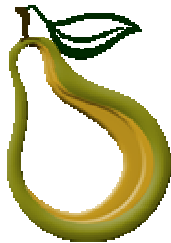


NUTRITION FIRST NEWS



CHILD NUTRITION PROGRAMS

Child & Adult Care Food Program (CACFP)

especially when your job is to provide care for children, and someone you've never met wants to talk with you and check your records. The audit of our program was done differently this time, as 25 of the visits were done without your representative. Thank you for allowing the ODE specialists into your homes.

Results of the ODE Nutrition First Audit

First of all, a big thank-you to the 30 child care providers that had an unannounced visit from the Child Nutrition specialists from our funder, the Oregon Department of Education. We know it's uncomfortable to have a visit,

The Audit Is Now Finished And Here Are Some Of The Findings Mentioned By ODE:

- ✓ **Food program records (menus, meal count logs, and attendance) not up to date.** Corresponding disallows were made. Please remember that children must be logged in as they arrive to your home, and logged out when they leave.
- ✓ **Failure to keep all of the yellow child care enrollments.** Remember, all records pertaining to your home-based business must be saved for three fiscal years, plus the current year.
- ✓ **Failure to have on file all cereal, yogurt, and whole grain labels.** Most of you had some labels – you need to cut out the name of the item and the nutrition label that goes with that particular food. That's how we can ascertain the sugar content and the whole grain. These labels do not go to us – you must keep them on file in your homes. No disallows were made for these items as we are still in a transition period for the new regulations.
- ✓ **Meals being served – or not served – at the meal times we have on file for you.** Please remember to notify us when your meal times change.
- ✓ **Meatballs require a product formulation statement (PFS) unless they are homemade.** Please send us a picture of the front of the package and the UPC code so we can attempt to obtain a PFS for this item.

Again, thank you for your kindness to the ODE reviewers. Overall, you are all doing great – just remember to continue to work on being up to date at all times. *We do not like to have to disallow meals.* **Thank you!**



Nutrition First Notes

Confidential income statements were mailed this month to providers who claim their own children and to providers living in a Tier Two area who hope to qualify for the higher Tier One rate by their own income or that of the children's family. This mailing is always done in the month of July, and includes a letter of explanation. Confidential income forms, with income proof (yours, not the day care children's families) attached is due to us by the 23rd of this month. Please call us if you have questions.

Easy Mac & Cheese Muffins



Who doesn't like macaroni and cheese? Try this recipe for your kids.

1. Grease a muffin tin with nonstick cooking spray.
2. In a small bowl combine $\frac{1}{2}$ cup seasoned bread crumbs, 2 teaspoons olive oil and $\frac{1}{2}$ teaspoon salt; set aside.
3. Cook 2 cups whole wheat macaroni according to package directions, drain and return to the pan.
4. Crack an egg into a small bowl and beat with a fork.
5. Stir 1 tablespoon butter and beaten egg into the macaroni until coated.
6. Stir in $1\frac{1}{2}$ cups shredded mozzarella cheese, 1 cup shredded cheddar cheese and $\frac{1}{2}$ cup milk.
7. Spoon mixture into prepared muffin tin.
8. Sprinkle the bread mixture and $\frac{1}{2}$ cup shredded cheddar cheese over the tops.
9. Bake for 30 minutes at 350 degrees. Allow muffins to cool for a few minutes before removing from pan.
(allrecipes.com)

Microwave Frittata

- | | |
|-----------------------------------|-----------------------------|
| ✓ 1 tablespoon olive oil | ✓ 1/3 cup chopped broccoli |
| ✓ 1/3 cup chopped onion | ✓ 3 eggs, whisked |
| ✓ 1/3 cup chopped red bell pepper | ✓ Salt and pepper, to taste |

Place the olive oil, onion, red pepper, and broccoli in a microwave-safe bowl. Cover and microwave on high for one minute or until mostly tender. Stir in eggs, salt and pepper. Cover and cook on high 1-2 minutes or until a knife inserted near the center comes out clean. Let stand for about three minutes, so the frittata can set.

Makes four servings for 3-5 year olds at lunch/dinner. Can claim as one vegetable and one meat/meat alternate.(Association for Child development)



Sweet Potato and Black Bean Quesadillas



- ✓ 1 large sweet potato
- ✓ 1 can (15 oz.) black beans, drained and rinsed
- ✓ $\frac{1}{4}$ cup chopped cilantro
- ✓ 1 tablespoon low-sodium taco seasoning
- ✓ 8 whole wheat tortillas
- ✓ 1 cup pepper jack cheese, shredded

Pierce the skin of the sweet potato with a fork and microwave on high for 5 minutes and allow to cool slightly. Cut the sweet potato in half lengthwise and scoop the flesh into a medium bowl. Mash sweet potato until smooth. Add beans, cilantro, and taco seasoning to the mashed sweet potato and mix well.

To cook the quesadillas, heat a skillet over medium heat. Spread $\frac{1}{8}$ of the sweet potato mixture evenly on half of a tortilla. Sprinkle with two tablespoons of cheese and fold tortilla in half. Do this with all of the tortillas. Place the quesadilla in the skillet and cook 3-4 minutes, or until cheese starts to melt. Flip over and cook an additional 1-2 minutes or until the tortilla is golden brown.(Learning Zone)



Teaching Kids Sun Smarts

- Teach them to **SLIP** on sun protective clothing. Talk about clothing that covers as much skin as possible (shirts with long sleeves and high collars); clothing that is made from close weave materials such as cotton, polyester/cotton, and linen. If used for swimming or water play wear clothing made from Lycra, which stays sun protective when wet.
- Get the kids to **SLOP** on SPF 30+ sunscreen. You'll have to do this until the kids are about 5 or 6, but once they're old enough, teach kids to do it themselves. A reward chart can help. Make sure the sunscreen is broad spectrum and water-resistant, always use with other forms of sun protection, and don't use sunscreen to increase the amount of time you spend in the sun. Apply sunscreen liberally to clean, dry skin at least 20 minutes before you go outside and reapply every two hours.
- Make sure they **SLAP** on a hat. Make sure they wear a broad-brimmed, legionnaire or bucket style hat that provides good protection for the face, nose, neck and ears; these are common sites for skin cancers. While popular with kids, caps and visors do not provide enough protection. Choose a hat made with closely woven fabric – if you can see through it, UV radiation will get through. Hats may not protect you from reflected UV radiation, so also wear sunglasses and sunscreen.
- Encourage them to **SEEK** shade. While it's not always possible to get in the shade, this is an effective way to reduce sun exposure. At the beach, set up a tent or a gazebo, or use trees or shade structures at parks. Whatever you use for shade, make sure it casts a dark shadow and use other protection, such as clothing, hats, sunglasses and sunscreen to avoid reflected UV radiation from nearby surfaces.
- Remind them to **SLIDE** on some sunglasses. Sunglasses and a broad-brimmed hat worn together can reduce UV radiation exposure to the eyes by up to 98%. Sunglasses should be worn outdoors during daylight hours and are just as important for kids as they are for adults. Choose close-fitting wrap-around sunglasses. (Skincin.org)

Plant An "Odds & Ends Garden"

Children enjoy turning ordinary kitchen scraps into a windowsill garden.

Beets – Slice the top ½ inch from a beet, with its greens still attached. Trim the greens to ½ inch and place beet in a shallow dish of water. Shoots will appear in several days.

Celery – Trim a bunch of celery 2 inches above its base. Place in a shallow dish of water. Leaves will grow out of the center in a week and roots will sprout from the bottom. Peel away the rotting stalks as the plant grows.

Yam – Wash a yam well, then cut in half crosswise. Place the cut surface in a shallow dish of water. Leaves will appear in two weeks.



Many vegetables start easily in the kitchen with a little attention. (Avocados, Potatoes, Carrots, etc.) Set plants in a warm spot with sunlight.

Check the water every day and change it every 3-4 days. Use a spray bottle to mist the leaves every few days. Transfer the rooted plants to soil to encourage further growth.

(Family Fun.com)

Nutrition First News Staff

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

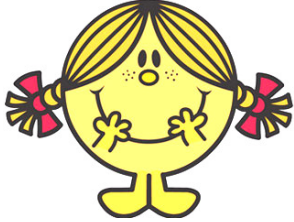
Nutrition First

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 May are: Maria Campos of Albany & Debbie Forkin of Keizer**
- **The menu winners for June are: Ashley Trefethen of Jefferson & Cindy Dodson of Springfield**
- **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."

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