gardening, hiking and skiing.

You can find Kristin and my bios posted above the family bulletin board located by the door if you haven’t gotten the chance to look at them and you are interested in learning a little more about our backgrounds and personal lives.

It was pleasant visiting with all of you at the snack party we had at the end of September. We were fortunate to have a beautiful afternoon to be on the Grizzly playground to chat and enjoy the soon-to-be-gone late afternoon sun! The Grizzlies were excited to share their space with you and hopefully you had some time to look around at what they enjoy doing here. As you already know (and most likely witnessed at the party) this is a big group, an active group, and a LOUD group. Many opportunities and discussions have already taken place to help the children become better aware of their bodies. This self-awareness will help them to better control their volume and their impulses and to regulate their behavior...knowing when it has become inappropriate, hurtful or uncomfortable for themselves and others nearby. Our emphasis throughout the year will be spent working on the process of growing in confidence and understanding of positive social interactions and what makes a friend as well as how to live peacefully within a group. We also want the children to think for themselves and make choices that feel safe and friendly to them, knowing that peer influences and silliness can easily impede on making good judgments.

We are sad to watch our Grizzly garden “be put to rest” for the cold months ahead. We harvested our carrots today and now there are no more vegetables to eat, no more beautiful array of colors to enjoy and no more bold fragrances to smell. Grizzlies are taking notice and learning about the changes happening around them. They are beginning to get excited about the adventures ahead and some have even mentioned that they can’t wait for snow! We will be talking about the days getting shorter and of course Halloween is on our minds right now! We’ll be using our imaginations and creativity to make crafts and do projects with spiders and webs, pumpkins, ghosts, skeletons, bats, potions and so much more. The days are filled with laughter and concentration as we build, sing, play games, color, swing, read, search for treasures, cook, share stories, pretend, make crafts, ride bikes, play ball games and enjoy each other’s company!

Happy Autumn,
Karen
10 tips to a great plate

Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Use the ideas in this list to balance your calories, to choose foods to eat more often, and to cut back on foods to eat less often.

1. **balance calories**
   Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2. **enjoy your food, but eat less**
   Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you’ve had enough.

3. **avoid oversized portions**
   Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4. **foods to eat more often**
   Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5. **make half your plate fruits and vegetables**
   Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6. **switch to fat-free or low-fat (1%) milk**
   They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7. **make half your grains whole grains**
   To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8. **foods to eat less often**
   Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9. **compare sodium in foods**
   Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."

10. **drink water instead of sugary drinks**
    Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

Go to www.ChooseMyPlate.gov for more information.