

NUTRITION FIRST NEWS



March 2019

March is National Nutrition Month

Child Care Food Program Roundtable

National Nutrition Month is a national campaign to increase the public's awareness of the importance of good nutrition. Help the Academy achieve its vision of a world where all people thrive through the transformative power of food and nutrition.

Here are some ideas and challenges:



Cook with Kids –

Children love to lend a hand in the kitchen. Find unique, child-friendly recipes to get the children involved with meal preparation. Children can't resist trying a food they have had a hand in preparing.

Less Sugar –

Make this week a "No Added Sugar Week". Avoid all obvious treats, jelly, honey and syrup. Read ingredient lists for added sugars in processed foods. You will learn about all the common items that may have hidden sugar, such as cereal, peanut butter, pasta sauce, yogurt and ketchup.

New Vegetables –

Try one new veggie every day. When shopping for produce, take a few minutes to pick out several vegetables that you don't usually eat. You may be pleasantly surprised when one of them becomes your new favorite.

Go Meatless –

Try "Meatless Monday" on any day of the week; just serve a vegetarian dish in place of meat. Beans and rice together make a complete protein; add them to a whole grain tortilla with avocado for a delicious meal. Lentils, hummus, cheese, yogurt, tofu and nuts also make a healthy meat alternate. (Remember that hummus must be homemade and we need your recipe for our files, and tofu needs to have a picture of the label and UPC code on file).

Healthy Hydration –

Encourage water whenever thirsty children need to refresh. Instead of juice, make fun, fruit-filled "spa water" by adding your favorite fruits to water. Try mixed berry, apple cinnamon and lemon cucumber. Include children in an experiment to find their favorite mix!

Add a Vegetable–

Add a vegetable to your menu each day. Try serving two vegetables at lunch or dinner instead of a fruit and vegetable, or try adding a vegetable at breakfast or snack.

More Whole Grains –

Double up on whole grain-rich foods. Now that you are used to serving a whole grain-rich item each day, try serving two, or switch from serving whole grain-rich foods to 100% whole grains, such as oatmeal, brown rice and whole wheat breads.

Screen Free –

This month, try a screen free week. Children can get on board by helping to cover a poster with pictures and words describing all the fun activities you can do instead of staring at a screen. Hang this in front of your TV or computer screen all week.

Get Active –

Plan a daily physical activity for the children that can be done regardless of location or weather. Obstacle courses that are kid-designed are always a hit. Turn on some music and have a dance party, play freeze dance, or have jump rope and skip – two skills children should know by the time they enter Kindergarten.

Mindful Eating –

Mindfulness while eating is about slowing down and enjoying the full experience of food and eating. Turn off screens, encourage children to see, smell and taste their food, give gratitude to the cook, the plants or the animals that helped make their food, and remind them to stop when full. These practices help us to appreciate our food and maintain a healthy weight.

Family-Style Dining –

Family-style dining is a great opportunity to teach by doing. Let children serve themselves using child-size equipment. Dine with the children at the table. Show kids you enjoy eating healthy foods and they will follow your example. Encourage parents to make time for family meals at home

Turkey Meatballs

1 egg, beaten
1/3 cup onion, finely chopped
1/2 cup seasoned bread crumbs
1/3 cup fresh parsley, chopped
2 garlic cloves, minced
1/2 tsp. dried oregano
1/2 tsp. dried basil
1/2 tsp. salt
1/4 tsp. pepper
20 oz. ground turkey

Cover a baking tray with foil, spray with cooking spray and set aside. Preheat oven to 400 degrees. Mix together egg, onion, bread crumbs, parsley and all seasonings in a large bowl. Crumble turkey over the egg mixture and mix well. Roll into one inch balls and place on prepared baking sheet. Bake for 20 minutes, until well browned. *Yield: 8 servings (meets requirement for meat/meat alternate)*



Best Cream of Broccoli Soup

2 Tbsp. olive oil
1 onion, chopped
2 stalks celery, chopped
3 cups broth, chicken or vegetable
8 cups broccoli florets (fresh)
3 Tbsp. butter
3 Tbsp. flour
2 cups low fat milk
Pepper, to taste

Sauté onion and celery with olive oil in a medium stock pot until tender. Add broccoli and broth, cover and simmer for 10 minutes. Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender and use a few quick pulses to get the soup moving, and then puree. Puree in batches until smooth and pour back into pot. Alternately, you can use an immersion blender and puree the soup right in the cooking pot. In a small saucepan over medium heat, melt butter, stir in flour and add milk. Cook, stirring until thick and bubbly, then add to the soup. Season with pepper and serve. *Yield: 10 servings (meets requirement for vegetable)*



Eat Green for Good Health...It's Better Than Gold!

Celebrate National Nutrition Month and St. Patrick's Day. Green isn't just representative of leprechauns and four-leaf clovers; it's also the color of many healthy foods! Inspire your kids to think of some healthy green foods and using magazine and newspaper advertisements, showcase these foods on a large piece of paper. Then incorporate some into your menu.

Serve up a minty green Shamrock beverage with milk, a few drops of mint extract and green food coloring. Let the children build their own little leprechauns using green apples, mandarin oranges and a strawberry.



Yogurt and Cereals Change

We have been able to convince the Oregon Department of Education (the funder of this program) to ease up on a few requirements. We have to look at all labels in your home for yogurt, cereals, and whole-grain (WG) items. *Therefore, you no longer have to write in the manufacturers of cereals and yogurt (such as Chobani or Yoplait, or General Mills or Kellogg's).*

However, *you still need to write the **yogurt** flavor whenever you serve yogurt* (strawberry or blueberry or vanilla, for instance) in the body of the menu, and you still need to write the kind of **cereal** (Cheerios, Kix, Life, etc.), again, in the body of the menu itself.

Remember that you are still required to serve one whole-grain (WG) per day. We highlight all your whole grains with a yellow highlighter at the office. Some of you are now writing Cheerios WG (for example) and circling the WG. Thank you for that; this is very helpful for us. It shows us which whole grain you are choosing and lessens the time we have to take to highlight before we process your menu.

Annual Enrollments & Previous Facebook Posts

Here is information regarding those annual re-enrollments (due by March 22) and some posts originally written on our Facebook page. If you haven't checked out our page, please do – you'll find us at Nutrition First in the search bar of your Facebook.

Annual re-enrollments are required every March for all children, even those who may have been new in February. Re-enrollments are also due for your own children also, if you are claiming them along with the day care children.

It is extremely important that parents date the "information update" line at the right hand corner of the bottom of the form.

We were actually reprimanded during our last audit for writing in the date ourselves, if there was no date listed. The auditors found some of our copies dated, but the copies you had in your homes were not. So please make sure the enrollments are dated on the correct line; otherwise, we will have to send them back to you for a date. We ask that all enrollments be into our office by the 22nd of

this month (March). We have only one person who has to re-enter all 6,000 of these child enrollments. Any child who does not have an updated enrollment will be wiped from our system at the end of the month. The date entered can be any day between March 1st and March 31st. There is an illustrated sample on our Facebook page. Thank you!



Recordatorio

Hojas amarillas: Marzo es el mes en el cual renovamos a todos los niños inscriptos en el programa de la comida. Ya debería de haber recibido por correo o por su representante las hojas para renovar a todos los niños incluyendo niños inscriptos en el mes de Febrero. Estas hojas tienen que ser fechadas durante el mes de Marzo o no serán aceptadas.

Cuando completando su menús: (1) Favor de recordar que necesita escribir el tipo y sabor del yogurt en el menú, si solo escribe yogurt y no hay sabor lo perderá. (2) Cereal es importante escribir el nombre del cereal si solo escribe CEREAL el menú lo perderá. (3) Si no tiene niños de un año no anote leche entera en la parte de arriba de el menú. (4) Y por ultimo ponga mucho cuidado que no esté escribiendo leche 2% por que automáticamente lo pierde la leche 2% NO cuenta para nada en los programas de comida.

формы

Дорогие воспитатели. Напоминаем, что на прошлой неделе вам были высланы вступительные формы для обновления информации. Пожалуйста, не забудьте вернуть эти формы в наш офис до 22 го марта. Также проверьте чтобы родители не забыли написать адрес и поставить дату.

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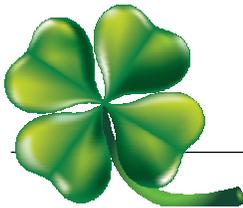
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Nutrition First USDA Child Care
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Mid-Willamette Valley
Community Action Agency



MENU WINNERS

- **The menu winners for Jan are: Virginia Larsen of Oakridge & Laura Loza of Eugene**
- **The menu winners for Feb are: Kim Johnson of Scio & Breeayn Ardianto of McMinnville**
- **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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