NUTRITION FIRST NEWS

December, 2017

Reminder About New Regulations

We know you've read about the new regulations which went into effect on October 1st. Many of you are doing really well, but one thing we've seen on our past visits is that there is still confusion surrounding the keeping of labels**.**

So here are the regulations regarding labels:

- We still require that you send to us your pictures of **chicken nuggets, corndogs, and fish sticks.** Also, hummus is only claimable if homemade, so you'll need to send us a **recipe for homemade hummus.**
- Chicken nuggets, corndogs and fish sticks are to be noted by sending us pictures of the bag or box and the UPC code on the package. This way, we can let you know if you have the correct ones.
- **Yogurt** (under 23 grams of sugar), **breakfast cereals** (6 grams of sugar or less), and **whole grain bread/tortilla/pasta items** (only if claiming for your one whole grain item per day) labels and nutrition facts labels need to kept on file at your home or site.
- Pictures are fine – but we have found that the easiest way to keep these labels is simply to cut them out, along with their nutrition labels, and put them all in an envelope, as we will be asking to see these labels on our visits.
- You only have to save the labels of the cereals, yogurt and whole grain items of those that you are claiming. And you only have to save the labels once, as long as you are still claiming the item.
- Again, you have the choice of cutting out the labels **or** taking pictures of them and saving to your phones, **or** taking pictures and printing them out on a computer and putting them in a binder. **These are not to be sent to us,** just keep them at home.
- If you are claiming homemade rolls or bread as your one whole grain item, you will need to have **a recipe on file** so we can ascertain that the homemade item is whole grain.
- Finally, remember that you can serve any type of bread, homemade or otherwise, without saving a recipe if these items are **not** being claimed as whole grain.
- **Thank you! Feel free to call or text us with any questions.**

Lentil, Bacon & Bean Soup

- 4 bacon strips, chopped
- 6 medium carrots, chopped
- 2 small onions, diced
- 2 Tbsp. tomato paste
- 2 garlic cloves, minced
- ½ tsp. Pepper
- 6 cups chicken stock
- 2 cans (15 oz.) butter beans, rinsed & drained
- 2 cans (15 oz.) cooked lentils, rinsed & drained
- 6 fresh thyme sprigs
- 1 tsp. minced fresh thyme

In a Dutch oven, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Cook and stir carrots and onions in bacon drippings, adding olive oil if necessary, until tender-crisp, 3-4 minutes. Add tomato paste, garlic, thyme and pepper; cook 1 minute longer. Add stock; increase heat to medium-high. Cook 2 minutes; stirring to loosen browned bits from pan. Stir in the butter beans, lentils and bacon. Bring to a boil. Reduce heat; simmer, covered, 5 minutes. Uncover; continue simmering until vegetables are tender, 15-20 minutes. Serve with thyme sprigs on top.

Cranberry Turkey Burgers

These healthy burgers taste like the holidays in just one bite.
They're a little sweet and a little savory.

- $\frac{3}{4}$ lb. ground turkey
- 1/3 c. dried cranberries
- 1/3 c. bread crumbs
- 3 green onions, finely chopped
- 2 or 3 Tbsp. crumbled goat cheese
- 2 Tbsp. pepper jelly
- 3 garlic cloves, minced
- 1 large egg yolk
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper

Preheat oven to 375 degrees. Combine all ingredients, mixing lightly but thoroughly. Shape into 4 patties; transfer to a greased baking sheet. Bake until no longer pink, 10-12 minutes. Heat broiler; broil until a thermometer inserted in the burgers reads 165 degrees, about five minutes. Serve with smoky cauliflower bites, below. *Taste of Home/picture-Eatingwell*

Smoky Cauliflower Bites

- $\frac{1}{4}$ c. olive oil
- $\frac{3}{4}$ tsp. sea salt
- 1 tsp. paprika
- $\frac{1}{2}$ tsp. ground cumin
- $\frac{1}{4}$ tsp. ground turmeric
- $\frac{1}{4}$ tsp. chili powder
- 1 medium head cauliflower, broken into florets

Preheat oven to 450 degrees. Mix first 6 ingredients. Add cauliflower florets and toss to coat. Transfer to a baking pan. Roast until tender, 15-20 minutes, stirring halfway.

Parmesan-Bacon Bubble Bread

This recipe is inspired by leftover bread dough,
using savory ingredients and baked in a cast-iron skillet.

- 1 loaf frozen bread dough, thawed (16 oz.)
- $\frac{1}{4}$ cup butter, melted
- $\frac{3}{4}$ cup shredded Parmesan cheese
- 6 strips bacon, cooked and crumbled
- 1/3 cup finely chopped green onions
- 2 Tbsp. dry grated Parmesan cheese
- 2 Tbsp. salt-free herb seasoning blend
- 1 $\frac{1}{2}$ tsp. sugar
- Alfredo sauce, optional

Turn dough onto a lightly floured surface; divide and shape into 16 rolls. Place butter in a shallow bowl. In a large bowl, combine the next six ingredients. Dip dough pieces in melted butter, and then toss with cheese mixture to coat. Stack pieces in a greased 9-inch cast-iron skillet. Cover with a kitchen towel; let rise in a warm place until almost doubled, about 45 minutes. Preheat oven to 350 degrees. Bake until golden brown, 20-25 minutes. Serve warm, with Alfredo sauce if desired.

Buttermilk Cranberry Muffins

Now that fresh cranberries are here, it's a great idea to buy several packages
when they're available, and put them in the freezer to use all year.

- 1 heaping cup of fresh cranberries, coarsely chopped
- $\frac{3}{4}$ cup sugar, divided
- 3 cups all-purpose flour
- 3 $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. Salt
- $\frac{1}{4}$ tsp. baking soda
- $\frac{1}{2}$ cup butter
- 1 large egg
- 1 $\frac{1}{2}$ cups buttermilk
- 2 Tbsp. thawed orange juice concentrate

Preheat oven to 375 degrees. Combine cranberries with $\frac{1}{4}$ cup sugar; set aside. Stir together flour, remaining sugar, baking powder, salt and baking soda. Cut in butter until it resembles coarse meal.Lightly beat together egg, buttermilk and orange juice concentrate. Add egg mixture and sweetened cranberries to dry ingredients, stirring just until combined. Spoon batter into buttered muffin cups, filling two-thirds full. Bake until a toothpick inserted in muffins comes out clean, about 25 minutes.

Recordatorios Sobre Las Nuevas Regulaciones

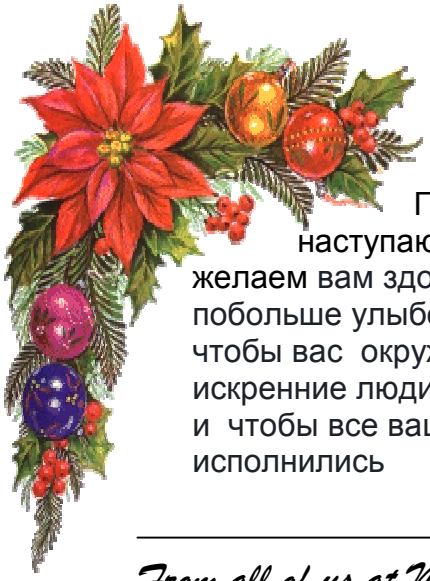
Sabemos que las nuevas regulaciones tomaron afecto el primero de Octubre y muchas de ustedes están cumpliendo con los requisitos muy bien.
Lo que he notado en las visitas de los últimos meses es que aguardar en casa y que mandar a la oficina.

En casa – aguarde copias de absolutamente todo lo que me envías a la oficina, si me lo enviaste por correo electrónico o foto entonces aguarda el original en tu guardería.
También aguarda los paquetes de todo lo que haigas servido en el menú que quieres comprobar que era un grano refinado o grano entero, los frascos del yogurt, y la lista nutritiva de los cereales.
(*Fotos en tu celular son aceptables, **PERO** eso significa que si tu teléfono se borra, se pierde o cambias de teléfono pierdes todas tus fotos. También tendrías que dejar el teléfono en casa cuando salgas a citas y dejas a los niños con un ayudante.)* Es mucho más fácil para ti y para mí que aguardes los cachitos de las cajas.
Una receta – para panes, pancaques, waffles, tortillas de harina que quieres reclamar como grano entero.

A la oficina enviara- Fotos de la caja y código de barra para productos como soya, yogurt de soya, Tofu, Chicken Nuggets, Varitas de Pescado Y Corn Dogs.

- Recetas - necesito recetas de comidas hechas en casa como Humus.
- Recuerde que el yogurt tiene que contener menos de 23 gramos por 6 onzas.
- Cereal – debe de contener menos de 6 gramos por onza seca.

Recuerda que en el menú después de cada comida que me estas cobrando como grano entero necesito que diga (WG) <u>NO WW</u>. En la parte de arriba escriba el nombre de la compañía del cereal que estas sirviendo, y en el cachito del menú solo escribirías (ejemplo: Cheerios WG) pero una vez arriba del menú pondrías Cereales: General Mills e igual para el yogurt una vez al mes anota el nombre completo del producto y en el cachito solo yogurt. (Ejemplo: Yoplait Fresa y Vainilla)



Дорогие воспитатели!

Поздравляем вас с наступающими праздниками и желаем вам здоровья, счастья и побольше улыбок. Так же желаем чтобы вас окружали только добрые, искренние люди и преданные друзья и чтобы все ваши желания исполнились

From all of us at Nutrition First, to all of you we wish you a very Merry Christmas!

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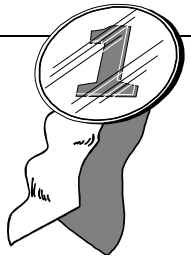
MENU WINNERS



- *The menu winners for October are:* **Paula Grey of Springfield & Shelly Parker of Albany**
- *The menu winners for November are:* **Jordan Riley of Dayton & Magda Barber 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."

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