

# NUTRITION FIRST NEWS



July, 2014



## News You Can Use

- Remember to send in a signed parent note if you provided care on the July 4th holiday!
- As mentioned last month, when you are serving smoothies, you can claim the milk and the fruit in them - but not the yogurt. Please name the fruit type and the milk percentage. **Yogurt is claimable as a separate food served on its own, not in the smoothie.** We will be disallowing meals or snacks effective July 1st if the smoothie is claimed as fruit and yogurt instead of fruit and milk. (Of course, you can still put yogurt in the smoothies - you just can't claim the yogurt if served that way).
- As far as we know, the manufacturers of corndogs are not going to be labeling their products with dated child nutrition (CN) labels anymore. Because the labels are no longer available, you can **now serve corndogs without a label on file** - corndogs count as a hotdog, of course, so they can be claimed twice per month.
- The manufacturers of CN-labeled foods seem to be phasing out the labels while awaiting USDA and FDA guidance on the new nutrition labels. However, we have found chicken nuggets (Alphabites) and some Dino nuggets at Winco, Walmart, Fred Meyer and some of the Grocery Outlet stores. Please call us if you have questions. Remember, **you can always serve a food without the CN label as long as you serve a second protein with it.**

## Peanut Butter Pizza

If you'd like something fun to prepare for lunch, try Peanut Butter Pizza. Make your favorite homemade or packaged pizza crust, and bake and cool it. Then spread crust with peanut butter. Top with raisins, banana slices, walnuts and pineapple chunks. Next, top with coarsely grated mozzarella cheese. Bake just until cheese melts. You could also serve it without melting the cheese. *Children will gobble this up!*



## Green Bean Soup

For those of you who have, or will soon have, green beans galore, here's a recipe for bean soup with a twist!

- ✓ 2 pounds fresh green beans
- ✓ 1 clove garlic, minced
- ✓ 1 sprig fresh parsley
- ✓ 1 pinch salt
- ✓ 2 slices bacon
- ✓ 3 Tbsp. all-purpose flour
- ✓ 1 onion, chopped
- ✓ 1 cup sour cream
- ✓ 3 Tbsp. vinegar

In a large pot over medium heat, combine green beans, garlic, parsley, salt and water to cover, and cook until beans are tender.

Fry bacon until crisp and set aside. Add onion and flour to bacon grease, stirring until smooth and brown. Add some water from the beans, stirring slowly and constantly to prevent lumps. Cook until thickened a bit, then add it to the bean soup and bring to a boil. Stir in the crisp bacon, sour cream and vinegar. Yum!... *And this is why you have to write the name of the bean soup if you are serving dried bean soup as a protein - because it might be green bean soup!* Credit: Allrecipes



## Broccoli & Cheese Patties

- ✓ 1 cup russet potatoes, peeled and cubed
- ✓ 1 cup broccoli florets
- ✓  $\frac{1}{2}$  cup low-fat cheddar cheese, shredded
- ✓  $\frac{1}{2}$  cup plus 3 Tbsp. panko or bread crumbs
- ✓  $\frac{1}{2}$  tsp. salt
- ✓ 1 large egg
- ✓ 1/8 tsp. garlic powder
- ✓ 1/8 tsp. onion powder
- ✓ 1 Tbsp. canola oil

Steam potatoes and broccoli; then cool. Chop broccoli into bite-sized pieces. Mash potatoes in a large bowl and stir in broccoli, 3 tablespoons panko, salt, egg, garlic powder, and onion powder. Place the remaining  $\frac{1}{2}$  cup of panko in a separate bowl. Roll the potato mixture into balls, coat with panko, and shape into patties. Heat oil in a skillet. Add patties and press down to flatten slightly. Fry for 3-4 minutes on each side until golden. Serve with your favorite dipping sauce. You can easily freeze these patties by placing uncooked patties on a baking sheet and freeze for one hour. Then place patties in a zipper bag and label. Defrost before cooking. Potpourri - June 2014

## Summer Citrus Cucumber Salad

This light, refreshing cucumber salad is dressed with a lemon and lime vinaigrette that adds a burst of summer flavor. Enjoy it as a side dish at your next cookout, or finely chop the vegetables and use it as a fresh relish.

- ✓ 2 medium cucumbers, peeled and chopped
- ✓ 1 small red bell pepper, chopped
- ✓ 1 green onion, white and greens thinly sliced
- ✓ 1 clove garlic, minced
- ✓ Juice of 1 lemon
- ✓ Juice of 1 lime
- ✓ 1 teaspoon extra virgin olive oil
- ✓ 1 teaspoon sugar
- ✓  $\frac{1}{2}$  teaspoon salt
- ✓ 1/8 teaspoon ground black pepper

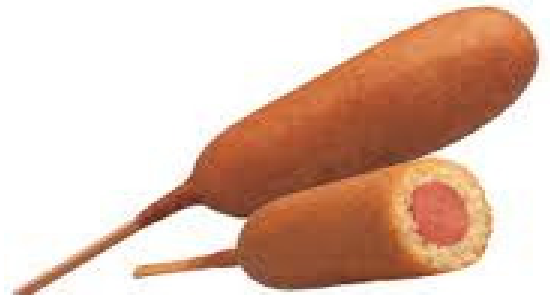
In a medium-size bowl, stir together the cucumber, bell pepper, green onion and garlic. In a small dish, whisk together the lemon juice, lime juice, olive oil, sugar, salt and black pepper. Pour the dressing over the vegetables and stir to coat all ingredients. Cover and refrigerate for at least 30 minutes before serving to allow the flavors to blend. Credit: Fruits&Veggies More Matters



# Notas Importantes



- Recuerden que el 4 de Julio fue día festivo y si cuido niños necesita mandar al junto con su menú del mes de Julio una nota firmada por los padres que especifique de que hora a que hora estuvieron los niños en su guardería. **Si no viene la nota festiva con su menú, no se le avisa y lo perderá el día completo.**
- Cuando sirva Licuados o smoothies, recuerde que el yogurt no es contable cuando lo usa en licuado o smoothie. Solo cuenta la fruta que le pone al smoothie. Empezando el Primero de Julio perderá el servicio de comida cada vez que sirva yogurt en el smoothie o licuado. **Necesita anotar el tipo de fruta si escribe SMOOTHIE lo perderá.**
- **Etiquetas CN:** Las etiquetas que han estado mandando a su representante para los “corn dogs” se vencieron el 30 de Junio, Y parece que la manufactura de los corn dogs no piensa vender a tiendas locales el producto CN ,por lo tanto hasta que haiga otro producto en la marquetas que sean para los corn dogs CN, no serán reembolsados. **Como consejo** mejor sirva hot dogs en pan para hot dogs. Si sirve los corn dogs n o los cobre en el programa sívalos como un extra y que corra por su cuenta.
- Recuerde avisar cuando sale de casa con los niños o si van a estar de vacaciones.



## НОВОСТИ

- **Внимание! 4 Июля** День Независимости в этом году мы праздновали в пятницу. Если вы работали в этот день,- не забудьте прислать Праздничные записки записки вместе с июльским меню.
- **Следующее Напоминание Относительно**
- Фруктовых коктейлей (smoothie) . Вы можете предлагать их детям на питания и перекуски, при условии соблюдения порционных требований относительно молока и фрукт. При этом пожалуйста помните:коктейли с йогуртом и овощами оплате не подлежат.
- **Сосиски В Тесте (Corndog)** Сроки годности требуемых USDA штампов CN на сосисках Foster Farms истекли 30 июня. И, похоже, компания не собирается их обновлять. Вы конечно-же можете сервировать их детям, но при этом вам необходимо дополнительно предлагать детворе какой ли- бо другой продукт из протеиновой группы и указывать это на меню.



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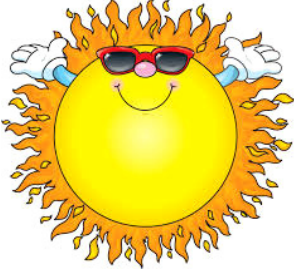
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Nutrition First USDA Child Care Food Program is a program of the Mid-Willamette Valley Community Action Agency



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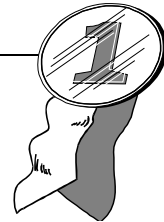


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## ***MENU WINNERS***

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The menu winners for June are **Tonya Cash of Keizer  
& Catherine Sutton of Dallas**



- 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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## ***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!*

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