

NUTRITION FIRST NEWS



New Tier Reimbursement Rates Effective Now

The federal government has released the fiscal year 2016-2017 tier reimbursement rate for home child care providers. These rates took effect July 1st and last through June 30, 2017. You will see the new reimbursement rates with your July menu check, released in August 2016.

Hopefully you have sent your income proof to us. Do remember that you can still provide this proof at any time; however, tier changes only take place in the month in which we receive this proof. Please call with any questions you may have, or if you need additional forms.

Thanks

The Reimbursement Rates Are As Follows:

<u>Tier One</u>		<u>Tier Two</u>	
Breakfast	1.31	Breakfast	.48
Lunch/Dinner	2.46	Lunch/Dinner	1.49
Snacks	.73	Snacks	.20

“Grocery List for Snacks and Lunch”

Here’s a little essay from Provider Debra Michaels, Seven Stars Childcare, in Eugene, Oregon:

- *Patience*, for spills and reluctance to try new foods, tired children who are close to naps
- *Community*, for serving family-style, and asking parents for recipe ideas, and a table full of little “guests” I help nourish and grow --- amazing!
- *Enthusiasm*, for talking about food colors, textures, tastes, smells and kid “recipe” food combinations
- *Gratitude*, for in a world where so many do not have enough, or ANY, that I have food, and can prepare it and share it, and encourage families to donate to our local food bank, and model giving
- *Conversation*, not only about what we are eating, but about ideas, dreams, plans, and our LIVES...

Thank you for your thoughts, Debra!

Sizzlin' Southwest Guacamole

Fresh lime, jalapeno-jack cheese and a tad of hot sauce highlight this deliciously tangy guacamole.

6 ripe Hass Avocados, peeled, seeded, cut in chunks

2 fresh limes, juice only

1/2 cup chopped cilantro leaves

1 cup corn kernels

1 red bell pepper, cored, seeded, diced

1 small red onion, diced

1 cup grated jalapeno-jack cheese

1 teaspoon hot sauce, or to taste

1 teaspoon salt, or to taste

Mash avocado chunks with lime juice in large bowl. Add cilantro, corn, bell pepper, onion, cheese, hot sauce, and salt. Combine well. Taste, and adjust seasonings with more salt and hot sauce if desired. Serve with tortilla chips.





Whole Grains

When new dietary guidelines begin next year, in October, the USDA food programs will begin implementing regulations for healthier eating options. One of those rules will be using whole grains more often. Here are three whole grain salads that are great for warm summer days. These recipes are courtesy of Potpourri, July 2016 issue.

Brown Rice Salad With Shredded Chicken & Peanuts

- | | |
|--|--------------------------------|
| 1 cup cooked brown rice | $\frac{1}{2}$ teaspoon salt |
| 2 cups chicken breast, shredded | 2 tablespoons fresh lime juice |
| 1 $\frac{1}{2}$ cups carrots, shredded | 1 tablespoon olive oil |
| $\frac{1}{2}$ cup green onions, sliced | 1 teaspoon sesame oil |
| $\frac{1}{4}$ cup roasted peanuts, finely chopped* | 2 garlic cloves, minced |
| 1 tablespoon fresh cilantro, chopped | |

Cook rice according to package directions, omitting salt and oil. Transfer rice to a large bowl and fluff with a fork. Add chicken, carrots, onions, two tablespoons peanuts, cilantro, and salt to rice; toss to combine. Combine lime juice and remaining ingredients in a small bowl. Drizzle oil mixture over rice mixture; toss to combine. Finish with the last of the roasted peanuts. *This recipe can be claimed as a fruit/vegetable, grain/bread, and meat/protein group*

***Peanuts are a choking hazard for children under age four, and an allergen.**



Quinoa Burrito Bowls

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|--|---------------------------------------|
| 1 cup uncooked quinoa | 2 tablespoons olive oil |
| 2 15-oz cans black beans, rinsed & drained | 1 large bell pepper, sliced |
| 1 15-oz can sweet corn, rinsed & drained | $\frac{1}{2}$ red onion, sliced |
| $\frac{1}{2}$ teaspoon cumin | Salt and pepper to taste |
| 2 cloves garlic, minced and divided | 2 tablespoons chopped, fresh cilantro |

Follow the package directions to prepare the quinoa. While the quinoa cooks, add the black beans and corn to a small pot. Heat over low with the cumin and one of the garlic cloves; just enough to warm the beans. In a large skillet, heat the olive oil over medium heat. Add the peppers, onion, and last garlic clove, and cook until the peppers begin to soften, about 4-5 minutes. Season with a little salt and pepper. Once the quinoa is done, toss in the cilantro and stir. Now it's time to build the burrito bowls! Start with a layer of quinoa on the bottom and then add the corn, black beans, and pepper mix. Yum! *This recipe can also be claimed as a bread/grain, vegetable/fruit, and meat/meat alternate.*



Tabbouleh Salad

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|--|---------------------------|
| 1 bunch Italian or flat leaf parsley, finely chopped | 1 lemon, juiced |
| 3 medium green onions, finely chopped | 2 tablespoons olive oil |
| 3 large tomatoes, chopped | Pinch of salt and pepper |
| | 1 cup cooked bulger wheat |

Place the chopped parsley, onions, and tomatoes into a large bowl. Pour the lemon juice over the salad mixture. Add olive oil, salt and pepper to the vegetables. Mix well and place over the cooled bulger wheat; mix well and serve. *This recipe may be claimed as both a grain/bread group and a fruit/vegetable group.*



Recuerde:

- No olvide que si cuida niños el 5 de Septiembre es un día festivo por el cual se requiere nota firmada del padre o tutor, la nota debe de acompañar el menú, no le podemos hablar para recordarle. Si la nota no acompaña el menú ese día se pierde.
- Favor de recordar que las hojas amarillas de inscripción deben de ser llenadas el primer día que el niño comience en su cuidado, se le empezara a pagar de la fecha en la cual su forma está fechada. Y recuerde enviar sus hojas a la oficina antes de que salga el mes en el que comenzó cuidado

CACFP Lanza la nueva tasas de reembolso:

USDA publicó las nuevas tasas de reembolso para el Programa de Alimentos para el Cuidado de Niños.

Hogares de Cuidado de Niños:

Por desgracia, las tasas de reembolso para los hogares de cuidado infantil disminuyeron.

Todas las tarifas se redujeron

Nivel I: 1 centavo por el desayuno, el 1 por ciento de aperitivos y 2 centavos por el almuerzo y la cena.

Nivel 2: El desayuno y botanas permanecen igual, los almuerzos y cenas disminuyó en un 1 centavo. Sentimos que es importante decirles que esta es la primera vez que las cantidades bajan.

Tarifa 1:

Desayuno \$ 1.31

Almuerzo / Cena \$ 2.46

Botanas \$ 0.73

Tarifa 2:

Desayuno \$ 0.48

Almuerzo / Cena \$ 1.49

Botanas \$ 0.20



С 1 июня 2016 г. В силу вступили новые компенсационные тарифы. К сожалению впервые тарифы немного понижены, но это не

сильно отразится на вашем возврате. (см. Таблицу на странице 1) Также пожалуйста не забудьте прислать форму «Посещения в Праздничный День» если ваш садик будет открыт на Labor Day (5 сентября).



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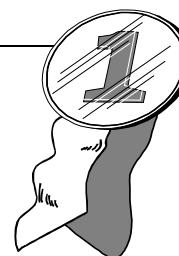
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Nutrition First USDA Child Care
Food Program is a program of the
Mid-Willamette Valley
Community Action Agency



MENU WINNERS



- The menu winners for June are: **Zedidiah Potts of Corvallis
& Ashley Humphrys of Newport**
- The menu winners for July are: **Krystal Turley of Lafayette
& Norma Diaz Lua 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!

Thanks and Good Luck!!

"Good nutrition is the right of all children."

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- (2) fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov

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