

# NUTRITION FIRST NEWS



November, 2019



## 2019-2020 Tier Reimbursement Rates Effective July 2019 - June 30, 2020

Please call with any questions you may have, or if you need additional forms.

*Thanks*

### The Reimbursement Rates Are As Follows:

<u><i>Tier One</i></u>		<u><i>Tier Two</i></u>	
<b>Breakfast</b>	<b>1.33</b>	<b>Breakfast</b>	<b>.48</b>
<b>Lunch/Dinner</b>	<b>2.49</b>	<b>Lunch/Dinner</b>	<b>1.50</b>
<b>Snacks</b>	<b>.74</b>	<b>Snacks</b>	<b>.20</b>

## Nutrition First Notes

- There are two holidays this month which require parent-signed holiday notes – Monday November 11<sup>th</sup> for Veteran's Day and Thursday November 28<sup>th</sup> for Thanksgiving. You can download these holiday notes from our website ([www.mycommunityaction.org](http://www.mycommunityaction.org) and click on Services, then Nutrition First), or you can just use a blank sheet of paper with the date, the children's names, in and out times, and parent's signatures.
- One of our child care providers in Aumsville, Heather, told me she grates carrots and mixes them in with peanut butter when she serves peanut butter. Gives it a great taste and crunch.
- New handbooks are being distributed at your visits this quarter. Feel free to recycle your old handbooks. Speaking of recycling – please toss your old menu forms! The newer ones have a little box at the bottom that you check to certify that all your grains are either whole or enriched (the menus in Spanish have this box located at the top). The newer ones also have no space for the yogurt brands or flavors, or the cereal manufacturers. This is because you need to write whatever flavor of yogurt (even plain) you are serving every time you serve it – we don't need the brand name. And we don't need the manufacturer of the cereals – just write whatever they are (Life, Kix, Cheerios, Wheaties, etc.) and put a WG if they are whole grain. Thanks!



## Asian Turkey Lettuce Wraps *Leftover Turkey Recipe - Gobble Gobble!*



- 1 Tbsp. olive oil
- 2 tsp ea. ginger & garlic, minced
- 2 scallions, thinly sliced
- 1 cup mushrooms, chopped
- 1 cup broccoli slaw
- 1 cup carrots, shredded
- $\frac{1}{2}$  cup red pepper, chopped
- 12 oz. roast turkey, chopped
- Asian peanut sauce to taste
- 6 large lettuce leaf "cups"

Heat olive oil in a skillet. Sauté ginger, garlic, scallions and mushrooms until just lightly browned. Add broccoli slaw, carrots and red pepper and continue cooking until crisp-tender. Add turkey and Asian peanut sauce and heat through. Spoon into lettuce cups and roll to eat.

## Fresh Apple Salsa

- ✓ 2 honey crisp apples, diced
- ✓  $\frac{1}{2}$  cup red bell pepper, diced
- ✓  $\frac{1}{4}$  cup red onion, diced
- ✓ 2 Tbsp. lime juice
- ✓ 1 tsp honey
- ✓ 2 Tbsp. dried or fresh chopped cilantro
- ✓ Salt and pepper, to taste
- ✓ Tortilla chips

Combine apples, bell pepper, onion and cilantro. Toss with lime juice and honey. Season with salt and pepper. Serve immediately with tortilla chips.



## Balsamic Brussels Sprouts & Cranberries



- 1 lb Brussels sprouts
- 1 tsp olive oil
- $\frac{1}{2}$  tsp pink Himalayan salt
- $\frac{1}{2}$  tsp black pepper
- $\frac{1}{3}$  cup dried cranberries
- $\frac{1}{2}$  cup walnuts
- Dressing:
- 1 tsp olive oil
- 1 tsp Dijon mustard
- $\frac{1}{2}$  tbsp balsamic vinegar
- $\frac{1}{2}$  tbsp maple syrup >
- Salt and pepper to taste

Preheat oven to 425 degrees. Line baking sheet with foil and coat with cooking spray or oil of choice. In a bowl, mix and coat the Brussels sprouts with salt, pepper, and olive oil. Place Brussels sprouts on the baking sheet and roast for 15 minutes or until slightly charred and tender. Add the cranberries and walnuts to the baking sheet with the Brussels sprouts and roast for another 5 minutes. Remove from the oven and toss with the dressing. Serve and enjoy! *Courtesy Pureformulas.com*

## Gratitude Scavenger Hunt

Gratitude is all about being thankful and focusing on the good around us. Get the kids up and moving, searching and recording their discoveries. When you learn to be thankful for everything and have an attitude of gratitude, you'll feel more positive, peaceful and happy each and every day.

1. Find something that makes you happy.
2. Find something that is your favorite color.
3. Find something you know someone else will enjoy.
4. Find something that tastes good.
5. Find something that makes a beautiful sound.
6. Find something that smells amazing.
7. Find someone you are grateful for.
8. Find something that makes you laugh.
9. Find something that you enjoy doing outside.
10. Find a place that you love. *CCFPRoundtable*



# *Procedures for Appeal*

## **Providers May Appeal The Intent To Terminate The Agreement For Cause Or A Suspension Of Participation**

1. Providers have 7 days from date of *Proposed Termination and Proposed Disqualification* letter in which to submit request for appeal. Appeal request, in writing, must be received by 5:00 PM on the 7th day (exact date is within body of letter).
2. Appeal request is to be made to Susan Maxwell, Program Director of Nutrition First Food Program, via email ([sue.maxwell@mwvcaa.org](mailto:sue.maxwell@mwvcaa.org)) or by regular mail(PO Box 2316, Salem, OR 97308).
3. While the *Serious Deficiency* is not appealable, any adverse actions may be appealed.
4. Appeal requests shall be accompanied by a list of witnesses (if any) and all paperwork you intend to reference. The provider will receive all records on which Nutrition First based the proposed termination or suspension.
5. The family day care provider may request to review the record on which the decision was based and refute the action in writing.
6. The family day care provider may retain legal counsel or may be represented by another person.
7. Appeals will be heard by the Conflict Resolution Team of Mid-Willamette Valley Community Action Agency.
8. The Hearing Officials (Conflict Resolution Team) shall have no interest, financial or otherwise, and no conflict of interest in the outcome of the appeal
9. The Hearing Officials (Conflict Resolution Team) must make a determination based on the information provided by the sponsoring organization and the day care home and on the Federal and State laws, regulations, policies, and procedures governing the Program.
10. The Hearing Officials (Conflict Resolution Team) will inform the provider and the Mid-Willamette Community Action Agency – Nutrition First of the outcome within 7 days of the review. The determination made by the Hearing Officials (Conflict Resolution Team) is the final administrative review to be given to the provider.
11. The decision of the Hearing Officials cannot be appealed to USDA or ODE. ***Provider Appeals, 03/27/2015***



### ***Nutrition First News Staff***

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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

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Salem, OR 97301

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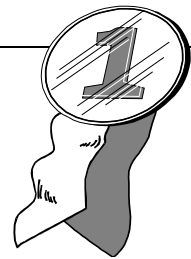


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## ***MENU WINNERS***

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➤ The menu winners for October are: ***Maricela Ramon of Woodburn  
& D'ann Burrell 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!!*

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### **"Good nutrition is the right of all children."**

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Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
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1400 Independence Avenue, SW  
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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