

NUTRITION FIRST NEWS



Did You Know?

Facebook: We have a Facebook page (**Nutrition First – you'll see our logo**). At least half of our providers haven't followed our page. Some of you might not be Facebook fans. Others may worry that we'll be able to go to your pages. Let me assure you that we **don't** go onto your pages. Only Sue Maxwell and Kathy Derr can post and/or reply to your questions or comments – **and ONLY on the Nutrition First Facebook Page**. We keep our page only to post recipes or new

regulation resources – or to post whenever there is a change. Also, I always post when I know the reimbursement funds are going to be released. If you weren't aware that Nutrition First had a Facebook page, please feel free to check it out. We hope that it is helpful for our providers. We even posted a link to a power point presentation regarding the new regulations in effect this month. Please call or text us if you have any questions.



Direct Deposit: Those of you with direct deposit know that you receive your funds a few days faster than those whose checks are mailed. If any of you would like to sign up for direct deposit, please let us know – it's easy.

However, if any of you change your accounts, please let us know before the end of the month in which you make the change. Otherwise, the direct deposit goes to your old account; then gets returned to us, and then we have to cut a paper check – all of which delays your funds. If we are aware that you have changed banks or closed accounts, and we know before the end of the month, we can get your new bank or account number into the system so there is no delay in your reimbursements. Thank you!

New Fiscal Year Begins – Parent Surveys: With the new fiscal year beginning October 1st, Nutrition First has to start those mandatory parent surveys again. Please remember that these are nothing to be concerned about; they are simply required on our part. We are mandated to do one parent survey per fiscal year on DHS-listed providers who receive a reimbursement check that is \$400 or over; OCC-registered providers whose check is \$1200 or over; and OCC-certified providers who receive a reimbursement of \$1500 or more. You might let your parents know of this regulation, and encourage them to return the surveys, as the more we receive, the better you look. Thanks! Please direct any questions to your program representative.

Vegetable Fritters (Gluten-free & Vegan)

- $\frac{3}{4}$ cup chickpea (garbanzo bean) flour
- $\frac{1}{2}$ cup water
- 1 tsp cumin
- $\frac{1}{2}$ tsp cayenne pepper
- $\frac{1}{4}$ tsp paprika
- $\frac{1}{4}$ tsp garlic powder
- $\frac{1}{2}$ tsp salt
- Pepper
- $\frac{1}{4}$ cup chopped red onion
- $\frac{3}{4}$ cup chopped red pepper
- $\frac{3}{4}$ cup corn
- 2 Tbsp. chopped parsley
- Vegetable oil

Mix dry ingredients. Add water and whisk until all lumps are smooth. Fold vegetables into batter. Heat pan on medium high heat. Add enough vegetable oil to just cover the pan (this is NOT deep fat frying!). You can test the oil by dropping a couple drops of water into the oil. If it sizzles, your oil is hot enough. Spoon some of the batter on the pan, fitting as many fritters as you can on the pan you use. Cook until browned. Flip and cook the other side. Repeat with the rest of the batter, adding a little more oil as needed. Some people like these served with vegan chipotle ranch dressing. *From Createmindfully.com*

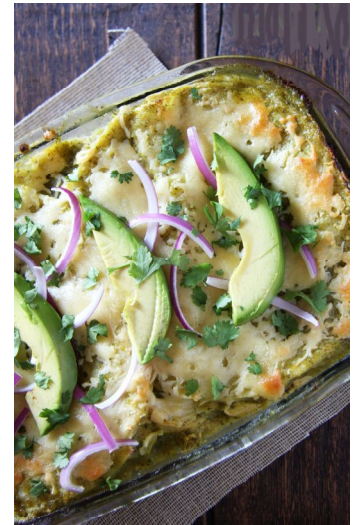


Salsa Verde Chicken Casserole

This is a rich and surprisingly tasty rendition of all the Tex-Mex dishes molded into one packed, beautiful casserole. Best of all - it's ready in no time!

- 2 cups shredded rotisserie chicken
- 1 cup sour cream
- 1 ½ cups salsa verde, divided
- 8 corn tortillas
- 2 cups chopped tomatoes
- ¼ cup minced fresh cilantro
- 2 cups shredded Monterey Jack cheese
- Optional toppings: avocado slices, more fresh cilantro, thinly sliced green onions

Combine the chicken, sour cream (I use light or fat-free) and ¾ cup salsa in a small bowl. Spread ¼ cup salsa in a greased 8'inch square baking dish. Layer with half the tortillas and chicken mixture; sprinkle with the chopped tomatoes, minced cilantro and half of the cheese. Repeat layers with remaining tortillas, chicken mixture, and cheese. Bake, uncovered, at 400 degrees for 20-25 minutes or until bubbly. Serve with remaining salsa and, if desired, optional toppings. *From Taste of Home*



Garlic Parmesan Cauliflower Rice

- 5 cups of raw cauliflower "rice" (about one medium head)
- 3 Tbsp. salted butter
- 3 garlic cloves, minced
- 6 Tbsp. shredded Parmesan cheese
- Salt and pepper, to taste

Make the cauliflower rice by cutting the cauliflower into florets and then briefly pulse in the food processor until they are about the size of grains of rice - or you could use frozen cauliflower rice purchased from the supermarket.

In a small saucepan on the stove, add butter and minced garlic. Bring to a simmer and cook for 2-3 minutes, stirring often, until garlic flavor is infused into the melted butter. Be careful to not let the garlic burn. In a large skillet, wok or frying pan, add cauliflower rice and bring to medium-high heat. Pour in the butter mixture. Sprinkle cheese on top. Stir to mix and cook until the cauliflower is tender. Add salt and pepper and stir a few more times until everything is thoroughly mixed. Serve while warm. Garnish with fresh chopped parsley if desired. *From Kirbie's Cravings*

Best Zucchini Grilled Cheese

Do you still have large zucchinis sitting around? Getting tired of zucchini bread? Try this delicious grilled cheese sandwich - no bread required!

- 2 cups grated zucchini
- 1 large egg
- ½ cup freshly grated Parmesan
- 2 green onions, thinly sliced
- ¼ cup cornstarch
- Salt and pepper to taste
- Vegetable oil for cooking
- 2 cups shredded Cheddar

Squeeze excess moisture out of zucchini with a clean kitchen towel. In a medium bowl, combine zucchini with egg, Parmesan, green onions and cornstarch. Season with salt and pepper. In a large skillet, add enough vegetable oil to cover the bottom of the pan. Scoop out about ¼ cup of the zucchini mixture onto one side of the pan and shape into a small flat square. Repeat to form another patty on the other side of the pan. Cook until lightly golden on both sides, about 4 minutes per side. Remove from heat to drain on paper towels, and repeat the process with the remaining zucchini. Wipe skillet clean. Place two zucchini patties in the same skillet over medium heat. Top both with shredded cheese; then place the other two patties on top to form two sandwiches. Cook until the cheese has melted, about 2 minutes per side. Repeat the whole process again with the remaining zucchini to make two more sandwiches. Serve immediately. Yum!! www.delish.com





¿Sabía usted?

Facebook: Tenemos una página en Facebook (**Nutrition First – usted verá nuestro logo**). Hay por lo menos una tercera parte de ustedes seguido nuestra página. Algunas de ustedes podrían no ser fanáticas de Facebook. Otras pueden preocuparse que podamos ir a sus páginas. Le aseguro que no vamos a sus páginas, tome en cuenta que no es posible ir a sus página. Mantenemos nuestra página sólo como un recurso para recetas, recursos de regulación o cuando hay un cambio. Además, tratamos de avisar si habrá un retraso de los cheques. Esperamos que sea útil para nuestros proveedores. Incluso publicamos el entrenamiento de las nuevas regulaciones.

Depósito directo: Con el depósito directo reciben su reembolso unos días más rápidos que los cheques. Si alguno de ustedes le gustaría inscribirse para depósito directo, por favor háganoslo saber – es fácil.

Para las que están participando en depósito directo, si cambia de banco o cierra su cuenta, por favor háganoslo saber antes de finalizar el mes en que haga el cambio. De lo contrario, el depósito directo se va a su cuenta anterior; y luego es devuelto a nosotros, y entonces tenemos que cortar un cheque, todo lo cual retrasa sus fondos. Si sabemos que ha cambiado de banco o ha cerrado la cuenta antes de finalizar el mes, podemos obtener su nuevo número de cuenta o Banco en el sistema y no tendría ningún retraso de su reembolso.

Comienza nuevo año fiscal: Y con el nuevo año fiscal entran todos los cambios de los que hemos estado hablan. También comenzaran sus tres visitas al año y las encuestas familiares. Nutrition First está obligado a hacer un mínimo de 3 encuestas por mes, esto significa que nos comunicamos con todos los padres de familia de niños que cuidaste el previo mes. Por favor recuerde que esto no es nuevo ya tenemos muchos años asiéndolo y no hay nada de que deba preocuparle; simplemente se requiere de nuestro fundador. Por favor hableme si tiene preguntas. ¡Gracias!

Вы знаете?

Facebook: У нас есть страница на Facebook. Мы приглашаем вас, заходите на нашу страничку чтобы узнать последние новости или задать вопрос.

Прямой депозит: те кто оформил прямой депозит (платёж переводится непосредственно на ваш банковский счёт) получают оплату на несколько дней быстрее, чем те кто получает чек по почте. Если кто-либо из вас захочет подписаться на прямой депозит, сообщите нам об этом - это легко.



Начинается новый финансовый год: с 1 октября мы начинаем посещения(одно с предупреждением и два без предупреждения) и опрос родителей. Пожалуйста не забывайте сообщать вашему представителю программы если ваш сад закрыт по какой либо причине.

Nutrition First News Staff

Susan Maxwell	Director/Editor
Kathy Derr	Program Mgr.
Carmen Romero	Program Rep.
Yelena Chesnokova	Program Rep.
Jackie Johnston	Program Rep.
Laura Daberkow	Support Spec.
Sally Youell	Artwork/Layout

Nutrition First

PO Box 2316
Salem, OR 97308-2316
503-581-7563 or 1-800-288-6368
Nutrition First USDA Child Care
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Mid-Willamette Valley
Community Action Agency



MENU WINNERS

- **The menu winners for August are: Brigett Schwab of Salem & Tammy Wade of Junction City**
- **The menu winners for Sept are: Colleen Wolczak of Turner & Elizabeth Caldera 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 and Good Luck!!

"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

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