

NUTRITION FIRST NEWS



Nov 2018

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*



Apple Pumpkin Muffins

The combination of flavors makes this recipe a perfect treat for a cool fall day. These apple and pumpkin muffins are great for breakfasts or after-school snacks. *Makes 1 ½ dozen. Prep time: 15 minutes. Bake time: 30 minutes plus cooling.*



- ✓ 2 ½ cups all-purpose flour
- ✓ 2 cups of sugar (can add less)
- ✓ 1 tsp. baking soda
- ✓ 1 tsp ground cinnamon
- ✓ ½ tsp ground ginger
- ✓ ½ tsp salt
- ✓ ¼ tsp. ground nutmeg

- ✓ 2 eggs
- ✓ 1 cup canned pumpkin
- ✓ ½ cup vegetable oil
- ✓ 2 cups finely chopped peeled tart apples

In a large bowl, combine the first 7 ingredients. In a small bowl, combine eggs, pumpkin and oil; stir into dry ingredients just until moistened. Fold in apples. Fill greased or paper-lined muffin cups two-thirds full. Bake at 350 degrees for 30-35 minutes or until muffins test done. Cool for 10 minutes before removing from pan. *Taste of Home*



Mom's Sweet Potato Bake

Just in time for the season - although sweet potatoes are good any time of the year!

- ✓ 3 cups cold mashed sweet potatoes (prepared without milk or butter)
 - ✓ 1 cup sugar
 - ✓ 3 eggs
 - ✓ ½ cup 1% milk
 - ✓ ¼ cup butter, softened
 - ✓ 1 tsp. salt
 - ✓ 1 tsp. vanilla
- Topping:**
- ✓ ½ cup packed brown sugar
 - ✓ ½ cup chopped pecans
 - ✓ ¼ cup all-purpose flour
 - ✓ 2 Tbsp. cold butter

In a large bowl, beat the first 7 ingredients together until smooth. Transfer to a greased 2-quart baking dish. In a small bowl, combine the brown sugar, pecans and flour; cut in butter until crumbly. Sprinkle over potato mixture. Bake, uncovered, at 325 degrees for 45-50 minutes or until a thermometer reads 160 degrees. *Taste of Home*



Easy Meatball Stroganoff

You know those specific brands of meatballs we have told you are claimable, such as homemade or Kirkland Italian Meatballs? Here's a great recipe to try using those meatballs.

- ✓ 3 cups uncooked egg noodles
- ✓ 1 Tbsp. olive oil
- ✓ 12 ounces frozen fully cooked Italian meatballs, thawed
- ✓ 1 ½ cups beef broth
- ✓ ¾ tsp. dried basil
- ✓ 1 tsp. dried parsley flakes
- ✓ ½ tsp. salt
- ✓ ½ tsp. dried oregano
- ✓ ¼ tsp. pepper
- ✓ 1 cup heavy whipping cream
- ✓ ¾ cup light sour cream

Cook egg noodles according to package directions for al dente; drain. Meanwhile, in a large skillet, heat oil over medium-high heat. Brown meatballs; remove from pan. Add broth, stirring to loosen browned bits from pan. Add seasonings. Bring to a boil; cook 5-7 minutes or until liquid is reduced to ½ cup. Add meatballs, noodles and cream to the pan. Bring to a boil reduce heat and simmer, covered, 3-5 minutes or until slightly thickened. Stir in sour cream and heat through. *Taste of Home*

Southern Green Beans & New Potatoes with Bacon

This twist on classic comfort food from The American Frozen Food Institute will have everyone asking for more!

- ✓ 4-5 slices hickory smoked bacon
- ✓ 1 tsp. butter
- ✓ 2 cloves garlic, minced
- ✓ 2 shallots, chopped
- ✓ 1 pound new potatoes, boiled until tender
- ✓ 1 family size frozen French cut green beans, defrosted and drained
- ✓ Sea salt and black pepper to taste
- ✓ 1 tsp. dried parsley
- ✓ 1 tsp dried rosemary

Remove the outer skin from the garlic and shallots. Wash the potatoes. Fill a large cooking pot with water and drop in the potatoes. Add 1 tablespoon of salt and allow the potatoes to boil on high heat. Boil until tender, about 25 minutes depending on the size of the potatoes. Drain and set aside.

Slice bacon into bite-size pieces. Slide into hot skillet and fry until crispy. Place the cooked bacon on paper towels to drain.

Remove half of the bacon grease and discard. Add one teaspoon of butter to the skillet. When butter is melted, add the minced garlic and chopped shallots. Sauté for 20-30 seconds.

Next add the tender new potatoes to the same skillet and turn them a few times so the skins are coated with the oil/butter. Gently stir in the green beans.

Season with sea salt and black pepper, dried parsley and rosemary. Crumble the cooked bacon on top of the mixture. Continue heating and stirring occasionally until the skillet is steaming and the food thermometer reads 165 degrees. Serve immediately. *Fruits and Veggies, More Matters*



Turkey Activity and Snack



Start with a fun physical activity:

Turkey Pokey -

Instead of putting your right arm in and out, put your right wing in and out and gobble all about.

Continue with your left wing, your drumstick, your tail feathers and so on.

Then invite the children to prepare a

Quesa "Turkey" Dilla Snack:

Make quesadillas and cut them into triangles for "feathers". Let the children assemble their turkey snack with a circular apple slice for the body, pretzel sticks for feet, raisins for the eyes, and a candy corn for the beak. Then gobble it up! Nutrition Edition, Issue 87

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Nutrition First USDA Child Care
Food Program is a program of the
Mid-Willamette Valley
Community Action Agency



MENU WINNERS

- **The menu winners for September are: Lynda Sheldon of Tillamook & Lucille Barnes of Lebanon.**
- **The menu winners for October are: Elvia Amaya of Tillamook & Brianne Wilson of Stayton**



- **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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