

NUTRITION FIRST NEWS



December 2015



Welcome To Benton, Linn & Lane County Providers!

Nutrition First warmly welcomes all transferring providers from LBCC Food Program, Family Connections. We hope to make this transition as smooth as possible for all of you. Change can be stressful, but we will do our best to ease your transition, and we thank you for helping us over this hurdle also!

As we are processing your November menus, we are realizing that those of you who were on the original Minute Menu program are used to writing your menus in a different manner than our program is familiar with. While all food programs across the country are required to follow federal guidelines, Minute Menu seems to allow for some differences.

Here is what we have found so far:

- **Infant menus** – Infant menus allow infant cereals only. Infants are not allowed to have adult cereals such as Cheerios due to the high iron content. For **snacks** you can use infant puffs or any type of cracker or bread (but not pancakes or waffles). Infants cannot be served yogurt until one year of age (this regulation will hopefully be changed by USDA soon). Also, if you are claiming snacks for an infant over 8 months, but the parent is providing formula or breast milk, you are required to serve a bread product, such as a cracker – not infant cereal at snacks.
- **Regular menus** - Please remember to write the beef or cheese or other protein separately when serving a lasagna or spaghetti. You can claim the meat, the noodles, and the spaghetti sauce – and would then need to provide only another fruit/vegetable and milk. From what I understand of Minute Menu Kids Pro, for independent providers, is that you can create the meal using our guidelines, and then simply click that meal to add to the menu.
- **Salad** - We also ask that you let us know the type of salad you are using (green, fruit, pasta, lettuce) rather than just writing “salad”. We have not disallowed these items for November while you are getting accustomed to our menus.
- **Holiday notes** - These holiday forms are needed for the 8 federal holidays listed on the form (which can be downloaded from our website www.mycommunityaction.org.) Or you can call or text and we’d be happy to mail some out to you.
- Speaking of **calling or texting**: For those of you who know or have **Jackie Johnston** as your monitor, here is her contact information: Jackie.johnston@mwvcaa.org or her cell number is 503-983-3112 or you can call our toll-free number, 1-800-288-6368.
- For those of you using our **paper menus or the fillable menus online**, please total the meals on the meal count log. In the near future, we will put these into an Excel format so they will total automatically.
- **Three more foods that are not claimable**: Turkey bacon, pepperoni, and cream cheese – you can certainly serve them, but they’ll need a second protein added.
- **And the last one!** 1% or fat free milk is required for all children two and older. This has been a USDA requirement for almost 4 years. Please write 1% or fat free rather than just milk. And 2% or whole is only claimable for children under two (recommended, but not required).

Most of our new providers are doing just fine and we will help all that we can. Please take a look at your red handbooks, as these items are listed within. Please do call any of us and we can help walk you through the changes. It will get easier!

One last item – we release reimbursement funds when we receive them from the state. This is generally the third Friday of the month (for December, that would be the 18th). If the state does not release on the third Friday, funds will be released the following Monday.

Again, welcome to Nutrition First!

Managing Food Allergies in Child Care

What would happen if a child in your care had a sudden allergic reaction for food? Would you know what to do? It is important to establish and implement a food allergy response policy in your child care.

STEP 1: Create a food and allergy policy for your child care.

- Involve parents and staff in writing a food allergy policy that includes an emergency plan specifically tailored for your child care.
- Notify parents about your plan and any reactions or exposures to allergens. *Note: It is important to keep information about children with food allergies confidential.*

STEP 2: Create an individual food allergy plan for each child with a food allergy.

- Obtain a completed medical statement from parents or guardians.
- Work with parents to create a plan to treat a reaction if it happens. *Note: Keep the plan where you and your staff can refer to it as needed and be sure to obtain any necessary medications from parents.*

STEP 3: Train staff on food allergies and steps to take in case of an allergic reaction.

- Make sure that your staff has an understanding of common allergens and symptoms of an allergic reaction.
- Instruct staff on when and how to administer medications.

STEP 4: Take actions to avoid exposure to food allergens.

- Wash hands and utensils with soap and water before and after each use.
- Create a way for staff to be able to identify children with food allergies.

STEP 5: Train staff to read food labels for allergens.

- Most food labels list the top eight allergenic foods using their common name (milk, eggs, peanuts, etc.). Check label ingredients for allergens on every product each time food is purchased. It is not uncommon for food companies to change the food ingredients. **Association for Child Development**



Vegetarian Menu



Egg Spinach Wraps

- | | |
|----------------------------------|-------------------------------------|
| 4 eggs | 2 tablespoons light mayonnaise |
| 2 teaspoons basil pesto | 2 - 2 ounce whole wheat flat breads |
| 1 ½ cups spinach leaves, chopped | 1 cup tomato, thinly sliced |
| 1 ½ ounces low-fat feta cheese | |

Heat a lightly greased non-stick skillet over medium heat. Beat eggs and pesto together with a fork in a medium bowl. Stir in spinach and pour into skillet. As eggs start to set, lift up the edges with a spatula and allow uncooked eggs to flow underneath. Cook until eggs are set but still moist. Sprinkle with feta, cover, and cook one minute longer. Spread mayonnaise on flat bread. Top with tomatoes, then eggs, and roll up. Makes 6 servings for 3-5 year olds at lunch or dinner. (Meat/meat alternate, vegetable, and bread)

Bean Enchilada Casserole

- | | |
|--|--|
| 1 - 10 ounce can red enchilada sauce, divided | 1 - 14.5 ounce can diced tomatoes, undrained |
| 1 - 12 ounce package frozen corn | 2 cups low-fat shredded cheddar cheese |
| 1 - 16 ounce can no fat refried beans | |
| 8 - 6 inch soft corn tortillas | |
| 1 - 15 ounce can black beans, drained & rinsed | |
- Spread half of the enchilada sauce on the bottom of a greased 9x13-inch pan. Warm corn in the microwave. Spread half the refried beans on 4 tortillas. Place tortillas, bean-side up, in the dish. Combine remaining enchilada sauce, corn, black beans, and tomatoes in large bowl. Spread half the corn mixture over the tortillas. Sprinkle with one cup cheese.

Repeat layering with remaining refried beans and tortillas, corn mixture, and remaining cheese. Bake at 350 degrees for 35 minutes or until hot in center and bubbly around edges. Let stand 5 minutes before cutting. Makes 13 servings for 3-5 year olds at lunch or dinner. (Meat/meat alternate, vegetable, and bread)





Esferas Del Hombre De Nieve

- ✓ Ornamento brillante irrompible (esferas)
- ✓ Pintura de agua blanca, negra y anaranjada
- ✓ Brocha de pintar
- ✓ Tijeras
- ✓ Cinta washi (tape de colores)
- ✓ Lápiz

1. Utilizando la brocha pinte la mano del niño de blanco
2. Coloque un adorno en medio de la mano del niño y que apriete la mano sobre el ornamento
3. Cortar la cinta washi en tiras
4. Utilice la cinta para crearle bufanda a sus muñecos de nieve
5. Usando un lápiz dibújale rostros a sus muñecos de nieve
6. Con la pintura anaranjada forme una nariz y el negro para ojos y boca
7. Con la parte posterior de la brocha poner puntos blancos sobre muñecos dándoles los copos de nieve.

Ёлочная Игрушка 'Снеговик' Выполненная Методом Отпечатков Пальчиков.

- ✓ Ёлочная игрушка (шарик)
- ✓ Белая, оранжевая и чёрная краски
- ✓ Кисточка
- ✓ Ножницы
- ✓ Ленточка или цветная бумага
- ✓ Цветные карандаш

1. с помощью кисточки покрасьте руку ребёнка белой краской.
2. поставте шарик на ладонь и помогите ребёнку пальчиками обхватить шарик. Таким образом вы получите отпечатки/фигурки снеговиков.
3. Нарежьте цветную бумагу или ленточку тонкими полосками
4. Приклейте ленточку в виде шарфиков снеговикам
5. дорисуйте лица снеговиков красками и цветными карандашами
6. Противоположный конец кисточки макните в белую краску и поставте точки над снеговиками имитируя снежинки.

Hand Print Snowman Ornament

- ✓ Shiny non-breakable ornaments
- ✓ White, orange & black craft paint
- ✓ Paint brush
- ✓ Scissors
- ✓ Colored tape
- ✓ Color pencils

1. Using a paintbrush paint the child's hand.
2. Place an ornament in the middle of the child's hand and have child squeeze ornament tightly.
3. Cut the colored tape into thin strips.
4. Stick tape to ornament as ties for the snowmen.
5. Using the pencils draw faces on snowmen.
6. With orange and black craft paint decorate snowman face.
7. Using the back side of the paintbrush put white dots over snowmen giving them snowflakes.



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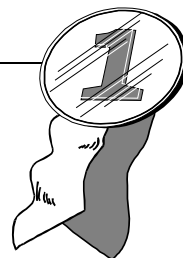
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Nutrition First USDA Child Care
Food Program is a program of the
Mid-Willamette Valley
Community Action Agency



MENU WINNERS



- The menu winners for October are:

Tamara Nixon of Turner & Chelsey Bennett of Nehalem

- The menu winners for November are:

Judy Etchison of Eugene & Jean Nez of Newport

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

Looking For More Training?

Child care providers can now access information on trainings that are happening all over the state of Oregon. The on-line training calendar at www.oregonchildcaretraining.org will let you search by county, as well as by training category and date. *Check it out!*

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