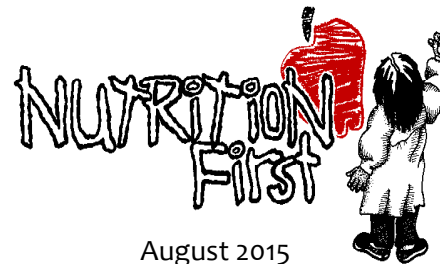


NUTRITION FIRST NEWS



August 2015



New Tier Reimbursement Rates Effective Now

The federal government has released the fiscal year 2015-2016 tier reimbursement rate for home child care providers. These rates took effect July 1st and last through June 30, 2016. You will see the new reimbursement rates with your July menu check, released in August 2015.

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>Tier One</u>		<u>Tier Two</u>	
Breakfast	1.32	Breakfast	.48
Lunch/Dinner	2.48	Lunch/Dinner	1.50
Snacks	.74	Snacks	.20

Top 10 Ways To Enjoy Mangos

1. **Mango Salsa.** Create a mango salsa with mangos, red onions, jalapenos, cilantros and lime juice. Serve over fish, shrimp, chicken or pork. Also try our *Mango Avocado Salsa*.
2. **Frozen Treat!** Blend sliced mangos and orange juice, freeze in ice trays and enjoy! A cool treat on a hot day ... or any day! Your kids will love it!
3. **Puree & Drizzle.** Puree a mango then drizzle over low-fat vanilla ice cream and top off with raspberries. It's a new healthy alternative to please your sweet tooth.
4. **Mango Tea.** For a naturally sweet taste and a decorative touch, slice and freeze mangos then add to flavored ice teas.
5. **Pancakes.** Mix into any pancake batter for a refreshing twist to your usual plain or blueberry pancakes.
6. **Mango Kebob.** Add mangos to the skewers to sweeten up your traditional kebobs.
7. **Smoothie.** Blend 1 cup of orange juice, ½ cup of yogurt and one banana. Add 6 ice cubes and 1 diced mango. Blend again. Enjoy!
8. **PB & ... M?** Skip the jelly and top your peanut butter with mangos! Toast whole wheat bread, spread with peanut butter and add mango slices. A sweet change to the old standby.
9. **Parfait!** Layer low-fat vanilla yogurt, whole grain granola, raisins and mangos.
10. **Quick Dessert or Sweet Side.** Mix mango, banana, strawberries and oranges in a bowl with chili powder, lime juice and honey. Serve chilled. The recipe is on page 3 of this newsletter.



Itsy Bitsy Spider Bites

Adapted from Child Care Health Connections

Spiders coexist with humans, rarely transmit communicable diseases, and play a role in the ecosystem as they consume mosquitoes and flies which are responsible for spreading diseases. However, occasionally spider bites can cause allergic reactions, and bites from a black widow or brown recluse can be very dangerous.

Only a few spiders are dangerous to humans.

There are more than 30,000 species of spiders, most of them poisonous, but only a few species (approximately 200) are dangerous to humans. This is because most spider bites do not fully penetrate human skin due to their short fangs and fragile mouthparts. In the United States, most spiders are harmless with the exception of the black widow and the brown recluse.

Both prefer warm climates and dark places and usually live in dry, messy, undisturbed areas, such as closets, sheds, under sinks, behind furniture and in woodpiles.

***The brown recluse spider** is about ½ to 1 inch long and all brown except for a dark mark in the shape of a violin on its head. These spiders will often move slowly and then make a sudden fast move for a couple of inches. Brown recluse spiders are *not* found in California.

***The black widow spider** is known for the red hourglass marking on its belly and is about ½ inch long with long legs. They are shy by nature and bite only when trapped, sat on or accidentally touched.



Signs and symptoms of spider bites:

Spiders rarely bite people and most bites are harmless causing a reaction similar to that of a bee sting, including redness, itching, pain and minor swelling at the site. Some people have more severe reactions to bites and infants and children may be more affected. Serious injuries from spider bites can include severe wounds caused by brown recluse spiders and body wide poisoning caused by black widow spiders.

A bite by a black widow spider sometimes feels like a little pinprick. Hours later, the venom can cause painful cramps starting in the muscles around the bite and then spreading. Other symptoms include weakness, nausea, vomiting, sweating and headache.

A bite by a brown recluse spider is most often minor, however, a small number of bites produce severe necrosis of the skin, the premature death of living tissue and sometimes affect the whole body with damage to the organs and occasional death.

Many people believe they were bitten by a spider when they really have another disorder such as a skin infection or bite from another insect.

What should you do if you are bitten by a spider?

Wash the bite area with soap and water. Apply an ice pack or a wet compress. If needed, use over-the-counter pain medicine. Seek medical treatment for anyone with severe symptoms. If you suspect a bite by a black widow or brown recluse, apply ice to the bite site and go to the emergency room.

Tips for preventing spider bites:

- ✓ Be careful in areas where spiders like to spend time.
- ✓ Do not let children play around rock or wood piles.
- ✓ Wear gloves when working outside in the yard in big piles of logs or leaves.
- ✓ Shake out shoes before putting them on, if kept in a mudroom or garage.
- ✓ Shake out bedding or clothing that has been stored in an attic, basement or shed, or if it has been in a closet for a long time.
- ✓ Look carefully behind furniture before reaching around to clean.





Fruit Salad with Jicama

- ✓ 1 small Jicama
- ✓ 2 cups Watermelon, cut into pieces
- ✓ 1 Mango
- ✓ 1 small Papaya
- ✓ 1 Lime
- ✓ 2 Kiwis
- ✓ 1 tsp Lime or Orange juice
- ✓ 1/4 tsp Salt
- ✓ 1/4 tsp Chili powder

Wash, peel, and cut jicama into thin slices. Wash, peel, and cut the rest of the fruit into slices of medium sized pieces. On a large plate, arrange the fruit. Sprinkle with lime or orange juice. In a small bowl, mix the salt and chili powder. Sprinkle over the fruit and serve. fruitsandveggiesmorematters

Tarragon & Turkey Salad

- ✓ 2 Tbsp balsamic or red wine vinegar
- ✓ 1 Tbsp olive oil
- ✓ 2 tsp dried tarragon leaves
- ✓ 2 tsp spicy mustard
- ✓ 1 tsp sugar
- ✓ 3 cups brown rice, cooked
- ✓ 2 cups cooked turkey or chicken breasts, cubed
- ✓ 1 cup grapes, halved
- ✓ 1 cup bell peppers, chopped
- ✓ 1/3 cup green onions, sliced
- ✓ 1 cup kidney beans, rinsed and drained

Whisk together vinegar, olive oil, tarragon, mustard, and sugar. Add rice and remaining ingredients, mix well. Serve. fruitsandveggiesmorematters



Greek Style Pasta



- ✓ 1 tsp olive oil
- ✓ 4 tsp minced garlic
- ✓ 1 28 ounce can diced tomatoes, 'Italian style'
- ✓ 1 19 ounce can cannelloni beans (or other white beans), drained & rinsed
- ✓ 10 oz. coarsely chopped fresh spinach
- ✓ 16 oz. whole wheat penne pasta
- ✓ 1/2 cup feta cheese, crumbled

Fill a large saucepan 3/4 with water.

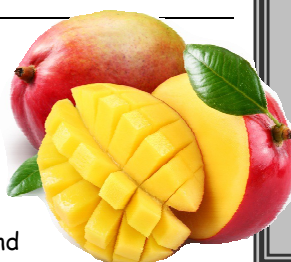
Bring to a boil, add pasta, bring to a boil

again. Turn down water to a simmer and cook pasta for 8 to 10 minutes. Drain cooked pasta. Heat oil in a large nonstick skillet over medium heat. Add garlic and cook for about a minute. Add tomatoes and beans. Bring to a boil. Reduce heat to a simmer; cook for 10 minutes. Add spinach to skillet and toss. Mix with pasta in a large bowl. Top with feta cheese and serve. fruitsandveggiesmorematters

Healthy Fruit Salad

- ✓ 1 mango
- ✓ 1 banana
- ✓ 1 cup strawberries
- ✓ 1 orange
- ✓ 1/4 tsp. chili powder
- ✓ 1 tsp. lime juice
- ✓ 1 tsp of honey

Slice the mango, banana, strawberries and oranges. Mix in a bowl with the chili powder, the lime juice and the honey. Serve chilled. fruitsandveggiesmorematters



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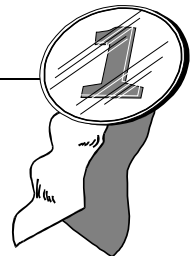
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MENU WINNERS

- The menu winners for July are **Linda Evans of Salem & Cindy Anderson - Both of Salem**



- 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 will let you search by county, as well as by training category and date. *Check it out!*

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