

# ***NUTRITION FIRST NEWS***



Mar. 2014



## *Organic Foods*

### **Is There Really A Difference?**

Potpourri – February 2014

***Once found only in health food stores, organic food is now a regular feature at most supermarkets. Moreover, sales of organic products continue to grow, with annual figures passing \$30 billion last year for the first time ever.***

In spite of its increased popularity, however, organic foods still cause a dilemma in the produce aisle for some shoppers. Conventionally grown produce generally costs less, but is organic food safer or more nutritious?

First, it is important to understand exactly what organic food is and how it differs from “regular” food. The word “organic” refers to the way farmers grow and process agricultural products, such as fruits, vegetables, grains, dairy products and meat. Organic farming practices don’t use conventional methods to fertilize, control weeds or prevent livestock disease.

The U.S. Department of Agriculture (USDA) has established an organic certification program that requires all organic foods to meet strict government standards. These standards regulate how such foods are grown, handled and processed. If a food bears a USDA Organic label, it means it’s produced and processed according to USDA standards.

It is also important to note that “natural” and “organic” are not interchangeable terms. Although terms such as “natural,” “all natural,” “free-range,” or “hormone-free” can be found on food labels, they should not be confused with the term “organic”. Only foods that are grown and processed according to USDA organic standards can be labeled organic.

Another factor that people sometimes consider when looking at differences between organic and conventional food is the nutritional value. While many studies show that organic foods are richer in nutrients, other studies contradict these findings. Researchers generally agree that the results are inconclusive and that more research is needed.

One of the biggest differences between organic and conventional foods can be found on the price tag. Expect to pay 50 to 100% more for organic foods. That’s because, in general, it is more labor-intensive, and without the help of pesticides, the yield is not always as favorable.

To maximize your organic food dollar, the Environmental Working Group, a nonprofit organization based in Washington, D.C., recommends going organic on types of produce that are most susceptible to pesticide residue. These include peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, imported grapes, spinach, lettuce and potatoes.



## Frozen Nutty Banana Nibblers

- 5 medium bananas
- 1 tablespoon creamy peanut butter
- 2 ounces nonfat vanilla Greek yogurt

Peel one banana and mash with the peanut butter and yogurt. Set aside. Peel the other 4 bananas. Slice into half-inch thick slices. Smear the peanut butter mixture on half the banana slices and top with the other halves, making banana sandwiches. Place on a wooden cutting board or a plate and freeze for at least two hours. Makes 5 servings for 3-5 year olds at snack.



## Power Gold Smoothie



- 2  $\frac{1}{4}$  cups chopped or grated carrots
- 1  $\frac{1}{2}$  cups pineapple juice
- 1 cup orange juice
- 2 tsp. honey
- 3 to 4 ice cubes
- $\frac{1}{2}$  cup vanilla low-fat yogurt

Place the chopped or grated carrots in a blender and turn on HIGH. Through lid, slowly drizzle in about 2 to 3 tablespoons of the pineapple juice, allowing the carrots to be pureed until smooth. Slowly pour in remaining juices and honey. Allow to blend until smooth and somewhat frothy; then with blender on HIGH, add ice cubes. Blend until ice cubes are blended smooth. Stop the blender, add yogurt, return lid and blend until thoroughly mixed. Pour into glasses and enjoy a great taste with power and energy.

*Chef's note:* If a smoother consistency is desired, microwave the grated carrot with 1 tablespoon of water in a covered dish on high for 2 to 3 minutes. Proceed as directed above.

## Governor's Black Bean Soup

- 1 tablespoon olive oil
- 1 cup (1 large) onion, chopped
- $\frac{1}{2}$  cup (1 medium) carrot, chopped
- $\frac{1}{2}$  cup (1 stalk) celery, chopped
- 2 cloves garlic, minced
- 3 16-oz cans black beans, rinsed & drained
- 1 14-oz can whole tomatoes, chopped
- 3 cups low sodium chicken broth
- $\frac{1}{3}$  cup fresh cilantro, chopped
- 2 tablespoons tomato paste
- 1 tablespoon fresh lime juice
- 1 teaspoon ground cumin
- $\frac{1}{8}$  teaspoon cayenne pepper
- $\frac{1}{8}$  teaspoon black pepper
- $\frac{1}{2}$  cup sour cream



In a large saucepan, heat oil over medium heat. Add the onion, carrots, celery, and garlic, and cook, stirring, for about 10 minutes or until the carrot is soft. In a food processor, puree the vegetable mixture until smooth. Return the pureed vegetables to the pot; stir in two cans of the black beans, tomatoes plus their juice, chicken broth, cilantro, and all other ingredients except the sour cream and one can of the black beans. In a small bowl, mash the remaining can of black beans with a fork and add to the soup. Bring to a boil; reduce heat and simmer for 30 minutes or until thickened. To serve, ladle soup into bowls and top each serving with a tablespoon of sour cream and a few cilantro leaves for garnish. Credit: *Produce for Better Health*

# Ensalada de Plátano Waldorf

Ingredientes:

- 3 plátanos, pelados y rebanados
- 2 manzanas peladas y picadas
- 4 tazas de yogurt de vainilla sin grasa
- 1 pellizco de canela en polvo
- 2 cucharadas de nueces

Instrucciones:

1. En un sartén hondo pon todos los ingredientes.
2. Llena vasitos individuales y pon en el refrigerador hasta que esté lista para servirlos.



*Las hojas amarillas tienen que ser recibidas mas tardar el 21 de Marzo para que se reembolsado por los niños que cobra desde Marzo primero.*

## Салат Waldorf с бананами.

Корица и орехи являются отличительными компонентами этого кремообразного фруктового салата, содержащего 30 % дневной нормы кальция.

Компоненты:

- 3 банана, нарезанных кусочками
- 2 больших яблока, нарезанных кусочками
- 4 чашки обезжиренного ванильного йогурта
- 1 щепотка корицы
- 2 ст.л. натёртых грецких орехов

Выход: 6 порций

## Banana Waldorf Salad

- 3 bananas, peeled and sliced
- 2 large apples, cored, peeled, & sliced
- 4 cups vanilla yogurt, non-fat
- 1 pinch cinnamon
- 2 Tbsp ground walnuts

Mix all ingredients together in a large mixing bowl. Place in individual serving dishes and chill until ready to serve. Serves 12 younger children (protein and fruit)



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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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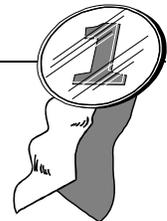
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## ***MENU WINNERS***

The menu winners for February are **Sarah Shadle of Independence**  
& **Starla Budden of Stayton**



- 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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### ***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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