

# NUTRITION FIRST NEWS



April 2016



## Nutrition First Audit Results

First, a big thank you to the 31 day care providers the auditors chose for their unscheduled visits – only one of you was not home, which is a big improvement from our last audit. Food programs are reviewed by Oregon Department of Education every two years – we never know when they are coming or who they'll choose to visit.

As a result of the audit, there will be some changes that we are required to implement. Here are some of them:

Hummus is required to be homemade (recipes below), or have a manufacturer's Product Formulation Statement on file. We have found that Truitt Brother's hummus has this sheet available. Truitt Brother's is a Salem-based manufacturer. The Product Formulation Statement is similar to the CN labels already required for fish sticks and chicken nuggets.

Corndogs no longer have a CN label, but still require a Product Formulation Statement. From our experience, we have found that it's much easier to just serve a second protein when serving corndogs, or any other protein that you are unsure about. (You can call us for more information.)

Liverwurst is not claimable without a Product Formulation Statement and salami or summer sausage also requires a second protein or a signed by the manufacturer Product Formulation Statement.

Do remember that "cheese foods" such as Velveeta are not claimable, nor are individually wrapped Kraft cheese slices.

The biggest change has to do with claiming children over the age of 13. Kids over age 13 have been able to be claimed as long as they have an IEP on file with the food programs. However, we have learned that the IEP has to state the disability (autism, for example), and has to state that the child needs additional supervision and structure. These children have to take part in the day care activities. The children can only be claimed up to the age of 18, not indefinitely.

Children who are currently being claimed (over the age of 13) can continue to be claimed until July 1<sup>st</sup>, 2016. At that point, we will need updated IEP's or doctor's notes stating the need for increased supervision.

*Thanks for being a child care provider, and for understanding the increased regulations.*



## Homemade Hummus

The second recipe is from a friend of mine, and is super easy. Most of the recipes for hummus are easy – some call for tahini, some call for different beans. Experiment to find the one the kids like best.

### Hummus #1:

- ✓ 2 Tbsp. Olive oil
- ✓ 1 Tbsp lemon zest, freshly grated
- ✓ ½ tsp. ground cumin
- ✓ ¾ tsp. salt, or to taste
- ✓ ¼ tsp. black pepper
- ✓ ½ cup fresh parsley or fresh mint
- ✓ 19 oz. can lima beans

Combine all ingredients in a blender or food processor; process to desired consistency (if the dip is too thick, it can be thinned with water or extra lemon juice).

### Hummus #2:

- ✓ 2 cans garbanzo beans, drained (reserve liquid)
- ✓ 2 cloves garlic
- ✓ 1 Tbsp. lemon juice
- ✓ Salt and pepper to taste
- ✓ Shot of olive oil

Throw everything into a food processor, and slowly add enough reserved liquid to make smooth.

### Hummus #3:

- ✓ 1 can garbanzo beans, drained (reserve liquid)
- ✓ 1 clove garlic, crushed
- ✓ 2 teaspoons ground cumin
- ✓ ½ teaspoon salt
- ✓ 1 tablespoon olive oil

Blend all on low speed in a blender, gradually adding reserved liquid.



## Crunchy Fish Sticks

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- 1 pound fish fillets (haddock, cod, catfish)
- Dash of salt and pepper
- 1 cup flour
- 1 egg
- $\frac{1}{2}$  cup milk
- 2 cups whole grain breakfast cereal flakes, crushed
- $\frac{1}{4}$  cup grated Parmesan cheese
- Vegetable oil spray

Combine flour, salt and pepper in a bowl. Combine the egg and milk in another bowl. Combine the crushed cereal flakes and Parmesan cheese in a third bowl. Cut the fish into long strips. Dip the fish strips into flour mixture, then into egg mixture, and then into crumb mixture. Place coated fish strips on a baking sheet that has been sprayed with vegetable oil spray. Spray fish strips lightly with vegetable oil spray. Bake in a 400 degree oven for 15 minutes or until fish flakes easily with a fork.

## Chicken Vegetable Soup - Easy!

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- 2 14-ounce cans chicken broth
- 1 14-ounce can diced tomatoes
- 1  $\frac{1}{2}$  cups frozen peas, carrots and corn
- 1 tablespoon dried Italian herbs
- $\frac{1}{2}$  cup uncooked orzo pasta

Combine chicken broth, diced tomatoes, vegetables and Italian herbs in a saucepan. Bring to a boil. Add pasta to boiling soup. Reduce heat to medium and cook for 5 minutes, stirring occasionally.

*Try something different:*

*Add cooked chicken (cubed or shredded) to soup.*

*Add chopped broccoli or spinach.*

*Use small ring or shell pasta instead of orzo pasta.*



## Cheesy Mac & Greens

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- 16 ounces macaroni elbows (whole wheat if preferred)
- 12 ounces baby spinach leaves, lightly torn
- 2 large eggs
- 1  $\frac{3}{4}$  cups low-fat cottage cheese
- 1 cup low-fat plain Greek yogurt
- $\frac{3}{4}$  teaspoon salt
- Fresh ground black pepper
- 2  $\frac{1}{2}$  cups shredded cheddar cheese, divided
- Heat the oven to 350°F.
- Spray a casserole dish with nonstick spray.

Bring a large pot of water to boil. Add in the macaroni and cook until just al dente. While the pasta is boiling, lightly tear the spinach leaves into smaller pieces and place into a large mixing bowl and set aside. Place the eggs, cottage cheese, Greek yogurt, salt and a pinch of freshly ground black pepper in the base of a blender and puree until the cottage cheese is creamy and no lumps remain. Add in 2 cups of the shredded cheddar cheese and pulse until just combined. Once the pasta is finished cooking, drain then immediately add the pasta to the bowl with the torn spinach. The heat of the pasta should heat the spinach until it's just wilted. Don't worry if it doesn't completely wilt, it will after cooking. Add in the pureed cheese sauce and toss until combined. Pour the mixture into the lightly greased casserole dish, then cover with foil. Bake, covered, for 30 minutes. Remove the foil and sprinkle the remaining  $\frac{1}{2}$  cup of cheddar cheese on top. Bake, uncovered, for another 10-15 minutes until cheese is bubbly and melted. Remove from oven, let cool slightly, then serve. Refrigerate any leftovers.



## Resultados de la Auditoria

Primero, gracias a las 31 proveedoras que fueron escogidas por los auditores para estas visitas sorpresas solo una de ustedes no estuvo en casa, lo cual es una mejoría de nuestra previa auditoria. Los programas de comida son revisadas por el Departamento de Educación del Estado de Oregón cada dos años. Nunca sabemos cuándo llegarán o a quienes escogerán para la auditoria.

Como resultado a la auditoria habrá ciertos cambios que estamos requeridas a implementar. Aquí están algunas de ellas:

- Humus tiene que ser hecho en casa (les proporcionaremos algunas recetas) o tienen que tener una hoja de análisis de producto del fabricante con Nutrition First para cobrar. Hemos descubierto que el humus por el fabricante Truitt Brother's tiene esta forma disponible. Truitt Brother's está localizado en Salem. El requisito de la hoja de análisis de producto del fabricante es similar a ese de los chiquen nuggets y fish sticks de que tienen que tener la CN.
- Los Corn Dogs ya no tienen la etiqueta CN pero están requeridos a tener la hoja de análisis de producto del fabricante, a sido nuestra experiencia que es preferir no servir los Corn Dogs o servir junto con otro componente de la carne. Nos puede hablar si tiene más preguntas sobre esto.
- Liverwurst (Embutido de hígado) no es reclamable sin la hoja de análisis de producto del fabricante o una Declaración de Formulación de Producto del Fabricante Firmado.
- Queso tipo comida no son reclamables en el programa de comida (quesos tales como Velveeta) no los quesos para sanguis envueltos individualmente. (como los Kraft)

El cambio más grande es el de cobrar niños mayores de 13 años de edad. Hemos estado pagando para niños mayores de 13 años siempre y cuando tuvieran una IEP con Nutrition First. Pero se nos informo que el IEP tiene que decir la discapacidad (por ejemplo autismo) y tiene que decir que el niño requiere supervisión adicional y estructura. Estos niños deben de tomar parte en las actividades normales de los niños de la guardería. Y los niños solo pueden ser cobrados hasta los 18, no indefinida mente. Los niños que están actualmente siendo cobrados (mayores de 13) pueden seguir siendo cobrados asta el primero de Julio 2016, después de ese tiempo necesitara conseguir un IEP nuevo o una carda del doctor que dice que el niño/a necesita aumento de supervisión. Gracias por ser Proveedoras de Cuidado Infantil, y Gracias por comprender el aumento de regulaciones. Busque en sus "Check it Out" que acompaña su cheque para sus recetas de Humus y otras.

## Результаты Проверки

Во-первых, большое спасибо всем воспитателям кого аудиторы выбрали для своих незапланированных визитов - только одного из выбранных не было дома, что является большим улучшением по сравнению с нашей предыдущей проверкой. Пищевая программа проверяется Департаментом Образования штата Орегон каждые два года - мы никогда не знаем, когда они приходят или кого они решат посетить.

В результате проверки произошли некоторые изменения, над которыми мы должны будем поработать. Вот некоторые из них: Хумус (hummus) должен быть домашнего приготовления (рецепты позже в этом информационном бюллетене), или необходимо предоставить Заявление Изготовителя о Соответствии Продукта Требованиям Полноценного Питания (Product Formulation Statement). Хумус Truitt Brother's который производится в Сейлеме имеет такой документ. Заявление Изготовителя о Соответствии Продукта Требованиям Полноценного Питания схож с штампом «CN» уже необходимым для рыбных палочек и кусочков курицы в панировке.

Сосиски в тесте (corn dogs) больше не имеют штамп «CN», но по-прежнему требуют Заявление Изготовителя о Соответствии Продукта Требованиям Полноценного Питания. Исходя из нашего опыта гораздо проще просто сервировать дополнительный белок вместе с сосиской в тесте- например сыр или йогурт.

Для того чтобы сервировать ливерную колбасу необходимо также предоставить Заявление Изготовителя о Соответствии Продукта Требованиям Полноценного Питания. Если вы сервируете колбасу салями или другую колбасу, также требуется дополнительный белок или Заявление Изготовителя. Пожалуйста не забывайте что сыр Velveeta и индивидуально обернутые ломтики сыра Kraft не покрываются пищевой программой.

Самое большое изменение связано с записью детей на программу старше 13 лет. Дети старше 13 лет могли быть записаны на программу до тех пор пока они имели документ Индивидуальной Программы Обучения (IEP) в файле с пищевой программой. Тем не менее, мы узнали, что этот документ должен констатировать инвалидность (например аутизм), и также подтверждать что ребенок нуждается в дополнительном надзоре и уходе. Эти дети должны принимать равное участие в детском саду. Дети с ограниченными возможностями могут быть записаны на программе только до 18 лет. Дети, которые в настоящее время записаны на программе (в возрасте старше 13 лет) могут оставаться на программе до 1 июля 2016 г. После этого необходимо будет предоставить обновленный документ Индивидуальной Программы Обучения или справку от доктора в которой записано что ребёнок имеет инвалидность и нуждается в дополнительном уходе.

Спасибо за понимание !



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Food Program is a program of the  
Mid-Willamette Valley  
Community Action Agency





## **MENU WINNERS**

- ***The menu winners for February are: Veronica Cox of Albany & Ellen Fiducia of Brownsville***
  
- ***The menu winners for March are: Lori Woods of Walterville & Chris (Nellie) Barnett of Eugene***



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

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