

NUTRITION FIRST NEWS



June 2016



REMEMBER ...

Upcoming New Changes For July

July is the annual income month for all providers who either claim their own children, or live in a tier two area and wish to receive tier one rates. Those of you under these categories will receive a letter from Nutrition First with any forms you need, and/or income forms for the parents. The letter will let you know exactly what to submit to us, and when.

Please remember that hummus is to be homemade (write "hm hummus") or have a product formulation statement. The April newsletter included three easy recipes for homemade hummus. This information is also posted on our Facebook page (Nutrition

First Oregon). Other changes are that corndogs must have the product formulation statement – we can get these for you if you let us know what brand you are serving, or you can check the following website: http://cnputah.org/product_specs/

This is a website in Utah that contains a nice list of the particular foods which have the product statements. Fish sticks and chicken nuggets still require the CN labels. Please call for additional information.

Liverwurst is not claimable, nor is salami or summer sausage. Remember, you can always serve these items as long as you also serve a second protein. Additionally, cheese foods such as Velveeta, and individually wrapped cheese slices are not claimable (not enough protein).

And lastly, children over the age of 13 will need an updated IEP or doctor's note which clearly states the disability (such as autism) that requires the additional supervision and structure. The children have to take part in the day care activities and can be claimed, if needed, up to the age of eighteen.

Roasted Baby Carrots

- ✓ 1 ½ pounds baby carrots, washed
- ✓ 1 small onion, peeled and cut into 8 wedges
- ✓ 1 tablespoon fresh or dry rosemary
- ✓ 2 tablespoons olive oil
- ✓ Garlic powder
- ✓ Salt & pepper (to taste)

Preheat oven to 400 degrees. Gently toss together carrots, onion wedges, herbs and olive oil. Spread on a rimmed baking pan. Sprinkle with garlic powder, salt & pepper. Roast for 30-40 minutes on middle rack until well-browned and tender.



Broccoli, Cauliflower, & Mandarin Orange Salad

- ✓ 3 cups broccoli florets
- ✓ 2 cups cauliflower florets
- ✓ 2 11-ounce cans of mandarin orange sections, well-drained
- ✓ ½ cup orange juice
- ✓ 3 tablespoons white vinegar
- ✓ 1 tablespoon sugar
- ✓ 1 tablespoon olive oil
- ✓ Salt & pepper (optional)

Steam broccoli and cauliflower florets in a covered saucepan for 3 minutes. Remove and quickly rinse with cold running water until vegetables are cool. *Do not cook further.* Place in a serving bowl; cover and chill.

In a medium bowl, combine mandarin oranges, orange juice, vinegar, sugar and olive oil. Toss gently and allow to stand at room temperature for about 15-30 minutes. Before serving, pour marinated orange mixture on chilled vegetables and toss very gently. If desired, season with salt and pepper; serve. ACDKids.org

Note: I think sliced almonds for taste and a garnish would be great on this dish.

FOOD is the most widely abused anti-anxiety drug in American, and
EXERCISE is the most potent yet underutilized antidepressant. *Author: Bill Phillips*



Kale & Piñata Apple Salad w/Orange-Coconut Yogurt Dressing

Ribbons of leafy green kale and sweet Stemilt Piñata apple are combined with pomegranate seeds and roasted hazelnuts for a refreshing and healthy salad that gets an added tropical twist when laced with a delicious coconut and orange-infused yogurt dressing.

Salad

- ✓ 4 to 5 large leaves curly green kale, center ribs removed and discarded, sliced into ribbons (approximately 4 cups cut)
- ✓ 1 Stemilt Piñata apple, core removed, diced into approximate $\frac{3}{8}$ " to $\frac{1}{2}$ " cubes (approximately 2 cups diced)
- ✓ $\frac{1}{4}$ cup fresh pomegranate seeds
- ✓ $\frac{1}{4}$ cup chopped roasted hazelnuts

Dressing

- ✓ 2 tablespoons plain Greek-style yogurt
- ✓ 1 teaspoon light coconut milk
- ✓ 1 tablespoon apple cider vinegar
- ✓ 1 tablespoon honey
- ✓ 1/3 teaspoon fresh orange zest
- ✓ 1 tablespoon extra-virgin olive oil

In a small bowl, combine yogurt, coconut milk, apple cider vinegar, honey and orange zest. Slowly whisk olive oil into mixture, until thoroughly combined. Set aside.

Place ribbons of kale in a large bowl and add dressing. Using clean fingers, carefully "massage" dressing into greens for 30 seconds to one minute. This will "tame" the greens (soften them) a bit and work flavor of dressing throughout. Add diced apple, pomegranate seeds and nuts to bowl and lightly toss. Serve with additional slices of Piñata apple alongside, and/or top with additional chopped hazelnuts, if preferred.



Insider's Viewpoint: Invigorate Your Water!

Water. We all need it. Many people won't deny the fact that plain water is the best beverage to drink. However, they say they don't like the taste of water – it's too bland and tasteless. Instead they resort to beverages with added sweeteners that offer little to no nutritional value.

Tired of plain water? Here's a fun and refreshing solution to jazz it up: add fruits, vegetables, and herbs. Fill a pitcher with water and ice, add desired ingredients and refrigerate for at least 2 hours to let flavors infuse. The sky is the limit when it comes to flavors. Below are some examples of favorite combinations. All are high in flavor, have virtually no calories, and offer some nutrition – more if you eat the fruit!

- **Strawberry and Basil**
Cut and chop strawberries and fresh basil leaves. Start with fewer leaves and add more until desired taste is achieved.
- **Raspberry and Pineapple**
Cut up a fresh pineapple and wash fresh raspberries. Add fruit to desired taste.
- **Minty Cucumber Lime**
Slice cucumbers and fresh lime. Wash fresh mint leaves.
- **Rosemary Watermelon**
Chunk watermelon and scrunch rosemary sprigs to release flavor.



- **Lime Slices and Basil**
Slice limes and cut up basil. It's like a mojito without the sugar and alcohol!
- **Sage and Blackberry**
Wash the fresh blackberries and sage leaves. Blackberries are loaded with antioxidants.
- **Pineapple Orange with Ginger**
Cube fresh pineapple, slice orange, and grate fresh ginger.
- **Apples and Cinnamon**
Combine cinnamon sticks and chopped apples.



Red, White & Blue Stuffed Strawberries

- ✓ 20-25 fresh strawberries
- ✓ 8 oz. mascarpone cheese
- ✓ 20-25 fresh blueberries
- ✓ 3 Tbsp. powdered sugar
- ✓ 1 tsp. vanilla extract

Rinse and dry berries. Set aside blueberries. Cut a small slice off the bottom of each strawberry so that they can stand up on a plate. Using a small melon baller, scoop out the top and stem of each strawberry. Beat together cheese, sugar and vanilla until fluffy. Place mixture in a Ziploc bag and snip off a tiny corner to make an opening like a pastry bag. Gently squeeze the cheese mixture into each strawberry and top it with a blueberry. Yield: 4-6 servings, meets requirement for fruit/vegetable



Sweet & Savory Tilapia Tacos

Fresh strawberries, avocados and jalapenos highlight these light and flavorful tilapia tacos. Ready in only 40 minutes!



- ✓ 1 cup Thinly Sliced Red Onions
- ✓ 1/4 cup Fresh Lime Juice
- ✓ 1 cup Diced Fresh California Avocados
- ✓ 1 cup Diced Fresh Strawberries
- ✓ 3 tablespoons Minced Jalapeno
- ✓ 1 Tablespoon Vegetable Oil
- ✓ 6 Tilapia Filets
- ✓ 6 Flour Tortillas
- ✓ 6 Tablespoons Crema (or sour cream thinned), non-fat sour cream
- ✓ Salt as needed

To make pickled red onions: in a bowl, combine the red onion with 2 TB of lime juice and 1/2 tsp salt; stir and refrigerate for at least one hour. In another bowl, combine the diced avocados and strawberries; toss in the remaining lime juice. Season the fish with salt. Heat the vegetable oil in a large sauté pan until nearly smoking; sear the fish on both sides until golden brown and cooked through (about 2-3 min per side depending on thickness of fish).

Lay the tortillas flat and top each with 1 Tbsp of Crema, 1 Tilapia filet, 1/2 Tbsp of jalapeno and 1 Tbsp of pickled red onions. Take the strawberry avocado mixture and divide it equally among each taco - serve immediately.

Strawberry French Toast Kebobs

- ✓ 4 thick slices of French or Italian bread, preferably slightly stale. Dry bread will soak up the egg mixture better than fresh bread.
- ✓ 3 large eggs
- ✓ 2 tablespoons milk
- ✓ 1/2 teaspoon vanilla extract
- ✓ 1/2 tablespoon cinnamon
- ✓ 1 tablespoon sugar
- ✓ 1 pint strawberries, halved



Slice the bread into cubes. In a large bowl whisk together the eggs, cream, vanilla extract. Dip the cubed bread into the egg mixture, then place on a greased baking sheet. Combine the sugar and cinnamon and sprinkle onto the cubes.

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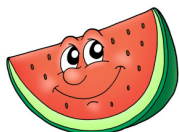
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Nutrition First USDA Child Care
Food Program is a program of the
Mid-Willamette Valley
Community Action Agency



MENU WINNERS

- ***The menu winners for April are: Esthela Castaneda of Salem & Shayla Johnson of Springfield***
- ***The menu winners for May are: Maria Ivanov of Woodburn & Ceola Harden of Independence***
- ***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!***



Thanks and Good Luck!!

"Good nutrition is the right of all children."

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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

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