

# NUTRITION FIRST NEWS






February 2016

## Choose Plastics Carefully





Focus on plastics that come into contact with children's mouths, not just bottles but teething rings, toys, bibs etc. Choose products free of Bisphenyl acetate (BPA), phthalate and PVC (Polyvinylchloride).

*Check the Number in the Recycling Icon*

### Avoid these:

-  PVC or polyvinylchloride found in food containers, plastic wrap, spray bottles and some bibs.
-  PS or polystyrene in Styrofoam coffee cups, meat trays, egg cartons and opaque plastic flatware.
-  "Other" may contain BPA or Polycarbonate. They are found in rigid, transparent water bottles, storage containers, cutlery and the lining of metal cans. NOTE: Some new, green, plastic alternatives marked #7 are safe.

### Choose safer:

-  PET Polyethylene Terephthalate in water, soda bottles, oil and peanut butter containers. One time use only.
-  HDPE or high density polyethylene in milk jugs, water jugs and juice bottles.
-  LDPE or low density polyethylene in baby bottles, ZipLoc bags, grocery bags and plastic wrap.
-  PP or polypropylene in ice cream, yogurt and deli containers.

Or better yet **choose glass, porcelain or stainless steel** whenever possible to store foods and liquids.

## Light & Sassy Salsa Tuna Melt

- |                                      |                                |
|--------------------------------------|--------------------------------|
| 1 6-ounce can tuna in water, drained | 2 whole wheat English muffins, |
| 2 Tbsp. green onion, thinly sliced   | split, lightly toasted         |
| 2 Tbsp. cilantro, chopped            | 1 ounce reduced fat Colby-jack |
| $\frac{1}{4}$ cup salsa              | cheese, sliced                 |
| 2 Tbsp. light mayonnaise             |                                |

Combine tuna, onion, cilantro, salsa, and mayonnaise in a small bowl. Place English muffin halves on a small baking sheet. Top with tuna mixture and cheese. Bake at 350 degrees just until cheese is melted, 2-3 minutes. Serves four, grain/bread and meat/meat alternate.



## Bread Pudding

- |  |                           |                                   |
|--|---------------------------|-----------------------------------|
| ✓ 1 loaf French bread, dried and crumbled or chunked | ✓ 2 eggs                  | ✓ $\frac{1}{4}$ cup melted butter |
| ✓ 2 cups milk  | ✓ $\frac{1}{4}$ cup sugar |                                   |
|  | ✓ 2 tsp. vanilla          |                                   |
|  | ✓ 1 tsp. cinnamon         |                                   |

Crumble or chunk bread into a buttered baking pan. Combine the rest of the ingredients except the melted butter. Pour mixture evenly over the top of the bread. Drizzle melted butter over the top. Place the baking pan inside of a slightly larger baking pan that has a couple of inches of water in the bottom. Place the pans in the oven and bake at 350 degrees for 30-45 minutes, or until knife inserted in the center comes out clean. (Bread pudding is creditable, only as a dessert or sweet item). *Nutrition First Staff*





## Homemade Baked Falafel

1 cup onion, roughly chopped	$\frac{1}{2}$ teaspoon salt
2 garlic cloves, minced	$\frac{1}{4}$ teaspoon chili powder
2 cups cooked chickpeas, drained	2 teaspoons cumin
$\frac{1}{2}$ cup lightly packed parsley	2 teaspoons baking powder
$\frac{1}{2}$ cup lightly packed cilantro leaves	$\frac{1}{2}$ cup all-purpose flour

In a blender or food processor, combine onion, chickpeas, garlic, parsley, cilantro, salt, chili powder, and cumin. Pulse until roughly blended. Add baking powder and just enough flour so the mixture begins to form a small ball and is not sticky. Transfer the falafel mixture to a bowl, cover, and refrigerate 30 minutes. Once chilled, form small patties. Place on a greased baking sheet and flatten slightly. Bake at 375 degrees for 13 minutes, flip, and cook an additional 13 minutes until lightly browned on both sides. Serve in pitas with tomatoes, lettuce, feta cheese, and a yogurt sauce. Makes 4 servings for 3-5 year olds at lunch or dinner. (Meat/meat alternate, vegetable, and bread)

## Fresh Tomato Soup w/Lemon Parmesan Croutons



Tomatoes pair well with tangy lemon juice. This tomato soup gets a punch of flavor from a squeeze of citrus and crunchy lemon croutons. It is sure to become a lunchtime favorite

### SOUP

✓ 1 tablespoon olive oil	✓ 1 teaspoon salt
✓ 1 small onion, chopped	✓ $\frac{1}{2}$ teaspoon sugar
✓ 2 cloves garlic, minced	✓ $\frac{1}{4}$ teaspoon crushed red pepper
✓ 2 pounds tomatoes peeled** and chopped (about 4 large)	✓ 1/8 teaspoon ground black pepper
✓ $\frac{1}{2}$ cup water	✓ 1 teaspoon fresh lemon juice
✓ 1 teaspoon dried basil	

Heat the olive oil in a soup pot over medium-high heat. Add the onion and garlic and cook for about 1 minute. Add the tomatoes and cook for 2 minutes more. Add the water, basil, salt, sugar, red pepper, and black pepper. Reduce heat and simmer for 10 minutes, until the vegetables begin to soften. Remove from the heat and transfer the soup to a blender. Purée until smooth and return to the pot. Stir in the lemon juice. Serve topped with croutons. \*\*To peel the fresh tomatoes, blanch them. Core the tomatoes and place in a pot of boiling water for about 45 seconds, until the skin begins to peel back. Remove from the boiling water, and immediately submerge in ice water until cool. Peel the skins off and chop the tomatoes

### CROUTONS

✓ $1\frac{1}{2}$ cups cubed bread	✓ 1 teaspoon olive oil
✓ 1 teaspoon fresh lemon juice	✓ $\frac{1}{4}$ teaspoon salt
✓ 1 tablespoon freshly grated parmesan cheese	✓ 1/8 teaspoon ground black pepper

**For the croutons:** Heat the broiler. Toss all ingredients in a small bowl. Spread the bread cubes out in a single layer on a baking sheet. Broil until browned and crispy, about 5 minutes. Cool before serving. *Courtesy: fruitsandveggiesmorematters.org*

## Fruit Cocktail Crisp

- ✓ 2 15-ounce cans fruit cocktail, packed in juice
- ✓ 1 tablespoon sugar
- ✓ 1 teaspoon cinnamon
- ✓  $\frac{1}{4}$  teaspoon salt
- ✓ 2/3 cup whole oats
- ✓ 1/3 cup slivered almonds
- ✓ 2 tablespoons butter, unsalted



Preheat the oven to 350F°. Drain fruit cocktail, reserving  $\frac{1}{4}$  cup juice. Add fruit and reserved juice to a 2-quart baking dish (8x8x2) and stir. In a medium-sized bowl, mix together sugar, cinnamon, oats, slivered almonds, and butter with your hands. The butter should turn into small dots. Pour mixture over fruit cocktail. Bake for 40 minutes or until crisp is brown. Enjoy warm or at room temperature.



## Manualidad De Febrero, Chocolate Calientito

### Elementos necesarios:

Tijeras	Papel construcción color café
Papel de construcción (cualquier color)	Pegamento
	Bolas de algodón
	Pintura (cualquier color)

### Indicaciones:

Preparar previamente recortados en formas de taza de papel de construcción (cualquier color).

Cortar óvalos que son ligeramente más pequeños que la circunferencia de la taza del papel de construcción color café (como el chocolate caliente). Pegue los óvalos en la parte superior de la taza. Luego pegar bolas de algodón a la cartulina café para aparentar los bombones. Use pintura para decorar la taza con las huellas dactilares de los niños. Mientras que la pintura se seca disfrute de una rica taza de chocolate con los niños.



## Поделка «Чашка Горячего Какао»



### Для поделки понадобится:

ножницы  
цветная бумага (любого цвета)  
лист бумаги коричневого цвета  
клей  
ватные шарики  
краска (любого цвета)

Нарисуйте и вырежьте кружку из цветной бумаги любого цвета. Вырежьте овал из бумаги коричневого цвета размером

немного меньше чем окружность кружки и приклейте в верхней части кружки имитируя горячий шоколад. Затем приклейте ватные шарики на «горячий шоколад» изображая маршмелло. Украсьте кружку отпечатками пальчиков используя цветную краску. В то время как поделка подсыхает выпейте вместе с детьми по чашечке горячего какао.

## February Craft, Hot Cocoa

### Items needed:

Scissors  
Construction paper (any color)  
Brown construction paper  
Glue  
Cotton balls  
Paint (any color)



### Directions:

Prepare for the craft beforehand by cutting mug shapes out of construction paper (any color). Cut brown ovals that are slightly smaller than the circumference of the mug to use as the hot cocoa.

Glue the hot cocoa piece to the top of the mug. Then glue cotton balls to the brown construction paper as marshmallows. Use paint to decorate the mug with designs or fingerprints. While the crafts are drying, enjoy a cup of hot cocoa with the children.

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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 December are:*

**Lorena Marin of Woodburn & Judy Bliss of Keizer**

- *The menu winners for January are:*

**Dennis Sibilia-Young of Eugene & Lindi Pampinella of Salem**

- *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."**

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