

NUTRITION FIRST NEWS



September, 2019

Haunting Halloween Recipes

Veggie Skeleton

The kids will have so much fun eating these “bones” that they’ll totally forget they are eating raw vegetables.

Hand ‘Wich

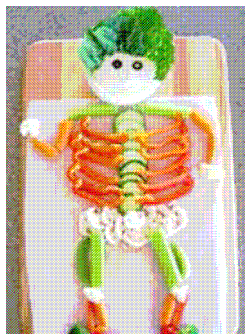
This Halloween lunch idea really brings new meaning to the term “finger food.” These playful hands can be made with any sandwich, but PB&J is perfect because it stays put. Just trim crusts off of your sandwich, then slice into 5 thin “fingers.” Roasted pumpkin seeds or almonds make the perfect “fingernails.” Simply attach them with a dab of peanut butter.

Spider Web Pizza

Serve up a piping hot slice of spookiness with these super-simple pizzas made with pre-baked crust, pizza sauce, strategically placed string cheese and a black olive spider.

Bloodshot Deviled Egg Eyeballs

Hard boil eggs, peel, halve and separate. Mix the yolk with a little bit of mustard, lemon juice, salt, pepper and mayonnaise; mash until smooth. Place egg yolk mixture into a small zip-top plastic bag, seal bag and snip a small hole from one corner of the bag to pipe filling into egg whites. Place an olive slice in the center of each egg. Use ketchup to paint lines onto the surface of the egg white. Chill until ready to serve.



ACTIVITY CORNER

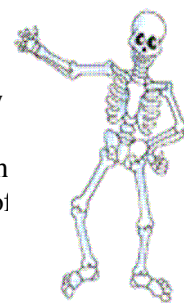
Healthy Bones Skeleton

Teach kids about how important calcium is for healthy bones with this creative version of hang man!

Print enough images of a skeleton for each child, have children cut out the bones.

Talk to children about calcium-rich foods: milk, cheese, yogurt, tofu, sardines, dark leafy greens such as spinach, kale and collard greens, dried figs and almonds. Also talk about foods that are low in calcium such as chicken, bananas, hamburgers, tomatoes, peanut butter and crackers to help children gain an understanding of foods that help build strong bones. Then ask children which food item has more calcium, “...yogurt or a banana?”

When they get it right they get a bone. Play until each child builds a whole skeleton.



Tropical Bean Salad

This tangy salad is delicious as a side dish or as a topping for tacos, chicken, or fish. Mangoes are a tropical stone fruit. In the United States, Florida is the largest producer of mangoes.

3½ cups black beans, low-sodium, canned, drained, & rinsed; or black beans, dry, cooked
1½ cups mango, canned, drained, diced
¾ cup tomato, fresh, ¼" diced
1 tablespoon canola oil
2 tablespoons apple cider vinegar
½ teaspoon oregano, dried
¼ teaspoon black pepper, ground
3 cups lettuce, Romaine, raw, chopped

In a medium bowl, mix together black beans, mango, and tomato to make a salad. Prepare dressing: In a small bowl, whisk together canola oil, apple cider vinegar, oregano, and pepper. Toss black bean salad with dressing. Cover and refrigerate. Chill for at least 2 hours to allow the flavors to fuse. Serve 1 cup black bean salad over ½ cup lettuce.



Squash Casserole

Looking for ways to vary your vegetables? This easy casserole is a great way to try summer squash.



Nonstick cooking spray

$\frac{3}{4}$ cup onions, fresh, peeled, $\frac{1}{4}$ " diced

1 cup zucchini, fresh, unpeeled, grated

1 cup yellow squash, fresh, unpeeled, grated

$\frac{1}{2}$ teaspoon parsley, dried

$\frac{1}{2}$ teaspoon oregano, dried

$\frac{1}{8}$ teaspoon salt, table

$\frac{1}{8}$ teaspoon black pepper, ground

1 egg, large, whole

2 tablespoons milk, fat-free (skim)

$1\frac{1}{4}$ ounces cheddar cheese, sharp, reduced-fat, shredded.

Preheat oven to 400 °F. Lightly coat a medium baking dish (8" x 8") with nonstick cooking spray. Set aside. Spray a medium skillet with nonstick cooking spray, and heat over medium-high heat. Sauté onions for 3 minutes or until soft. Stir frequently. Add zucchini and yellow squash. Sauté for 5 minutes. Stir frequently. Add parsley, oregano, salt, and pepper; stir.

Continue cooking until zucchini and yellow squash begin to lightly brown, about 5 minutes. Remove from heat. In a small bowl, whisk egg and milk together. Place sautéed vegetables in baking dish. Top with egg and milk mixture, and lightly stir. Be sure to keep vegetables spread evenly on the bottom of the pan. Sprinkle cheese evenly on top of mixture. Bake uncovered for 20 minutes. Heat to 160 °F or higher for at least 15 seconds. Cut casserole into 6 pieces. Serve.

Pineapple Chicken

Full of sweet pineapple and succulent bites of chicken, this dish is similar in flavor to Sweet and Sour Pork.



$1\frac{1}{2}$ cups water

$\frac{1}{4}$ teaspoon salt, table

$\frac{1}{4}$ teaspoon black pepper, ground

2 tablespoons soy sauce, low-sodium

9 $\frac{1}{4}$ ounces chicken breast, boneless, skinless, cooked, $\frac{1}{2}$ " diced

$\frac{1}{2}$ cup rice, brown, long-grain, uncooked

2 tablespoons canola oil

2 cups onions, green, with tops, fresh, thinly sliced

1 cup celery, fresh, $\frac{1}{4}$ " diced

2 cups pineapple with juice, canned, crushed, packed in juice or light syrup

4 teaspoons sugar, granulated

4 teaspoons cornstarch

Make marinade: In a plastic bag or medium bowl, stir together 2 Tbsp water, salt, pepper, and soy sauce. Marinate chicken for 1 hour. Combine brown rice and 1 cup water in a small pot. Reserve remaining $\frac{1}{4}$ cup water for later. Heat on medium-high heat to a rolling boil. Cover and reduce heat to low. Cook until water is absorbed, about 25 minutes. Fluff the rice gently with a fork. Heat 1 Tbsp of oil on medium-high in a medium stockpot. Reserve remaining oil. Sauté green onions and celery for 3-5 minutes or until celery begins to cook, but stays crunchy. Stir frequently. Remove vegetables, and set aside. Add remaining oil to the pot. Add chicken, marinade, and pineapples with juice to pot. Continue cooking on medium-high heat, and bring to a boil, 5-7 minutes. Stir frequently. Heat to 165 °F or higher for at least 15 seconds. **Make cornstarch mixture:** In a small bowl, whisk remaining $\frac{1}{4}$ cup water together with sugar and cornstarch until smooth. Stir cornstarch mixture into the chicken and pineapple. Bring to a boil. Reduce heat and cook for 3-5 minutes, or until sauce is nectar thick. Stir frequently. Add remaining 2 Tbsp of water if too thick. Stir celery and green onions into pineapple chicken mixture, and cook for 1 minute. Serve $\frac{2}{3}$ cup pineapple chicken over $\frac{1}{4}$ cup cooked rice.

Source: **Team Nutrition CACFP Multicultural Recipe Project.**

Good News Regarding Infant Feeding

Effectively immediately, infants (under 12 months) may be served pancakes, waffles and muffins in addition to adult cereals such as Cheerios or Kix. Note: these items will count as the **grain** component at **snack only**. Other than infant cereal, a grain is not required at main meals, only snack. You will still need to feed infants an infant cereal or a protein (yogurt, eggs, cheese) at breakfast, lunch and dinner (in addition to the formula and fruit or vegetable).





WHITE VINEGAR: THE WONDER CLEANER

Primarily made from fermented corn alcohol, vinegar has been in use for thousands of years. From turning baking soda into a homemade volcano to removing unwanted smells and cleaning stubborn stains, vinegar does it all. So untuck that bottle from the back corners of your pantry, and explore a sample of this wonder liquid's myriad household uses.

REMOVE MICROWAVE NASTINESS: Fill a microwave-safe bowl with 1/2 cup white vinegar and 1/2 cup water. Cook until a rolling boil. The steam will help loosen stuck-on food and deodorize the interior of your microwave.

UNCLOG SHOWER HEADS: Remove your shower head and soak in a mixture of hot water and white vinegar. If you can't remove the fixture, fill a plastic bag with white vinegar and hang the bag with a bag tie.

DEODORIZE: Strong odors from smoke or pets can be removed with a spray bottle of diluted white vinegar. You can also add several drops of a disinfecting essential oil like orange or lemon to improve the smell and boost germ-fighting power.

CLEAN OUT YOUR COFFEE MAKER: Get rid of hard water stains and remove leftover coffee oils by filling the water reservoir with 1 cup of white vinegar. Run the machine normally. Follow up with two cycles of plain water.

CLEAN SURFACES: Fill a spray bottle with white vinegar and water. Use as a general cleaning agent to remove spills, smells and mildew, or even to wash your windows and mirrors. If you want a stronger disinfectant, mix together baking soda, castile soap, and essential oils. The mixture will foam up and clean away especially grimy surfaces.

GIVE YOUR DISHWASHER A RINSE: In an empty dishwasher, pour 1 cup of vinegar in the bottom of the machine. Run a full cycle with no detergent.

BRIGHTEN METALS: For chrome or stainless steel, spray undiluted white vinegar and immediately wipe off. For silver, soak items in a mixture of 2 tablespoons of baking soda and 1/2 cup white vinegar. Leave to soak for several hours, then rinse clean. Brass and copper can be cleaned with a paste of equal parts vinegar and baking soda. Rub the items until the tarnish disappears, then rinse clean.

REMOVE STICKY, GUMMY RESIDUE: Use a cloth soaked in vinegar to remove sticky residue left behind from price tags or stickers. Vinegar can also be used to clean scissor blades.

What do you call a cow that doesn't give milk?
A milk dud!

DID YOU KNOW?

October is Fire Prevention Month – the theme for 2019 is *Not Every Hero Wears a Cape. Plan and Practice Your Escape.*

Cooking equipment is the leading cause of home fire injuries, followed by heating equipment.

According to the National Fire Protection Agency, only one-third of Americans have both developed and practiced a home fire escape plan.



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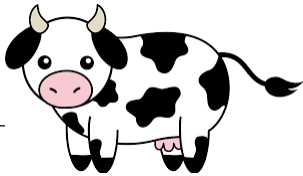
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Nutrition First USDA Child Care
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MENU WINNERS

- **The menu winners for July are: Olga Ostroukhov of Albany
& Clementina Santiago of Albany**
- **The menu winners for August are: Victoria Willms of McMinnville
& Lubianka Venegas 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 and Good Luck!!

"Good nutrition is the right of all children."

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