

# NUTRITION FIRST NEWS



## January Is.....

- **International Life Balance Month:** Get balanced in all areas of your life – physical, mental, emotional, and nutritional.
- **National Soup Month:** Keep warm with a tasty pot of soup for lunch or dinner.
- **National Oatmeal Month:** Make oatmeal and add raisins, nuts and honey. If you have a food processor you can grind oatmeal into oat flour and use it in place of all-purpose flour in your baking.

## SNOWMAN PARTY STEW

- ❖ 2 pounds lean ground turkey or beef
- ❖ 1 16-ounce pkg frozen vegetable mix, divided
- ❖ 1 10-ounce can low-sodium beef gravy
- ❖ 2 cups mashed potatoes
- ❖ 16 whole black peppercorns
- ❖ ¼ cup catsup

In a skillet, cook ground meat over medium heat; drain. Remove 24 peas and 2 carrot chunks from the mixed vegetables; set aside. Add the remaining vegetables to the meat and cook until vegetables are thawed. Add gravy and mix well. Pour into a 9x13-inch baking dish. Top with 8 mashed potato snowmen, using 1 tablespoon of potatoes for each head and 3 tablespoons of mashed potatoes for each body. Bake, uncovered, at 350 degrees for 20 minutes. Meanwhile, cut the reserved carrot chunks into 8 pieces. Insert one carrot piece into each snowman for a nose. Place three reserved peas on each snowman for buttons. Add peppercorns for eyes. Drizzle catsup between head and body to form a scarf. Remove peppercorns before serving to children! **Makes 14 servings for 3-5 year olds at lunch or dinner.** Claim as one fruit/vegetable and one meat/meat alternate. Source: [www.tasteofhome.com](http://www.tasteofhome.com)



## Macaroni & Cheese Soup W/ Broccoli

- 8 ounces dry elbow macaroni
- 1 Tbsp. margarine
- 1 ½ cups onion, chopped
- 1 cup carrot, chopped
- ¾ cup celery, chopped
- 2 cloves garlic, minced
- 2 Tbsp. flour
- Ground pepper, to taste
- 2 ½ cups low-sodium chicken broth
- 1 cup fat-free milk
- Pinch nutmeg
- ½ tsp. dry mustard powder
- 2 cups broccoli florets, chopped
- 2 Tbsp. parmesan cheese
- 1 ½ cups low-fat cheddar cheese, shredded

Boil pasta according to package directions. Drain and set aside. In a large pot, melt margarine. Add onion, carrot, celery, and garlic and sauté on low heat until soft, about 5 minutes. Add flour and pepper to the pot and stir until smooth. Slowly add broth, milk, nutmeg, and dry mustard, whisking constantly. Set heat to medium-high until it comes to a boil. Cover and cook on low about 10 to 15 minutes. Add broccoli and parmesan cheese and stir well. Cook uncovered until broccoli is cooked, about 5 minutes. Add cheddar and mix until melted. Immediately remove from heat. Add macaroni and mix well. Serve immediately so the pasta doesn't absorb all the broth. **Makes 19 servings for 3-5 year olds at lunch or dinner.** Claim as one fruit/vegetable and one bread/grain group. Potpourri January 2015



## Chicken Pot Pie Soup

- $\frac{1}{4}$  cup flour (to make gluten-free, use 2 tablespoons cornstarch)
- 2 cups water, divided
- 4 cups fat-free milk
- 1 cup celery, chopped
- $\frac{1}{2}$  cup onion, chopped
- 1 cup mushrooms, sliced
- 2 chicken bouillon cubes
- Pinch of thyme
- Ground pepper, to taste
- 1 10-ounce bag frozen mixed vegetables (peas, carrots, green beans, corn)
- $1\frac{1}{2}$  cups potatoes, peeled, cubed
- $1\frac{1}{2}$  pounds cooked chicken breast, diced small or shredded

Combine flour or cornstarch with  $\frac{1}{2}$  cup cold water in a medium bowl and whisk until well-blended. Set aside. Pour remaining  $1\frac{1}{2}$  cups water and all the milk into a large pot and slowly bring to a boil. Add celery, onion, mushrooms, bouillon, thyme, pepper, frozen vegetables, and potatoes and return to a boil. Partially cover and simmer until vegetables are soft. Add chicken and slowly whisk in the flour or cornstarch and water mixture. Cook another 2-3 minutes, until soup thickens. Adjust seasoning to taste and serve. **Makes 16 servings for 3-5 year olds at lunch or dinner.** *Claim as one fruit/vegetable and one meat/meat alternate.* Potpourri Jan 2015

## Alphabet Soup

- 1 tablespoon olive oil
- 1 cup carrots, diced
- $1\frac{1}{2}$  cups potatoes, diced
- 1 cup green beans, fresh or frozen
- 2 cups tiny alphabet noodles
- 1 cup water
- 32-ounces low-sodium vegetable broth
- $\frac{1}{4}$  teaspoon dried dill
- $\frac{1}{4}$  teaspoon paprika
- 1 cup frozen green peas, thawed
- 1 cup tomato, diced



Heat the oil in a medium size saucepan. Add carrots and sauté for 5 minutes over medium heat. Add potatoes, green beans, alphabet noodles, broth, water, dill, and paprika. Bring to a slow boil, then simmer gently, covered, for 15 minutes, or until the potatoes and carrots are tender. Add peas and tomatoes and simmer 5 more minutes. Add a little more water if needed and cook just until heated through. **Makes 20 servings for 3-5 year olds at lunch or dinner.** *Claim as one fruit/vegetable and one grain/bread group.* Potpourri January 2015



## Cuban Black Bean Soup

Combine one 16-ounce jar of salsa with one 15-ounce can of rinsed and drained black beans, one 14.5-ounce can reduced stock (chicken or veggie broth), one teaspoon ground cumin and two cups water. Bring to a boil. Reduce heat and simmer 10 minutes. Serve with baked tortilla chips. Yum! *Source: Super Quick and Easy!*

## Carrot-Oatmeal Cookies

- 2 cups shredded carrots, about 3 medium-large carrots
- $\frac{1}{2}$  cup canola or vegetable oil
- $\frac{1}{2}$  cup sugar
- 1 teaspoon vanilla
- 2 large eggs
- 2 cups white whole-wheat flour
- 1 cup rolled oats
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon salt
- Nonstick cooking spray

Preheat oven to 375 degrees. Spray cookie sheet with nonstick cooking spray. Wash carrots and grate, using food processor or hand grater. In medium bowl, use fork to beat oil and sugar together until well combined. In small bowl, beat eggs using fork. Add to oil mixture. Add carrots and vanilla. In large bowl, combine flour, oats, cinnamon, baking powder, and salt. Stir until evenly combined. Create well, or indentation, in middle of dry ingredients. Slowly add oil mixture. Stir until wet and dry ingredients are evenly combined. Using large dinner spoon, drop batter onto cookie sheet, leaving 2 inches between cookies. Bake 15-18 minutes or until golden brown. Cool before serving. *Source: Redleaf*





*USDA Releases*

## New Meal Pattern Changes

Please check our Facebook page for more information about these new changes, which are **not** yet in effect. There will be a 90-day comment period for anyone who wishes to comment, good, bad or otherwise. Comments are important and will be read. I glanced through the proposed regulation (92 pages!). USDA is trying to align all feeding programs (WIC, school lunch, child and adult care food programs) with the 2010 Dietary guidelines.

Some of the proposed changes include: no juice allowed for infants less than 12 months of age, both fruits and vegetables required at lunch and dinner, the addition of a protein at breakfast (not required), limits on the amount of sugars in a breakfast cereal, and the addition of tofu as a creditable food component.

As we know more, we will make sure the information is released to you as soon as possible.

## Nuevos Cambios En El Patrón De Comidas

Feliz año empecemos el año con cambios beneficiosos para nuestros niños, los cuales tomaran efecto este año. Sugerencias a los requisitos que hemos estado informándoles por los últimos años atrás. Algunos de los cambios serán.

No jugó para los niños menores de 12 meses. Para los niños mayores de uno será requisito servir una fruta y una verdura a la hora de las comidas fuertes como el lonche y la cena. Y los cereales deberán contener menos azúcar. Favor de empezar a servir cereales bajos en azúcar busque comprar cereales de 6 gramos de azúcar o menos. Estaré trabajando en una lista de cereales que contengan menos de 6 gramos para ayudarles.



*Vea nuestra página de Facebook para más información, y claro que le avisaremos a como vallan entrando los cambios.*

## Предположительные Изменения В Требованиях USDA

Начался 90 дневный период, в течение которого все желающие могут высказать свои комментарии по поводу новых предложений в подходе к составу питания. Цель USDA – привести к системе единых требований все свои пищевые программы: WIC, школьные обеды и пищевую программу для семейных дет. садов.

К предстоящим изменениям относятся: запрет сервировки сока детям в возрасте до 1 года; сервировка фрукта и овоща на обед и ужин; сервировка протеина на завтрак (не обязательна), лимитирование сахара в сериалах.

При вступлении требований в силу мы сразу же ознакомим вас с ними.



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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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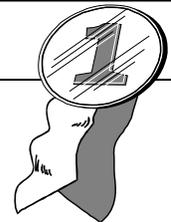


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## MENU WINNERS

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- *The menu winners for Dec. are **Renee Wehrend & Teri Lopes - Both 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 and Good Luck!*

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

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### **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](http://www.oregonchildcaretraining.org) will let you search by county, as well as by training category and date. *Check it out!*

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