

# NUTRITION FIRST NEWS



August 2014



## New Tier Reimbursement Rates Effective Now

The federal government has released the fiscal year 2014-2015 tier reimbursement rate for home child care providers. These rates took effect July 1<sup>st</sup> and last through June 30, 2015. You will see the new reimbursement rates with your July menu check, released in August 2014.

Hopefully you have sent your income proof to us. Do remember that you can still provide this proof at any time; however, tier changes only take place in the month in which we receive this proof. Please call with any questions you may have, or if you need additional forms.

*Thanks*

### The Reimbursement Rates Are As Follows

<u><i>Tier One</i></u>		<u><i>Tier Two</i></u>	
<b>Breakfast</b>	<b>1.31</b>	<b>Breakfast</b>	<b>.48</b>
<b>Lunch/Dinner</b>	<b>2.47</b>	<b>Lunch/Dinner</b>	<b>1.49</b>
<b>Snacks</b>	<b>.73</b>	<b>Snacks</b>	<b>.20</b>

## Banana Raspberry Bread

Have this yummy quick bread with a side of low-fat Greek yogurt and you'll get the carbs and protein you need to fuel exercise and recovery.

- Vegetable oil cooking spray
- 2 cups all-purpose flour
- $\frac{3}{4}$  cup sugar
- 2 tsp. baking powder
- $\frac{1}{2}$  tsp. baking soda
- $\frac{1}{2}$  tsp. salt
- 4 large ripe or overripe bananas, mashed
- $\frac{1}{4}$  cup skim milk
- 1 large egg
- 1 tsp. vanilla extract
- 1 cup fresh or frozen raspberries



Heat oven to 350 degrees. Coat an 8" loaf pan with cooking spray. In a bowl, combine flour, sugar, baking powder, baking soda and salt; whisk to blend. Make a well in the center and set aside. In a bowl, combine bananas, milk, egg and vanilla; fold in raspberries. Pour batter into center of dry ingredients; fold together until combined. Do not over mix. Pour batter into loaf pan; bake one hour or until a toothpick inserted in the center comes out clean. Cool in pan on a wire rack for 10 minutes. Remove from pan and cool completely. [www.sharecare.com](http://www.sharecare.com)

# Curried Coconut Quinoa & Greens w/Roasted Cauliflower

---

A simple vegan and gluten-free meal, this quinoa cooked in coconut milk with spicy Indian flavors is mixed with greens and topped with roasted cauliflower.

## Roasted Cauliflower:

---

- 1 head cauliflower, cut into bite-sized pieces
- 2 tablespoons melted coconut oil or olive oil
- $\frac{1}{4}$  teaspoon cayenne pepper
- Sea salt

## Curried Coconut Quinoa with Greens:

---

- 2 teaspoons melted coconut oil or olive oil
- 1 medium yellow onion, chopped
- 1 teaspoon ground ginger
- 1 teaspoon ground turmeric
- $\frac{1}{2}$  teaspoon curry powder (optional)
- $\frac{1}{2}$  teaspoon ground cardamom
- 1 can (14 oz.) light coconut milk
- $\frac{1}{2}$  cup water
- 1 cup quinoa, rinsed well in a fine mesh colander
- $\frac{1}{3}$  cup raisins
- 1 teaspoon sea salt
- 1 tablespoon cider vinegar
- 4 cups baby arugula or chopped chard or spinach

1. Roast the cauliflower: Preheat oven to 425 degrees. Toss the cauliflower florets with coconut oil, cayenne pepper and a light sprinkle of sea salt. Roast for 25 to 30 minutes on the middle rack, turning halfway, until the cauliflower is tender and golden on the edges. *If you have never tried roasted cauliflower, you might want to stop the recipe right here and just eat the cauliflower - it is SO good when roasted!*
2. Cook the quinoa: In a large pot with a lid, warm the coconut oil over medium heat. Add the onion and cook until translucent, stirring often, about 5 minutes. Add the ginger, turmeric, curry powder and cardamom and stir until fragrant, about 30 seconds. Pour in coconut milk, water, rinsed quinoa and raisins. Bring the mixture to a boil, then cover and reduce heat to a simmer. Cook for 15 minutes, then remove pot from heat and let it rest for 5 minutes.
3. Fluff the quinoa with a fork. Stir in the salt, vinegar and greens (if you intend to eat this dish again as leftovers, I recommend storing leafy greens separate from the quinoa, as the greens don't reheat well). Divide the quinoa into bowls and top with roasted cauliflower. Garnish with green onions and red pepper flakes if you'd like. *Credit: CookieandKate.com*



# Meatloaf Cupcakes

---

A new provider in Aumsville, Kari Manrubia, was perusing Pinterest and found this great idea for feeding kids: Make your favorite meatloaf recipe. Instead of putting it in a loaf pan, divide it out and put it in cupcake or muffin tins to bake. When the meat is done, let it rest a bit in the tins, remove the meat, and "ice" the top of the meatloaf cupcakes with mashed potatoes and a sprinkle of paprika or whatever spice you'd like. Thanks for the tip, Kari! *Pinterest*



NUEVAS tarifas comenzaron el primero de Julio 2014.

Tarifa 1 Desayuno \$1.31 Almuerzo y Cena \$2.47 Botanas \$ 0.73

Tarifa 2 Desayuno \$ 0.48 Almuerzo y Cena \$ 1.49 Botanas \$ 0.20

[illegible]

Comenzando Agosto primero cuando inscriba a un infante solo usara la hoja amarilla **siempre y cuando** sea la nueva hoja que tiene la porción para los infantes en ella. Arriba de la parte de identidad racial o étnica encontrara una caja que pide la información sobre la comida del infante.

Esto no cambia nada para el proveedor, usted aun debe de ofrecer la formula y comidas para el infante a los padres.  
(Si no sabe si tiene las hojas nuevas busque la fecha de REV 7/20/2014 en la parte de debajo de la forma amarilla)

## Внимание!

## С 1 Июля 2014 г. вступили в силу новые компенсационные тарифы

	Территория 1	Территория 2
Завтрак	\$ 1.31	\$ 0.48
Обед/Ужин	\$ 2.47	\$1.49
Перекуса	\$ 0.73	\$ 0.20

**Внимание! Вступает в силу новая  
Вступительная Форма Ребёнка На  
Пищевую Программу.**

Обратите внимание, что теперь вам не нужно будет присылать дополнительную форму о предоставляемой в вашем саду детской формуле в случае зачисления в

[illegible]

сад ребёнка в возрасте до 1 года. Эта информация будет указываться на вступительной форме в её средней части.

Пожалуйста, удалите все старые формы. Я буду иметь новые формы при себе на визите а так же вкладывать их в пакет документов

***Nutrition First  
News Staff***

Susan Maxwell	Director/Editor
Kathy Derr	Program Mgr.
Carmen Romero	Program Rep.
Natasha Maslova	Program Rep.
Laura Daberkow	Support Spec.
Sally Youell	Artwork/Layout

## Nutrition First

PO Box 2316

Salem, OR 97308-2316

503-581-7563 or 1-800-288-6368

Nutrition First USDA Child Care Food Program is a program of the Mid-Willamette Valley Community Action Agency



---

Mid-Willamette Valley Community Action Agency, Inc.  
2475 Center St. NE  
Salem, OR 97301

NON-PROFIT  
US POSTAGE PAID  
SALEM, OR  
PERMIT #508



---

## ***MENU WINNERS***

The menu winners for July are **Lourdes Guzman of Woodburn  
& Halyna Hubenya of Albany**



- Keep those menus coming in on time -- you might be next!
- Remember -- to enter, menus need to be in an envelope with your name and address on the outside.

*Thanks and Good Luck!!*

---

**"Good nutrition is the right of all children."**

---

### ***Looking For More Training?***

Child care providers can now access information on trainings that are happening all over the state of Oregon. The on-line training calendar at [www.oregonchildcaretraining.org](http://www.oregonchildcaretraining.org) will let you search by county, as well as by training category and date. *Check it out!*

---

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov)

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

**MWVCAA is an equal opportunity provider and employer.**

---