

NUTRITION FIRST NEWS



March 2017

USDA



USDA Releases Updated Nutrition Regulations in October 2017

We know we've been telling you all about some of the upcoming regulations, none of which take place until October of this year. The state agencies are currently being trained on these new rules now, and the state of Oregon hopes to train us, the food program sponsors, in April or May. As soon as we know for certain what these new regulations will entail, we will begin training all of you.

In the meantime, we can tell you some of the new rules that we know will take place. Most of the changes are good and will lead to healthier meals for infants and children. The infant meals will have the most changes. One that we are certain of is that starting October 1, 2017, the updated infant meal pattern **prohibits child care centers and day care homes from providing juice to infants** as part of a reimbursable meal. This prohibition is consistent with the recommendations of the National Academy of Medicine and the American Heart Association of no juice before the age of one.

In addition, we also are aware that under the updated child and adult meal patterns, **fruit or vegetable juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day.** Meals and snacks containing juice served more than once per day will be disallowed.

Currently, lunches and dinners for children must contain one fruit and one vegetable or two fruits or two vegetables. In October, those **lunches and dinners must contain one fruit and one vegetable or two vegetables – not two fruits.**

Beginning October 1st, children's snacks may contain both a fruit and a vegetable. The key here is to realize that **fruits and vegetables will be two separate food groups**, not the same as they are now.

There are more regulations coming, but the wording is not yet complete on them. We know that **soy yogurt and tofu will be claimable**, but we don't know the brands yet. We understand that breakfast cereals will have limits on the number of grams of sugar per serving. We also know that some protein items, such as **eggs and possibly sausage will be claimable at breakfast** beginning in October, but there will be limits as to how many days per week those items can be claimed for breakfast. And we are also aware that **granola bars, breakfast bars, sweet rolls and similar foods will be severely limited** in order to leave room for healthier foods.

Again, as soon as food programs receive training from the state agency (ODE), we will immediately let you all know of the new regulations.

All you need for this craft is white construction paper, green paint and a bell pepper!

Stamping Shamrocks

To create the "stamps", cut off the bottom and the top of the pepper, approximately one inch from the ends (or enough for little hands to hold). Save any remaining pepper for a snack! Have children dip the peppers cut side down in green paint before stamping on their paper. Add stems by dipping their fingers, paintbrushes, or cotton swabs in more green paint. **Happy St. Patrick's Day!**



Eat Your Greens

As children, we were always told to eat our veggies, particularly the green ones. Now as adults, we find ourselves passing along those same great words of wisdom. But why? It's one thing to tell kids what they should eat, but it's almost always more effective to tell them why they should. During your next meal, take the time to talk about the food they're eating. Explain that bell peppers are rich in vitamin A, a must-have for healthy eyes and skin. Zucchini gives you potassium, which makes your heart healthy and strong. Eating spinach and other leafy greens will prevent you from getting sick and missing out on all the fun. Still don't have them convinced? Try these tips for adding extra greens: Blend spinach and add to sauces, grate zucchini for casseroles, finely dice bell peppers and add to ground meat for tacos and sloppy joes.

Irish Soda Bread



- ✓ 2 cups whole-wheat flour
- ✓ 2 cups all-purpose flour, plus more for dusting
- ✓ 1 tsp. baking soda
- ✓ 1 tsp. salt
- ✓ 1 $\frac{1}{4}$ cups raisins
- ✓ 2 $\frac{1}{4}$ cups buttermilk

Preheat oven to 450 degrees. Whisk the first four ingredients in a large bowl. Stir in raisins, making sure to separate clumps. Create a well in the center of the dry ingredients and gradually pour in the buttermilk. Stir with hands or a fork just until combined, being careful not to over mix. The dough should be soft but not too wet and sticky.

Coat a baking sheet with cooking spray and sprinkle with flour. Using floured hands, place the dough onto a lightly floured surface. Gently knead and pat the dough into a round shape, flattening to about two inches. Transfer to the prepared baking sheet and cut an X into the top of the loaf with a sharp knife. Bake at 450 degrees for 20 minutes. Reduce the temperature to 400 degrees and continue to bake for another 25-30 minutes or until the loaf is lightly browned on top and sounds hollow when tapped. Transfer bread to a wire rack and let cool. Serve at room temperature.

Low Carb Cauliflower Hummus

- ✓ 20 oz. fresh cauliflower florets
- ✓ 15 cloves garlic, peeled
- ✓ 4 Tbsp. olive oil, divided
- ✓ 3 tsp. kosher salt, divided
- ✓ $\frac{1}{2}$ tsp. fresh ground black pepper
- ✓ 3 Tbsp. tahini (sesame seed paste)
- ✓ 2 Tbsp. lemon juice
- ✓ 1 Tbsp. pepitas (pumpkin seeds, optional)
- ✓ $\frac{1}{2}$ tsp. smoked paprika

Heat oven to 425 degrees. Place cauliflower and garlic cloves in a bowl and toss with two tablespoons of olive oil, two teaspoons salt, and black pepper. Place on rimmed baking sheet and roast until tender and slightly caramelized, about 20 minutes, turning cauliflower and garlic half way through. Let cool. Place roasted garlic and cauliflower in a food processor fitted with steel blades. Add tahini, lemon juice and another tablespoon of olive oil and the rest of the salt. Process until smooth. Place hummus in a serving dish and garnish with a drizzle of the remaining olive oil, pepitas, and a sprinkling of smoked paprika. Serve with fresh veggies and crackers for dipping. *0 cholesterol, 0 saturated fat and only 9.5 grams of carbohydrates*



Pineapple Jerk Chicken

- ✓ 1 cup long-grain rice
- ✓ 1 pound boneless skinless chicken breasts, cut into 1-inch pieces
- ✓ 1 teaspoon Jamaican jerk blend seasoning
- ✓ 1 tablespoon vegetable oil
- ✓ 1 medium onion, diced
- ✓ 1 (20-ounce) can pineapple chunks, drained
- ✓ 1 (15-ounce) can black beans, drained/rinsed
- ✓ 1 (4.5-ounce) can chopped green chilies
- ✓ 1/2 cup jerk marinade



Prepare rice as label directs. Meanwhile, sprinkle chicken with jerk seasoning. In 12-inch skillet over medium-high heat, in hot oil, cook chicken pieces until browned on all sides, about 5 minutes. With slotted spoon, remove chicken to plate. In drippings remaining in skillet over medium heat, cook onion, about 5 minutes. Add chicken pieces, pineapple chunks, black beans, green chilies and jerk marinade. Over high heat, heat to boiling; reduce heat to low. Cover and simmer 10 minutes until chicken is tender, stirring occasionally. Serve jerk chicken mixture over rice.

***“Be thankful for what you have; you’ll end up having more.
If you concentrate on what you don’t have, you will never have enough.” Oprah Winfrey***



Importante: Necesito sus renovaciones de las hojas amarillas mas tardar el 24 de Marzo. **NO** junto con su menú de Marzo. Si un niño comenzó en Febrero tienen que también ser renovados.

Cambios a trabes de USDA en Octubre 2017

Les hemos estado hablando de las nuevas regulaciones que esperamos este entrante Octubre. El Departamento de Educación de Oregón (ODE por sus siglas) se está entrenando sobre estas reglas y esperan entrenarnos a los programas de comida en Abril o Mayo, después de eso podremos darles más información y guía. Por lo tanto le puedo dar unos adelantos para que se vayan acostumbrando, la mayoría de los cambios son buenos y nos guiaran a una alimentación más nutritiva.

El nuevo guía prohíbe el servir jugo a un niño menor de un año de edad. Y será limitado para los niños mayores. A la hora de él lonche o cena **tiene** que servir una fruta y una verdura o dos verduras, ya no podrá servir dos frutas y ser reembolsadas. Comenzando el primero de Octubre separaran la fruta y la verdura por lo tanto podrá servirlos juntos a la horas de las botanas. **(No comienza hasta Octubre y lo perderá si lo sirve a la hora de la botana antes de Octubre)** todos los cereales que sirva en la guardería deberán de comer 6 gramos de azúcar o menos (todos los cereales del WIC están aprobados) también sabemos que agregaran otros tipos alternativos de proteína como el tofu y el yogurt de soya, pero aun no sabemos las marcas. (No lo puede servir hasta Octubre) también comenzando Octubre podrá servir media proteína en el desayuno como blanquillos, y/o longaniza pero abra limites en cuantas veces por semana lo puede servir. El cambio más grande viene el los postres **barras de granola, cereal** serán severamente limitados o eliminados de los programas, aun no han dicho si es limitado o eliminado.

Estos son tan solos algunos de los cambios. Favor de seguirme en el facebook en español para más cambios a como los valla revisando.

USDA опубликовало предстоящие изменения в правилах питания с октября 2017 года.

Мы уже говорили вам о некоторых предстоящих изменениях, которые вступят в силу в октябре этого года. В настоящее время все государственные учреждения проходят переподготовку. Как только мы в точности узнаем какие изменения предстоят, мы обязательно вас оповестим.

Некоторые новые правила уже известны. С 1 октября 2017 года нельзя будет сервировать сок для младенцев. Этот запрет соответствует рекомендациям Национальной Академии Медицины и Американской Ассоциации Сердечно-сосудистых заболеваний которые не рекомендуют употребление сока детям до одного года.

Кроме того, фруктовый или овощной сок можно будет сервировать только один раз в день замещая фрукт или овощ или на перекуску. Меню где сок будет записан более одного раза в день не будет оплаченным.

В настоящее время обеды и ужины для детей должны содержать один фрукт и один овощ или два фрукта или два овоща. С октября на обед и ужин необходимо будет сервировать один фрукт и один овощ или два овоща. Так же можно будет сервировать одновременно овощ и фрукт на перекуску как два продукта с разной группы (в данное время овощ и фрукт продукты одной группы).Тофу и соевый йогурт так же будут разрешены. Сириал будет разрешен только с низким содержанием сахара, а так же можно будет сервировать белок на завтрак несколько раз в неделю.

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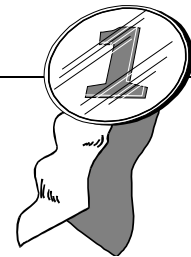
503-581-7563 or 1-800-288-6368

Nutrition First USDA Child Care
Food Program is a program of the
Mid-Willamette Valley
Community Action Agency



MENU WINNERS

- The menu winners for January are- **Pamela Kennedy of Springfield & Marcela Campos of Salem**
- The menu winners for February are- **Venessa Morago of Springfield & Angie Stewart 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!**

Thanks and Good Luck!!

"Good nutrition is the right of all children."

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