

NUTRITION FIRST NEWS



January 2017

Safe Sleep for Infants



Child Care Food Program Roundtable

- ✓ Each year in the United States, there are about 3,500 Sudden Unexpected Infant Deaths (SUID). These deaths occur among infants less than one year old and have no immediately obvious cause.
- ✓ In a survey, 65% of moms said they've slept in bed with their baby and 38% do so regularly. Research has shown that half of infant suffocation deaths happen in an adult bed.
- ✓ SUID strikes families of all races, ethnic and socioeconomic origins without warning; neither parent nor physician can predict that something is going wrong.
- ✓ SUID rates for the United States have dropped steadily since the initiation of the Back to Sleep campaign in 1994.

The following are guidelines for reducing the risk of Sudden Infant Death Syndrome (SIDS) and other Sudden Unexplained Infant Deaths (SUID). First and foremost, educate yourself and everyone who cares for infants on how to reduce risks:

1. Always lay your baby to sleep face up. Side and tummy positions are not safe; check with your doctor if your baby has breathing problems.
 2. Don't smoke while pregnant and never smoke near your infant. While pregnant or considering pregnancy, do not smoke. Never let others smoke near your baby. Smoking is a major risk factor for SIDS.
 3. Don't let your baby get too hot. Overheating is a leading risk factor for SIDS. Dress your baby in as much or as little as you would wear. If your baby is sweating, has damp hair, or a heat rash, he or she may be too hot. Room fans have been shown to reduce risk of SIDS. Use a wearable blanket or other type of sleeper instead of a blanket.
 4. Lay your baby to sleep in a safety-approved* crib, on a firm mattress covered by a fitted sheet. Do not let your baby sleep on soft things like a couch, pillow, sheepskin, foam pad, or waterbed. Remove all loose bedding, stuffed animals, and pillows from the crib. Crib bumpers are not recommended and can be hazardous.
 5. Create a healthy lifestyle for you and your baby. When pregnant, see your doctor often and do not use drugs or alcohol. Talk with your doctor about changes in your baby and how your baby acts.
 6. If possible, breastfeed your baby. Breastfeeding has been shown to reduce the risk of SIDS.
 7. Offer your baby a dry pacifier that is not attached to a string at all sleep times. Offer a pacifier after breastfeeding is established. Pacifiers have been shown to reduce the risk of SIDS.
 8. Put your baby on his or her tummy to play when your baby is awake and supervised. Make sure someone is always watching. "Tummy time" is good for your baby because it helps head, neck and shoulder muscles get stronger.
 9. Don't share sleep surfaces. Adult beds, couches and chairs are not safe for infant sleep and increase the risk of SIDS, suffocation and accidental infant death. Your baby should not sleep with you or anyone else. After breastfeeding, put your baby back in his or her crib. Room share by keeping your baby's sleep area in the same room where you sleep.
 10. Do not use home cardiorespiratory monitors, wedges, positioners, or special sleep surfaces that claim to reduce the risk of SIDS.
 11. Share these tips with everyone who cares for your baby. Educate yourself and others who care for your baby can help keep your baby safe.
- *For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 800-638-2772 or www.cpsc.gov.

Veggie Mac & Cheese Casserole



- ✓ 3 cups whole wheat rotini pasta
- ✓ 1 medium onion, diced
- ✓ 2 red bell peppers, diced
- ✓ 4 cloves garlic, finely chopped
- ✓ 1/4 tablespoon red pepper flakes, or more or less to taste
- ✓ 1/2 cup frozen peas
- ✓ 1 cup frozen broccoli
- ✓ 2 tablespoons whole wheat flour
- ✓ 2 cups lowfat milk
- ✓ 3 tablespoons butter, divided
- ✓ 1 cup white cheddar cheese, grated
- ✓ 1/4 teaspoon salt, or to taste
- ✓ 1/4 teaspoon pepper, or to taste
- ✓ 1/4 cup Parmesan cheese, grated
- ✓ 1/4 cup Panko bread crumbs

Preheat oven to 375° F. Bring large pot of salted water to a boil. Add in pasta and cook per package instructions until al dente. Set aside. While the noodles are cooking, heat 1 tablespoon butter in a large pot. Once

butter has melted, add onions, red pepper, garlic, and red pepper flakes. Sauté until onions are soft and slightly browned, about 6-8 minutes. Add in the frozen peas and broccoli and remove from heat. Set aside. In a separate pot, melt the remaining 2 tablespoons of butter over medium heat. Add in the flour to make a golden brown paste, stirring often until smooth. Then, gently whisk 2 cups milk into the roux, stirring until milk is fully incorporated. Stir often, until sauce thickens, about 3-5 minutes. Slowly add in the shredded cheese and mix well until cheese is melted. Season to taste with salt and pepper. Add the cooked pasta and sauce to the vegetables and stir until generously coated. Stir in the parmesan cheese. Place into a casserole dish and sprinkle with breadcrumbs. Bake for 20 minutes until golden brown. Remove from oven and let sit for 5 minutes before serving.

Apple Pistachio Crisp

- ✓ 3 Honeycrisp apples, cored and cut into 1" chunks (unpeeled)
- ✓ 1/2 cup raisins
- ✓ Juice from 1/2 lemon
- ✓ 1/2 cup old fashioned oats
- ✓ 1/4 cup whole-wheat flour
- ✓ 1 tsp cinnamon
- ✓ 3 T brown sugar
- ✓ 1/4 cup or about 2 ounces pistachios, unsalted, chopped
- ✓ 2 T margarine or butter, melted

Place rack in center of oven and preheat to 350°F. Place sliced Honeycrisp apples, raisins, and lemon juice in 8" x 8" pan or baking dish; toss. In a bowl, mix remaining ingredients except melted margarine. Add melted margarine and mix until texture is consistent. Sprinkle over apple-raisin mixture. Bake uncovered 45-50 minutes or until apples are tender.



Children's Favorites: Easy Chicken Casserole

- ✓ 2 cups cooked rice
- ✓ 2 pounds cooked chicken
- ✓ 2 15-ounce cans cream of chicken soup, low salt (undiluted)
- ✓ 1/2 cup low-fat milk
- ✓ 1 16-ounce bag of frozen green beans (or any other vegetable)
- ✓ Pepper to taste
- ✓ Cooking spray

Preheat oven to 350 degrees. In a large pot, cook rice according to directions. In the same pot, add chicken, cans of soup, milk, frozen vegetables, and pepper. Grease casserole dish with cooking spray. Pour chicken and rice mixture into dish. Bake for 20 minutes or until heated through. Makes 8 servings for 3-5 year olds at lunch or dinner. *Claim as a meat/meat alternate, fruit/vegetable, and grain/bread.*

Tomato & Cauliflower Cake

- ✓ 1 small head cauliflower, cut into small florets
- ✓ 4 tablespoons olive oil
- ✓ 2 cloves garlic, minced
- ✓ 8 eggs
- ✓ $\frac{1}{2}$ cup fresh chopped basil
- ✓ 1 cup all-purpose flour
- ✓ $1\frac{1}{2}$ teaspoons baking powder
- ✓ $\frac{1}{2}$ teaspoon ground cumin
- ✓ $\frac{1}{4}$ teaspoon ground turmeric
- ✓ $1\frac{1}{2}$ teaspoons salt
- ✓ Pepper, to taste
- ✓ 5 ounces grated Parmesan cheese
- ✓ $1\frac{1}{2}$ cups grape tomatoes, halved

Steam or roast cauliflower until tender, set aside. Preheat oven to 400 degrees. Heat oil in a small skillet; add garlic and sauté 2 minutes. Scrape oil and garlic into a small bowl. Add eggs, dry ingredients, seasonings and Parmesan cheese. Whisk until smooth. Gently stir in basil, cauliflower and tomatoes. Spray a 9 $\frac{1}{2}$ -inch springform pan (or whatever baking dish you desire) with cooking spray - use the springform pan if you really want this dish to look like a cake. Pour mixture into the dish and bake on the middle rack for 40-45 minutes. Remove from oven and let rest 15-20 minutes. (And yes, since I love cauliflower and quiche, I'm going to make this dish!) Meets the requirement for fruit/vegetable and protein/meat alternate. 10 adult portions.



Chicken Calzones

- ✓ 1 15 oz. can of tomato sauce
- ✓ 1 tsp. garlic powder
- ✓ 2 tsp. dried Italian seasoning
- ✓ 1 basic pizza dough recipe
- ✓ 1 lb. cooked chicken, shredded
- ✓ 1 lb. mozzarella cheese, shredded

Preheat oven to 450 degrees. In a medium bowl, combine the tomato sauce with the garlic and seasoning. Divide the pizza dough into 8 balls. On a floured surface, roll each one out to a disc about $\frac{3}{4}$ -inch thick and about 6 inches across. On one half of each disc, put $\frac{1}{8}$ cup of chicken, 2 ounces of cheese, and about 3 tablespoons of the tomato sauce. Dampen the edges with water and fold the dough over the mixture, and seal by pressing hard with the tines of a fork. Brush both sides of the calzone with olive oil and place on a baking sheet covered with parchment paper or a baking mat. Bake in a hot oven for about 15 minutes or until golden brown. Once cooled, the calzones can be frozen in a resealable plastic bag to be eaten at a later date. To reheat, wrap in aluminum foil and put in a very hot oven, 450 to 500 degrees. Cook for about 15 to 20 minutes; or wrap in a moist paper towel and microwave on High for 5 minutes. Makes 8 servings for 3-5 year olds at lunch or dinner. *Claim as a meat/meat alternate, fruit/vegetable, and grain/bread.*

Nutrition First News Staff

Susan Maxwell	Director/Editor
Kathy Derr	Program Mgr.
Carmen Romero	Program Rep.
Yelena Chesnokova	Program Rep.
Jackie Johnston	Program Rep.
Nancy Cain	Program Rep.
Laura Daberkow	Support Spec.
Sally Youell	Artwork/Layout

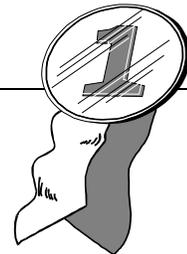
Nutrition First

PO Box 2316
Salem, OR 97308-2316
503-581-7563 or 1-800-288-6368
Nutrition First USDA Child Care
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Mid-Willamette Valley
Community Action Agency



MENU WINNERS

➤ The menu winners for December are **Heather Younk of Aumsville**
& Sharon Caldwell 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!*

Thanks and Good Luck!!

"Good nutrition is the right of all children."

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