

NUTRITION FIRST NEWS



Feb. 2014



Information On CN (Child Nutrition) Labels

While we agree with most of you that CN labels are frustrating, particularly the date on some of them, we also agree with USDA that the CN label ensures the correct portion size for adequate nutrition. However, food manufacturers need to revise their method of labeling with CN labels to ensure that expiration dates are extended 5 years.

As you know, we are required to use the date on the CN label and extend it 5 years. (So if the date says May 2009, we extend this by 5 years so the actual expiration would be May 2014.) Unfortunately, manufacturers aren't updating the CN labels quickly enough, so many of you may be purchasing a package of chicken nuggets that may have a CN label that expires in just a few months.

We advise you to really look at the CN label, and add 5 years to the date listed. You're not going to want to purchase something with a CN label of 2009, as it is due to expire soon.

Food Research and Action Center
1200 18th St. NW, Suite 400
Washington, DC 20036
Phone: 202-986-2200

USDA wants to hear from home child care providers on how some of these regulations are affecting you. USDA is required to read all letters regarding rules. If you would like to comment on ANY of the regulations, including the CN labels, you can send letters to Food Research and Action Center, the child nutrition advocacy group in Washington DC, and ask that they forward your letter to USDA.

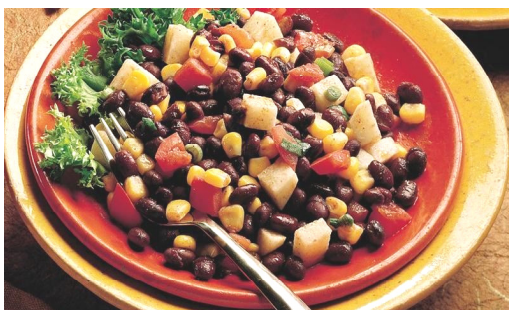
SNOWMAN BAGELS

12 mini whole wheat bagels
8 ounces light whipped cream cheese

24 baby carrots
1 can black olives

Cut the bagels in half and spread with cream cheese. Place the carrot in the middle of the bagel to form a nose. Chop olives in small squares for the mouth and large squares for the eyes. Put the mouth and eye pieces on the bagels.

Makes 24 servings of the bread/grain group at snack for 3-5 year olds. Source and photo: www.rookno17.com



BLACK BEAN CHILI SALAD

Chili Vinaigrette Dressing:

$\frac{1}{4}$ cup red wine vinegar
2 Tbsp vegetable oil
 $\frac{1}{2}$ tsp chili powder
 $\frac{1}{4}$ tsp ground cumin
1 clove garlic, finely chopped

thawed

1 cup diced jicama
1 medium tomato, chopped
2 medium green onions, sliced
2 cans (15 oz each) black beans,
rinsed and drained

Salad: 1 cup frozen corn,

In a large bowl (glass or plastic), mix all dressing ingredients. Then stir in all salad ingredients. *More Matters*



- **Nuevos menús:** A muchas de ustedes se les ha avisado el cambio en sus menús comenzando este mes de Febrero necesitan anotar las horas que están sirviendo comidas a la izquierda de su menú en cada menú. Estaremos repartiendo nuevos formularios de menú con un espacio para escribir los horarios, pero mientras anótenlas a la izquierda de las formas. Esto nos ayuda a cumplir con el requisito de mirar las comidas en su hogar desde el principio del servicio. Recuerde, debe haber al menos una hora y media entre las comidas y bocadillos. Asegúrese que entre las comidas siempre haya una hora y media de comienzo a comienzo (ejemplo desayuno a las 8:00am y la botana tendrá que ser después de las 9:30 no antes) si hay menos de una hora y media entre comidas una de ellas será descontado. Si usted tiene preguntas, por favor póngase en contacto con nosotros.
- **Auditoría Federal y Estatal:** Al menos 21 de ustedes saben que hemos tenido las auditorías Estatales y Federales durante la última semana de enero. Los auditores se mostraron muy satisfechos con los hogares de cuidado infantil que visitaron, e incluso las casas en que hemos tenido que descontar comidas no presentaron problemas para ellos. Muchas gracias por ser tan amables cuando llegamos con un auditor a las visitas. Esta auditoría fue mucho mejor que nuestra última auditoría, lo que demuestra que están adheridos a la normativa más coherente. Lo que si queremos que sepan es que nosotros no tenemos la opción de elegir proveedoras para visitar, esa selección la ase la agencia estatal.



- **Меню за Февраль:** Праздничных записок в этом месяце не требуется. Следующая записка потребуется на Пасху.
- **Новые формы меню:** Многие из вас уже знакомы с новыми формами меню, требующими отмечать время сервировки питания. Это поможет нам следовать требованию USDA и совершать наши визиты **во время** питания. **Пожалуйста помните**, после питания и до следующего питания должно быть не менее 1,5 часа. К примеру, если ваш завтрак был сервирован в 8.00, то перекуса не может начаться раньше, чем в 9.30. А если перекуса была сервирована в 10.30, то обед не может начаться раньше, чем в 12.00. Если на меню указанное время между питаниями будет менее 1.5 часа, то питание, сервированное раньше положенного времени, компенсироваться не будет.
Меню для малышей изменений не имеет.
- **Проверка Программы представителями федерального и штатовского управлений.** В конце прошлого месяца мы успешно прошли проверку. Результаты были лучше чем в прошлый раз! Спасибо всем за добросовестный труд и своевременное реагирование на нововведения!



- **February menus:** No holiday notes required (none required until Easter)
- **New menu forms:** Many of you may have noticed that we are handing out new menu forms with a space for you to write in the times of your meals and snacks. This will really help us to fulfill USDA's requirement for us to drop in at your stated meal or snack times. **Remember**, there must be **at least one and one half hours** between meals and snacks. If you serve breakfast at 8:00, you couldn't claim a snack until at least 9:30. Or if you serve morning snack at 10:30, you couldn't serve lunch until at least noon. If menus come in with less than 1 ½ hours between meals and snacks, those meals or snacks will be disallowed. There will be no change to the infant menus. We are working on changing the fillable on-line menus to add the spaces for meal times. If you have questions, please call us.
- **Federal and state audit:** At least 21 of you know that we had our state and federal audits during the last week of January. The auditors were very pleased with the child care homes they visited, and even the homes in which we had to disallow meals presented no problems for them. So thank you for being gracious when we showed up with an auditor in tow. This audit was much better than our last audit, which shows you are adhering to the regulations more consistently. Do remember that we don't get to choose the providers – the auditors tell us who they want to visit.



Spanish Tortilla

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| 3 Tsp olive oil, divided | 4 large egg whites |
| $\frac{1}{2}$ cup onion, thinly sliced | $\frac{1}{2}$ cup low-fat cheese, shredded |
| 1 cup precooked diced potatoes | 3 cups baby spinach, chopped |
| $\frac{1}{2}$ Tsp thyme | $\frac{1}{2}$ Tsp salt |
| $\frac{1}{2}$ Tsp smoked paprika | $\frac{1}{2}$ Tsp pepper |
| 6 large eggs | |

Heat 2 teaspoons of oil in a medium skillet. Add onion and cook until translucent. Add potatoes, thyme and paprika and cook two minutes more.

Whisk eggs and egg whites in a large bowl. Stir potato mixture into the bowl with the eggs and add cheese, spinach, salt and pepper. Add one teaspoon of oil to the pan and heat over medium heat. Pour in the egg and potato mixture, cover, and cook until the edges are set and the bottom is browned, 4 to 5 minutes (it will still be moist in the center). To flip the tortilla, run a spatula gently around the edges to loosen them. Invert a large plate over the pan and turn the tortilla onto it. Slide the tortilla back into the pan and cook until completely set in the middle, 3 to 6 minutes. *Makes 12 servings for 3-5 year olds at lunch or dinner as a meat/meat alternate and fruit/vegetable.* Potpourri - February 2014

Festive Scrambled Eggs

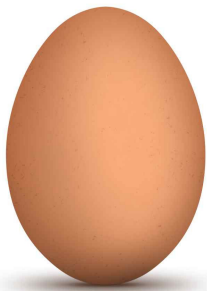
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| 5 eggs | $\frac{3}{4}$ cup tomato, chopped | Nonstick cooking spray |
| 1 cup corn | $\frac{1}{2}$ cup avocado, sliced thin | Pepper to taste |
| 1 cup black beans | 1 slice cheddar cheese | |

Crack eggs into a bowl. Whisk the mixture until the yolks are completely combined with the whites. Heat a lightly greased skillet over medium-low heat. Pour the eggs into the pan and let them start to cook for about 30 seconds. Then add the corn, beans, tomatoes and avocado. Scrape the eggs back and forth in the pan as you would regular scrambled eggs.

Break the slice of cheese into small pieces and place it on top of the egg mixture. Let it start to melt. Continue stirring the eggs until they are cooked as desired. Sprinkle with salt and pepper to taste. *Makes 9 servings for 3-5 year olds at lunch dinner as a meat/meat alternate and a fruit/vegetable.*



Huevos Rancheros



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|--|--------------------------------|
| 1 Tsp olive oil | $\frac{1}{2}$ Tsp ground cumin |
| $\frac{1}{2}$ cup onion, finely minced | $\frac{1}{4}$ Tsp salt |
| 2 cloves garlic, minced | $\frac{1}{4}$ Tsp pepper |
| 1 $\frac{1}{2}$ cans diced tomatoes | 6 eggs |
| 1 can (16 oz) refried beans | 6 tortillas |
| 6 Tbsp low-fat feta cheese | Cilantro. Chopped |
| $\frac{1}{2}$ jalapeno, minced | |

Heat oil in a medium sized skillet over medium heat. When hot, add onion, garlic and jalapeno. Sauté, stirring constantly, for 4-5 minutes. Add cumin, salt and pepper and stir. Add tomatoes (including juices) and bring mixture to a simmer. Stir while simmering for about 5 minutes. Set salsa aside. Using a griddle, fry eggs and set aside. Heat tortillas on the griddle until bubbly and golden brown. Spread beans on each tortilla and top with a fried egg. Spoon salsa over the top and sprinkle with feta and cilantro, if desired. *Makes 12 servings for 3-5 year olds at lunch/dinner as a meat, vegetable and bread.*

A great source of protein, eggs aren't just for breakfast. They can be enjoyed throughout the day in a variety of healthy ways.

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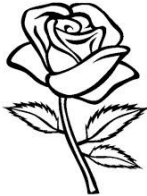
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Nutrition First USDA Child Care Food Program is a program of the Mid-Willamette Valley Community Action Agency

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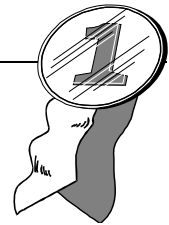
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MENU WINNERS

The menu winners for January are **Ivan Olenich of Salem & Felisa Lopez Martinez 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."



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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