

NUTRITION FIRST NEWS



November 2016

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) 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

November is Vegan Month

November is Vegan Month and with Thanksgiving approaching, why not try new recipes with seasonal fruits and veggies to celebrate the abundance of the fall harvest!

A vegan diet includes all grains, beans, legumes, vegetables, fruits, nuts and seeds. Many vegan versions of popular foods are available in the grocery store. For example you can easily find soy hot dogs, veggie burgers, soy yogurt, veggie cheese and more. Vegans do not eat meat, eggs, dairy products, or processed foods containing these or other animal-derived ingredients like gelatin. Some vegans also avoid eating foods that are made using animal products. There is debate as to whether honey fits into a vegan diet (because it is produced by the bee). *Most of the following recipes are delicious examples of a vegan diet.*



Top 10 Ways to Enjoy Sweet Potatoes

1. **A Crispy, Healthy Snack.** Try munching on sweet potato chips. Thinly slice a large sweet potato and brush lightly with olive oil. Bake at 350 degrees for 15 minutes or until lightly browned and crisp.
2. **Just Drizzle and Eat!** Dice cooked, peeled sweet potatoes and drizzle with maple syrup for a side dish that's sure to satisfy any sweet tooth.
3. **Add a Twist to Your Sandwiches.** Cut thin slices of cooked sweet potatoes and add to your favorite sandwich or wrap instead of tomatoes.
4. **Sweet Potato Pancakes!** Breakfast is sure to be a hit when you make sweet potato pancakes. **Recipe:** [Sweet Potato Pancakes with Apple-Walnut Topping](#) (See below)
5. **The New Potato Salad.** Substitute sweet potatoes for regular spuds in your favorite potato salad recipe.
6. **Grill 'em!** Slice sweet potatoes into thick $\frac{1}{2}$ inch rounds and grill until lightly browned. Sprinkle with lime juice.
7. **Sweet Potato Fries.** Sweet potato fries make a delicious treat. Quarter sweet potatoes and drizzle with olive oil. Bake at 400 degrees for 40-60 minutes. For a spicy twist, add a dash of cayenne pepper.
8. **Top Your Salad.** Sweet potatoes make sweet salad toppings. Combine diced sweet potatoes, pineapple tidbits, apples, celery, and cashews. Serve over salad greens. **Recipe:** [Gingered Sweet Potato-Apple Salad](#) (See below)
9. **Mash 'em!** Steam peeled sweet-potato chunks for about 10 minutes until tender, and mash with a dash of orange juice.
10. **Bake, Roast, or Steam 'em!** Pick a cooking method and enjoy! Use whole, unpeeled sweet potatoes as a side dish to any meal.



Sweet Potato Pancakes w/Apple-Walnut Topping

6 cup(s) sweet potatoes or yams, shredded	2 large egg whites
$\frac{1}{4}$ cup(s) all-purpose flour	$\frac{1}{2}$ cup(s) light brown sugar, firmly packed
$\frac{1}{2}$ tsp. baking powder	$\frac{1}{3}$ cup(s) walnuts, chopped
$\frac{1}{4}$ tsp. ground cinnamon	1 Tbs. orange juice
1 Tbs. honey	$\frac{1}{2}$ tsp. ground cinnamon
1 large egg	2 baking apples, peeled, cored, and thinly sliced

In a large bowl, combine sweet potatoes, flour, baking powder, cinnamon, honey, egg, and egg whites and stir with a fork until mixed well. Coat a large non-stick skillet with cooking spray and place over medium heat. Drop the batter by about 2 tablespoonfuls into hot pan to make several pancakes. Flatten slightly with a spatula until about 3 inches across. Cook the pancakes until golden on both sides. Transfer the pancakes to a warm large plate and keep warm. Repeat with the remaining batter, coating the skillet with cooking spray, as needed.

To make the topping:

In a large skillet, stir together brown sugar, walnuts, orange juice, and cinnamon. Add the apples and cook over medium-high heat, stirring, until the apples are tender and the brown sugar has melted to form a syrup. Serve with the pancakes.

Gingered Sweet Potato-Apple Salad

1 can (15 ounces) sweet potatoes or yams, in light syrup, drained and cubed	$\frac{1}{2}$ cup coarsely chopped unsalted cashews
1 can (8 ounces) pineapple tidbits, in juice, drained	$\frac{1}{4}$ cup honey mustard dressing
1 medium apple, cored and diced	2 teaspoons freshly grated ginger
$\frac{1}{2}$ cup diced celery	6 cups mixed salad greens

Combine sweet potatoes, pineapple, apple, celery and cashews in a large bowl. In a small bowl, combine honey mustard dressing and ginger; pour over sweet potato mixture; toss lightly. Cover and chill for at least 1 hour. Serve over salad greens. Servings: 6



Carrot Noodles With Tahini Sauce

This nutrient-dense pasta swaps in $\frac{1}{2}$ vegetables for noodles! Thin strips of carrots and peppers look and act like noodles when coated in this creamy, spicy sauce. Serves 4

5 oz. soba noodles, cooked and rinsed
3 large carrots
2 bell peppers (any color, I used 1 orange and 1 red)
 $\frac{1}{4}$ cup cilantro plus more for garnish

Creamy, Spicy Dressing:

$\frac{1}{2}$ cup cashews, soaked at least 30 min. 2 tbsp. sriracha sauce
2 tbsp. water 2 tbsp. rice wine vinegar
 $\frac{1}{8}$ cup soy sauce 1 shallot, chopped
2 tbsp. maple syrup

Make the dressing: Place all ingredients for the dressing in a high powered blender or food processor and blend until creamy. Add a tbsp. of water at a time if needed to make it pourable. You don't want it too thick or watery, it should be the consistency of creamy dressing.

Cook noodles according to package directions. Rinse well and set aside. Using a Julienne peeler or a knife, thinly slice the peppers and carrots into matchsticks. You want them to be of similar width as the noodles. Place the cooked noodles, peppers and carrots into a large bowl and toss with $\frac{1}{2}$ cup of the dressing (you can add more if you'd like!). Mix in the cilantro and serve.



Roasted Carrots, Beets and Parsnips



3 large organic carrots, trimmed, 1 $\frac{1}{2}$ inch diagonal slice
3 medium beets, without tops, peeled, 1 $\frac{1}{2}$ inch dice
3 large parsnips, trimmed, 1 $\frac{1}{2}$ inch diagonal slice
2 Tablespoons fresh herbs, chopped (thyme or rosemary)
2 Tablespoons extra virgin olive oil
 $\frac{1}{2}$ teaspoon kosher salt, (optional)

Preheat oven to 425 degrees. Toss vegetables with oil, salt and herbs. Arrange vegetables in a large roasting pan (or use two). Do not overcrowd vegetables. Roast until soft on the inside and browned on the outside, 20-30 minutes. Turn vegetables halfway through cooking. Serve warm or at room temperature.



Carrot-Cantaloupe Smoothie

2 cups cubed cantaloupe
1 cup carrot juice
 $\frac{1}{2}$ cup pineapple chunks (fresh or frozen)
 $\frac{1}{2}$ frozen banana

Directions

Place all ingredients in a blender and purée until creamy and smooth.

Recipes courtesy of fruitsandveggiesmorematters

Nutrition First News Staff

Susan Maxwell	Director/Editor
Kathy Derr	Program Mgr.
Carmen Romero	Program Rep.
Yelena Chesnokova	Program Rep.
Jackie Johnston	Program Rep.
Nancy Cain	Program Rep.
Laura Daberkow	Support Spec.
Sally Youell	Artwork/Layout

Nutrition First

PO Box 2316

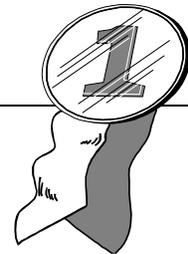
Salem, OR 97308-2316

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 October are **Ashley Grabill of Newberg & Elizabeth (Betty) Pettit 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!*

Thanks and Good Luck!!

"Good nutrition is the right of all children."

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices and employees, and institutions participating in or administering USDA programs are prohibited from discrimination based on race, color, national origin, sex, disability, age or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at : http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
- (2) fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov

This Institution Is An Equal Opportunity Provider.
