

# NUTRITION FIRST NEWS



January 2018

## Procedures for Appeal

### Providers May Appeal The *Intent To Terminate The Agreement For Cause Or A Suspension Of Participation*

1. Providers have 7 days from date of *Proposed Termination and Proposed Disqualification* letter in which to submit request for appeal. Appeal request, in writing, must be received by 5:00 PM on the 7<sup>th</sup> day (exact date is within body of letter).
2. Appeal request is to be made to Susan Maxwell, Program Director of Nutrition First Food Program, via email ([sue.maxwell@mwvcaa.org](mailto:sue.maxwell@mwvcaa.org)) or by regular mail (PO Box 2316, Salem, OR 97308).
3. While the *Serious Deficiency* is not appealable, any adverse actions may be appealed.
4. Appeal requests shall be accompanied by a list of witnesses (if any) and all paperwork you intend to reference. The provider will receive all records on which Nutrition First based the proposed termination or suspension.
5. The family day care provider may request to review the record on which the decision was based and refute the action in writing.
6. The family day care provider may retain legal counsel or may be represented by another person.
7. Appeals will be heard by the Conflict Resolution Team of Mid-Willamette Valley Community Action Agency.
8. The Hearing Officials (Conflict Resolution Team) shall have no interest, financial or otherwise, and no conflict of interest in the outcome of the appeal.
9. The Hearing Officials (Conflict Resolution Team) must make a determination based on the information provided by the sponsoring organization and the day care home and on the Federal and State laws, regulations, policies, and procedures governing the Program.
10. The Hearing Officials (Conflict Resolution Team) will inform the provider and the Mid-Willamette Community Action Agency – Nutrition First of the outcome within 7 days of the review. The determination made by the Hearing Officials (Conflict Resolution Team) is the final administrative review to be given to the provider.
11. The decision of the Hearing Officials cannot be appealed to USDA or ODE. *Provider Appeals, 03/27/2015*



## Baked Kale Frittata

- $\frac{1}{2}$  cup mozzarella cheese
- $\frac{1}{2}$  cup low-fat milk
- $\frac{1}{2}$  cup water
- Salt, to taste
- $\frac{1}{4}$  teaspoon ground pepper
- Nonstick cooking spray
- 3 cups kale, chopped
- 1 onion, chopped
- 1 tablespoon olive oil
- 6 eggs

Preheat oven to 375 degrees. Coat a 9" baking pan with cooking spray. Wash and drain kale, using colander. Remove stems and chop kale. Peel and chop onion. Heat oil in a large frying pan over medium heat. Add onion and cook for 3 to 5 minutes, until onions are soft. Stir in kale and water. Cover and cook 5 minutes. Remove pan from heat and allow mixture to cool. Shred cheese. In a large bowl, combine eggs, milk, cheese, salt and pepper. Blend in kale mixture. Pour into prepared pan and bake 25-30 minutes. Remove from oven and let stand 2-3 minutes. Serves 6; claim as protein and vegetable. *Common Threads*



## Sweet Potato-Cauliflower Gratin

- 2 Tbsp. olive oil
- 3 Tbsp. flour
- 1 cup milk
- 1 cup chicken or veggie broth
- $\frac{1}{4}$  cup Parmesan cheese, grated
- 1 Tbsp. fresh sage, chopped
- Salt and pepper to taste
- 1 pound sweet potatoes, peeled and sliced  $\frac{1}{4}$ " thick
- 1 head cauliflower, quartered and sliced  $\frac{1}{4}$ " thick

Heat oven to 350 degrees. Heat oil in a saucepan over medium heat. Add flour and cook, stirring 1 minute. Slowly whisk in milk and broth. Cook, whisking until thick, about 12 minutes. Remove from heat and stir in the Parmesan cheese and sage. Season with salt and pepper. Pour a third of the sauce in the bottom of a 9 by 13 casserole dish. Arrange a third of the sweet potato and cauliflower slices along the bottom. Repeat twice with remaining sauce and vegetables. Cover and bake until vegetables are tender, about 45 minutes. Remove cover and sprinkle with extra Parmesan cheese. Bake about 20 minutes more until golden brown. Let stand 10 minutes before serving. Serves 10, claim as two vegetables. *Nutrition Edition*

### A few more reminders for our hard-working providers

- Remember when we told you to claim Wheat Thins as your whole grain? Now USDA is reconsidering that decision. They say that the whole grain wheat thin crackers have cornstarch in them, so they can't be used as a whole grain. Food programs across the United States are arguing against that decision, but for now, please claim them as a cracker, but not a whole grain. Please note, we have **not** disallowed any of the meals in which Wheat Thins were claimed as a whole grain.
- Also, we have had to add to our menus a third time – we have added a line at the top of the menu for you to write the brand name of your cereals and oatmeal (GM for General Mills, Post, Quaker, etc.). This line is directly above the line in which you write your yogurt brands and flavors. For those who do not yet have the newest menu, just write the cereal brands at the top of your menu – many of you are already doing this, thank you! The on-line menu forms were changed earlier.
- This information will be posted on our Facebook page. Just go to Nutrition First Oregon in your search bar. We also post recipes, hints, the newsletters, and notices of reimbursement dates on our page.
- Here's a website I ran across that posts recipes, videos, and cooking lessons, called "Common Threads – Cooking for Life". The address is [www.commonbytes.org/#/cooking](http://www.commonbytes.org/#/cooking).



***Year-end reimbursement statements will be mailed this month.***

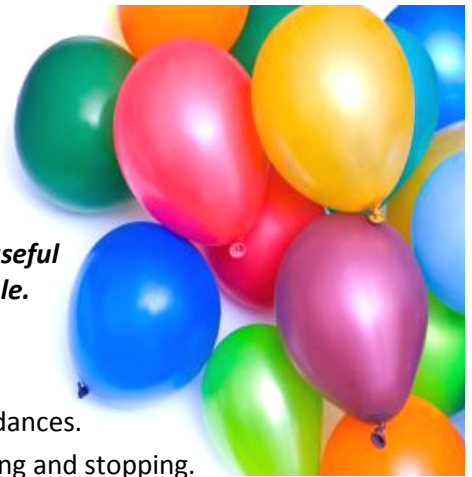
# Indoor Physical Activity Ideas For Kids

**Activity helps children stay healthy and happy. These suggestions are useful during extended rain and snow periods when outdoor play is not possible. Television and video or computer games should be limited.**

- Use music for stepping, hopping or jumping in place.
- Have kids make up dances or share the latest popular dances or line dances.
- Play the freeze game in which kids dance and stop to the music starting and stopping.
- Play "Keep the Balloon Up". Use one balloon per child or one balloon per small group. The group may add additional balloons as they gain control and awareness.
- Practice progressive relaxation: tensing each body segment and then relaxing in turn (head, neck, shoulders, right arm, right hand, left arm, left hand etc.)
- Try sitting exercises by doing a variety of arm, leg, foot and trunk exercises while remaining seated.
- Play "Follow the Leader" or "Simon Says" using exercises.
- Measure heart rates after various movements (hop, walk, jump, skip, etc.)
- Make up hand jive routines or clapping games, share and teach to others.
- Try juggling, top spinning or yo-yo contests.
- Collect milk jugs to fill with varied amounts of water to use as weights.
- Mimic sports: act out sport movements such as batting, kicking, dribbling, throwing/catching, dunking, swimming, and volleyball serving.
- Make paper airplanes and see how far they can fly – but don't point them at other people!
- Try hopscotch drawn with painters tape on the floor.
- Play traditional games – "Ring around the Rosie", "Duck, Duck, Goose" and the "Hokey Pokey".



- Play "charades".
- Jump rope or use a hula hoop.
- Build a fort out of bed sheets and chairs.
- Toss around a foam ball; play catch or basketball with a basket or pail.



## ***Nutrition First News Staff***

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### **Nutrition First**

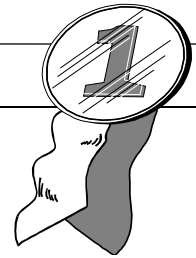
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503-581-7563 or 1-800-288-6368  
Nutrition First USDA Child Care  
Food Program is a program of the  
Mid-Willamette Valley  
Community Action Agency



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## **MENU WINNERS**

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➤ **The menu winners for December are: Angie Flatt of Toledo  
& Jan Schueller of Keizer**

- **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!!*

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

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Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410
- (2) fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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