

# NUTRITION FIRST NEWS



## Recipes & Activity Ideas from our Providers



**Bobbi C. of Waldport** told me of the following time-saving ideas she uses for food preparation:

- ✓ If you are peeling apples for the younger children, try using a potato peeler to cut thin pieces of apple slices – the shape and size of these slices work really well for kids under the age of two – less of a choking hazard.
- ✓ If you are using canned fruits, a pastry cutter works wonderfully for cutting smaller pieces, again, great for the younger children.

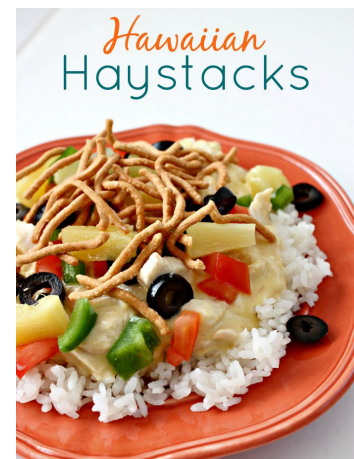
Bobbi also gave me the following recipe (from a friend of hers) that gives children the chance to try the foods they want and leave the foods they are unsure about – and the recipe is fun!

### Hawaiian Haystacks

First make creamed chicken: Shred the meat of one cooked chicken. In a pan, add 1  $\frac{1}{2}$  to 2 cups of chicken broth, 1 can of evaporated milk, 1 can of condensed cream of chicken soup, and salt and pepper to taste. Heat until thickened and then add the shredded chicken.

In 12 individual bowls, place the following foods:

- |  |                                    |
|--|------------------------------------|
| ✓ 2 quarts of cooked rice (3 cups dry) | ✓ Crushed pineapple (1 can)        |
| ✓ Creamed chicken (recipe above)       | ✓ Chow Mein noodles (2 cups)       |
| ✓ Chopped onion (3/4 cup)              | ✓ Sliced almonds (1/2 cup)         |
| ✓ Chopped celery (1 cup)               | ✓ Creamed chicken again (optional) |
| ✓ Chopped lettuce (1 head)             | ✓ Grated cheese (1/2 pound)        |
| ✓ Chopped tomatoes (2 large)           |                                    |
| ✓ Coconut (3/4 cup)                    |                                    |



Kids (or adults!) each grab a plate and go down the line of bowls to make their own haystack of whichever food items they choose.

**Jennifer E., Also of Waldport**, sent me pictures of a fun week-long activity unit on yeast. She and the kids explored how yeast rises, inflating balloons with yeast (check on Pinterest), making pizza placemats (with all the toppings), and making the bread dough so all the kids could make and eat their own pizzas for lunch. She even had some ideas to use the pizza cut-outs (paper) for math and literacy activities. A few pictures show the fun that was had by all.





**Yogurt** – We know it's confusing when USDA/ODE changes their stance regarding certain foods and/or labels. Here is the latest: Yogurt (brand and flavor) no longer needs to be written at the top of the menu – in fact, soon the line for yogurt will be removed. Since we are required to check your yogurt containers and packaging for sugar content when we are in your home, you now only have to write the flavor in the body of the menu (so every time you serve yogurt, write "peach yogurt" or "plain yogurt"). We have to see the flavor written every time.

**Whole Grains (WG)** – Most of you are doing really well in serving at least one whole grain per day (remember that infants do not need a whole grain until they turn one). We really like when you write "WG bread" and then circle the whole grain initials – that lets us know that this is the whole grain you are choosing. We still need you to write "Kix WG" or "Wheat Thins WG" or "WG rice cakes" – you need to name the cereal and the crackers, but we don't need the manufacturer's name – again, we

will be looking at the labels in your home, as usual.

**Infant Menus** – Please remember to write "inf cereal" or "rice cereal" rather than just cereal on the infant menu, or we will have to disallow those meals. Also, please write "PS Form" rather than just "PS" if the parent is supplying formula – and just write "form" if you are supplying the formula. The formula names, (or the words breast milk) go on the top right-hand side of the infant menu. As mentioned above, infants do not need a whole grain until age one.

**Agency Website** – We have a new website – it's still the same address that is listed on the front cover of your red handbook ([www.mycommunityaction.org](http://www.mycommunityaction.org)), but the site itself looks different. It states Mid-Willamette Valley Community Action Agency on the first page, because Nutrition First is a part of that agency. At the top of the page, just click on the word **Services**. This is a drop-down menu listing all the programs in the agency. Just click on **Nutrition First** and that will bring up our pages: resources, all the forms you need, newsletters, etc. Have a look around!

**Nutrition First Facebook** – Remember to look for us (under Nutrition First Oregon – you'll see our logo). We post recipes, the newsletter, important changes, resources, and reimbursement release dates. We also try to post upcoming holidays that require a holiday note with the parent signatures and in and out times (you'll also find this form on our website). Memorial Day is being celebrated this month on Monday, May 27<sup>th</sup>, and will require a holiday note to be sent with your May menus. Thanks!



**Fish Sticks, etc** – Please remember to utilize your red handbook to search for the correct chicken nuggets, fish sticks, and meatballs that have been approved by USDA for claimable meats. You'll find this information on pages 12 and 13 in the handbook. You can always serve homemade (keep the recipe on file) or an unapproved brand as long as you serve a second protein with the unapproved brand.

## Confetti Pancakes

- |                             |                          |
|-----------------------------|--------------------------|
| ✓ 1 carrot, grated          | ✓ 1 cup flour            |
| ✓ ½ onion, finely chopped   | ✓ 1 tsp. baking powder   |
| ✓ 1 potato, peeled & grated | ✓ Vegetable oil or spray |
| ✓ 1 egg, beaten             |                          |

Combine carrot, onion and potato in a large bowl and stir in egg. Mix together flour and baking powder in a small bowl. Gradually add flour mixture to vegetable mixture. Pour a little oil in a frying pan over medium heat. Drop batter by spoonfuls into oil. Cook 5 minutes and turn over. Continue cooking until pancakes are lightly browned and cooked through. Makes 16 small pancakes.



## Importante

Casi dos años de las nuevas regulaciones y estamos mirando lo que funciona y lo que no está funcionando con nuestros menú. Favor de empezar a hacer estos pequeños cambios mientras les llevamos menús corregidos.

### Menú regular

- En la parte de arriba solo escriba leche entera si es que tiene niños de un año. Y leche 1% o sin grasa para todos los mayores de 2 años. Y en el menú solo escriba la palabra [leche]. Recuerde que si escribe leche entera y no tiene niños de un año perderá comidas o viceversa.
- En la parte de arriba de su meno ya no es necesario escribir el sabor del yogurt, pero si es necesario escribir lo en el menú al lado del yogurt. Ejemplo [yogurt d fresa] o [yogurt plain] si solo apunta la palabra yogurt lo perderá.
- No es necesario escribir el fabricante del cereal en la parte de arriba de su menú, pero en el menú escriba el nombre y si es grano integral: Ejemplo: [ Berry Kix (wg)] o [Cheerios (wg)] [Chex arroz (wg)] etcétera.
- Es importante que usted la proveedora decida que componente está sirviendo como grano integral, su representante no puede decidir por usted. Si no apunta (wg) perderá una comida ese día. Ejemplo: [Tortillas (wg)] [Pan (wg)] [Tortilla d harina (wg)] [arroz café (wg)]
- Favor de escribir el tipo del cracker y muffins que está sirviendo. Ejemplo Ritz, Gold Fish, Graham, Galletas de animalito, Wheat Thins, Triscuit. **Recuerde que las galletas dulces y el pan mexicano dulce no cuentan.**
- Asegúrese que todas las tortillas de maíz, tostadas, arroz y cereales tienen que ser enteros o enriquecidos. Esto es más un problema con el arroz, tortilla chips, y tostadas si el paquete no dice [Whole corn], o [enriched corn] no cuenta ni de vez en cuando. Y el arroz tiene que decir [Brown rice] o [enriched rice] o no cuenta, ni de vez en cuando. Si las tortillas de maíz son aprobadas por WIC las puede contar como torillas (wg) solo aguarde una bolsita con sus etiquetas.

### Menú de infante:

- Es importante que la parte de arriba sea llenada con el nombre completo, fecha de nacimiento y la formula que le sirve.
- Recuerde que un infante tiene que comer cereal de infante o proteína para el desayuno. (no cheerios, pancaque, o pan)
- Escribá formula en el menú no leche ni solo (ps) lo perderá.
- Los Gerbers mixtados con carne y sopa o cané y verdura no cuentan. Mejor haga usted calditos de pollo y verdura y muela los en la licuadora.



Y recuerde cuando tenga duda hable a su representante para preguntar.

**Дорогие воспитатели!** Спасибо всем за то что вы стараетесь следовать всем новым правилам питания. Мы ещё раз хотели бы напомнить всем вам что нельзя сервировать хлопья к завтраку и йогурт с повышенным содержанием сахара. Также не забывайте записывать вкус йогурта (йогурт клубничный, йогурт ванильный), название крекеров (ritz, fish, animal) и название хлопьев к завтраку (kix, cheerios) в бланке МЕНЮ. Спасибо!

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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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## **MENU WINNERS**

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- **The menu winners for March are: Sue Mackey  
& Kathy Balbaneda, both of Salem**
- **The menu winners for April are: Nicole Kelly of Eugene  
& Jennifer Swendsen of Sublimity**
- **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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Washington, D.C. 20250-9410
- (2) fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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