

# NUTRITION FIRST NEWS



## NUTRITION FIRST NEWS

*The following notes are some that have been published on our Facebook page (NutritionFirstOregon) and are noted here so everyone has access to the same info.*

### Good News!

**Popcorn is now claimable**, and even better, counts as a

whole grain (WG). It has to be popped corn that you pop on the stove or in an air popper (not microwave), or the popped corn in a bag, similar to tortilla chips. Do be aware of the amounts needed to have enough nutrients to count – *kids one to five need ½ ounce (1 ½ cups popped) and kids six and older need 1 ounce (3 cups popped)*. Sweet popcorn such as caramel corn or popcorn balls is not claimable because they are considered a dessert. So if you are buying popcorn in a bag, search for the least amount of ingredients (popcorn, oil, and salt). Skinypop works, but not Pirate's Booty. Microwave popcorn is considered a "commercially prepared" item, and as such, would require a product formulation statement (PFS), which involves writing to the manufacturer and getting a signed statement.

Personally, I love to sprinkle Brewer's yeast (nutritional yeast, found in the bulk bins at many stores) on my popcorn. It enhances the flavor of the popcorn and has lots of B vitamins.



### Thank You!

Thanks to those of you who are circling the "WG" on your menus (only once a day is needed). This is really helpful to us and saves time during menu processing

### Regarding Muffins –

Please write the type of muffin (corn, bran, zucchini, English, etc). Also remember that you cannot claim the fruit in a fruit muffin, such as banana muffins or blueberry muffins.



### School-Age Kids –

Effective June 1<sup>st</sup>, children who turn five by **9/1/14** are considered school-age, even if they are currently four. So they count as school-age, not in your pre-school numbers.

### Corn Masa, Corn Flour, and Cornmeal –

These items now credit as whole grain (WG), so products made with corn masa, corn flour and cornmeal (most tortilla chips, taco shells and tamales) are now considered whole grain. Remember to save the labels still, if you are claiming these items as whole grain. We did a very brief search and I'm happy to report that Juanita's and Calidad tortilla chips count as whole grain. Just look at the ingredient label – if the ingredients state "corn" only, rather than corn masa, corn flour or cornmeal, they are **not** claimable.

(continued on p2)

## Spinach Gratin

- ✓ 3 pounds fresh spinach (or 24 ounces frozen spinach, thawed & drained)
- ✓ Salt and pepper to taste
- ✓ 2 cups milk
- ✓ 2 Tbsp. butter
- ✓ 2 Tbsp. flour
- ✓ ¾ tsp. nutmeg
- ✓ 2 ounces any hard cheese, grated (Gruyere)

Blanch fresh spinach in boiling water for one minute, drain and cool, press out water, and chop. (Or use the frozen option, above). Place in a large bowl and season to taste. Set aside.

To make béchamel, heat milk in saucepan until steamy. In a separate saucepan, melt butter and sprinkle in flour, whisking mixture until smooth. Slowly pour in the hot milk and simmer, whisking constantly. Sauce will thicken as it cools. Season with nutmeg and a bit more pepper, and stir sauce into spinach.

Grease a 2-quart oblong baking dish. Pour spinach mixture into pan and sprinkle with grated cheese. Slice hard boiled eggs in half, and arrange, cut side up, on spinach mixture, pressing so that the cut sides of the eggs are level with the spinach. Sprinkle with bread crumbs and drizzle with olive oil. Bake, uncovered, in a 375 degree oven for 25-30 minutes until browned. *Meets requirement for meat/meat alternate and vegetable. Nutrition Edition*

- ✓ 8 eggs, hard-boiled
- ✓ 4 Tbsp. seasoned bread crumbs
- ✓ 1 or 2 Tbsp. olive oil





## **NUTRITION FIRST NEWS (cont from p 1.)**

### **Vegetable Flour Pasta –**

If you can find pasta made with **100% vegetable flour**, the item will credit as a vegetable.  $\frac{1}{2}$  cup of vegetable pasta credits as  $\frac{1}{2}$  cup vegetables. Unfortunately, the Barilla veggie penne, rotini and spaghetti are **not** 100% vegetable. Pasta made from 100% lentil flour also credits as a vegetable – but not a meat/meat alternate. To credit as a meat, this item would require a signed product formulation statement from the manufacturer.

### **Hominy -**

Hominy is now creditable. Whole hominy credits as a vegetable and dried hominy grits credit as a whole grain (WG).  $\frac{1}{2}$  cup cooked grits equal 1 ounce of grains.

### **Coconut –**

Coconut, fresh or frozen only, not dried, is now creditable as a fruit. The minimum serving is  $\frac{1}{8}$  cup.



### **Dried Meats –**

Dried meats such as jerky, pepperoni, salami and summer sausage are **still** not claimable unless you write to the manufacturer for a signed product formulation statement. You can always serve these items, but only as an extra – if you serve a pepperoni pizza, make sure you write the cheese to count as a protein.

### **Infant Snacks –**

Please note that Rice Husks, Mum Mums, and Yogurt Melts are never claimable. Cheerios and Kix and other adult cereals count for infants at snack only.

### **Surimi –**

Surimi, which is chunked, flaked or shredded Pollack fish (generally), is creditable in these amounts: 4.4 ounces of Surimi credits as 1.5 ounces of meat, and 3 ounces of Surimi credits as 1 ounce of meat. Surimi may contain as little as one-third seafood; hence the larger ratios.

### **Where to Write Yogurt Flavors and Cereal Names –**

Most of you should have our latest menu version by now, or will have on your next visit. We know it gets confusing (for us, too!), because USDA lays out strict regulations and then relaxes the rules after a bit. Here's the latest, which should actually be a little easier for you: Since we have to check your cereal and yogurt labels in your home on our visits, you are no longer required to write the **manufacturer** name at the top of the menu – if you still have the old menus, just leave those lines at the top blank. Instead, when you are writing your daily menu, just write Kix or Cheerios or whatever it may be, and when you serve yogurt, write the flavor – lemon yogurt or plain yogurt, etc. If you are claiming one of the cereals as a whole grain, write "Cheerios WG". So, always write the name of the cereal, and always write the flavor of the yogurt in the menu itself. Thank you!

### **Milk Legend –**

Almost all of you are doing great on remembering this – you only need to write it on **one** of the menu pages **each** month. If you have kids of all ages and some drink soy or almond milk, write it like this: *Kids under 2 get whole milk, kids over 2 get 1% or skim, Danny gets soy milk, and Sophia gets almond milk.* Do remember, 2% milk is not claimable and hasn't been for almost two years. Thanks!



## **Try a Baking Tin**

To add a little variety to your children's day, serve lunch or snacks in a six-cup baking/muffin tin lined with paper baking cups. The compartmentalized servings are fun for your children, and the baking cups make cleanup easy.

## **Nutty Chicken Salad**

- ✓ 8 ounces pasta, cooked and drained
- ✓ 4 cups cooked chicken, cubed or shredded
- ✓ 1 cup diced celery
- ✓ 1 cup frozen green peas, thawed
- ✓  $\frac{3}{4}$  cup Ranch-style dressing
- ✓ Optional:  $\frac{1}{2}$  cup whole cashews

In a large bowl toss pasta, chicken, celery, and peas with dressing. Top with cashews, if desired. *Claims as one meat/meat alternate and one grain. **Super Snack News***





## Sweet Carrot Sticks

Cut carrots into sticks. Place in a container and pour in un-sweetened pineapple juice to cover. Chill for an hour or more before serving.

## Applesauce Biscuits

- ✓ 1 cup all-purpose flour
- ✓ 2 Tbsp. baking powder
- ✓  $\frac{1}{4}$  tsp. salt
- ✓  $\frac{1}{4}$  cup vegetable shortening
- ✓  $\frac{1}{4}$  tsp. ground cinnamon
- ✓ 1/8 tsp. ground ginger
- ✓  $\frac{1}{2}$  cup whole wheat breakfast cereal, crushed
- ✓  $\frac{1}{4}$  cup grated apples
- ✓  $\frac{1}{4}$  cup applesauce

In a small bowl, mix flour, baking powder, salt, shortening, cinnamon and nutmeg. In a large bowl, combine cereal and apples. Stir in applesauce. Gradually add flour mixture and mix well. Drop by tablespoons onto a greased baking sheet. Bake 10-12 minutes at 375 degrees. *Super Snack News*



## Chicken Morsels



- ✓  $\frac{1}{4}$  cup plain yogurt
- ✓  $\frac{1}{4}$  cup mayonnaise
- ✓ 1 pound boneless chicken breasts cut into small pieces
- ✓  $\frac{1}{2}$  cup Italian-seasoned bread crumbs

In a medium bowl, combine yogurt and mayonnaise. Add chicken breast pieces and stir to coat. Place bread crumbs in another bowl. Coat chicken pieces in bread crumbs and arrange on a baking sheet. Bake at 435 degrees for 10 minutes or until golden brown and cooked through.

## Veggie Salad

- ✓ 2  $\frac{1}{2}$  cups corn, fresh, canned or frozen
- ✓ 1 15 oz. can of black beans, rinsed and drained
- ✓ 2 diced avocados
- ✓ 1 bunch fresh chopped cilantro
- ✓ 1 pint cherry tomatoes, halved
- ✓  $\frac{1}{2}$  cup thinly sliced red onion
- ✓ 1 jalapeno pepper, seeded & minced (optional)
- ✓  $\frac{1}{4}$  cup olive oil
- ✓ 2 limes, zested and juiced
- ✓ Salt and pepper to taste



Mix all salad ingredients together. Mix olive oil, lime zest and juice and pour over salad. Toss to coat, season to taste, and chill.

*Allrecipes.com*

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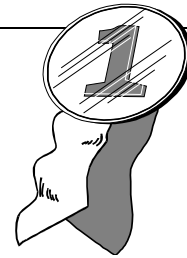


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## **MENU WINNERS**

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- **The menu winners for May are: Delynn Zoller of Corvallis & Cindy Van Wormer of Newberg**
- **The menu winners for June are: Natalie Hidalgo of Salem & Donna Davison of Eugene**
- **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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