## **NUTRITION** FIRST NEWS



## **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.

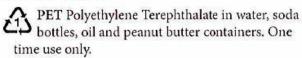


PS or polystyrene in Styrofoam coffee cups, meat trays, egg cartons and opaque plastic flatware.



"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:





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 Tbsp. green onion, thinly sliced

2 Tbsp. cilantro, chopped

½ cup salsa

2 Tbsp. light mayonnaise

2 whole wheat English muffins, split, lightly toasted

1 ounce reduced fat Colby-jack

cheese, sliced

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

½ cup sugar

2 tsp. vanilla

2 cups milk

1 tsp. cinnamon

 $\frac{1}{4}$  cup melted butter

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

 ${f 1}$  cup onion, roughly chopped

2 garlic cloves, minced

2 cups cooked chickpeas, drained

 $\frac{1}{2}$  cup lightly packed parsley

½ cup lightly packed cilantro leaves

 $\frac{1}{2}$  teaspoon salt

🕯 teaspoon chili powder

2 teaspoons cumin

2 teaspoons baking powder

½ 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 small onion, chopped
- ✓ 2 cloves garlic, minced
- √ 2 pounds tomatoes peeled\*\*
  and chopped (about 4 large)
- √ ½ cup water
- √ 1 teaspoon dried basil

- √ 1 teaspoon salt
- √ ½ teaspoon sugar
- $\checkmark$   $\frac{1}{4}$  teaspoon crushed red pepper
- √ 1/8 teaspoon ground black pepper
- √ 1 teaspoon fresh lemon juice

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

- $\checkmark$  1½ cups cubed bread
- ✓ 1 teaspoon fresh lemon juice
- √ 1 tablespoon freshly grated parmesan cheese
- √ 1 teaspoon olive oil
- $\checkmark$   $\frac{1}{4}$  teaspoon salt
- √ 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
- $\checkmark$   $\frac{1}{4}$  teaspoon salt
- √ 2/3 cup whole oats
- √ 1/3 cup slivered almonds
- √ 2 tablespoons butter, unsalted



Preheat the oven to  $350F^{\circ}$ . 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 Pegamento construcción Bolas de algodón

(cualquier color) 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 вырежте кружку из цветной бумаги любого цвета. Вырежте 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
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Community Action Agency

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#### MENU WINNERS

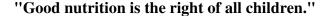
The menu winners for December are:

## 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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