

# NUTRITION FIRST NEWS



March, 2020



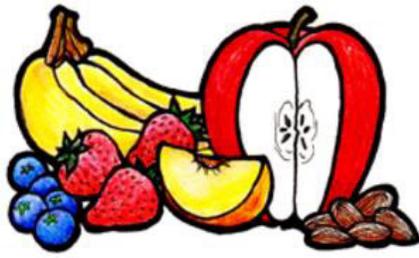
## Notes From Nutrition First

*The COVID-19 pandemic is causing things to change on a daily basis, and this is our new normal, for now. What I can tell you is this: Until we hear otherwise, from USDA and the Oregon Department of Education, it is business as usual. If you are working, so are we. Much of the content of this newsletter is on our Facebook page (Nutrition First – look for our logo), but for those who don't have access to Facebook, here is what we know so far:*

- All Nutrition First representatives are practicing good hygiene. We all carry hand sanitizer in our vehicles and will be using it before and after our visits with you. We will not be sharing our pens with you. We are happy to wash our hands when we enter your home. As long as the days remain nice, you are welcome to bring your food paperwork outside, along with your kids, and we can do our visits with you outside, if you wish.
- We will be staggering our time at the office (half of us on one day, and half on the next). So we might not be able to answer all the calls on the main office phones. However, you all have our cell numbers (front page of your red handbook), and you can call or text us on those numbers.
- The Oregon Department of Education is working with USDA on gaining some meal component flexibilities during this time, but we have little concrete yet. As we learn more, we will inform you all right away – generally on Facebook, as that is instant, unlike these newsletters. One waiver we were able to obtain is a relaxing of the requirement for milk to be served at all main meals (see Breaking News – Page 2). Again, we will inform you immediately if other changes are made.
- As many of you know, the schools are offering drive-up lines at the schools to hand out breakfast and lunch sacks of food for the children. Some schools are actually delivering these meals. While these meals are different than what is required of child care providers (Lucky Charms and chocolate milk, for instance), please note that they are fine to give to the kids – you just can't claim them on the food programs. But you are welcome to serve them if you are having difficulty in finding what you need at the grocery stores. These meals are similar to the summer free lunches at schools – you can serve them but not claim them. One provider says she is serving and claiming breakfast and snacks from her own purchases, and sending the lunch items home with the kids, so parents can serve those items to their children at dinner.
- For those of you who are going inactive for a while, please inform us of that, so we aren't dropping by when you have no children.
- For providers on Jackie's caseload – she broke her ankle a few weeks ago and had to have surgery. She can't drive, so please note that if you are due for a visit, it may be with one of the rest of us at Nutrition First. We all carry ID; don't hesitate to ask for it.
- Please don't worry about your reimbursements – we will all be processing menus during menu time, even if that's at home. It would be really helpful if you send in your menus as soon as possible, after March 31<sup>st</sup>.

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Any of you are welcome to call at any time with questions and/or concerns.  
We will give you whatever information we have. *We will get through this, together.*

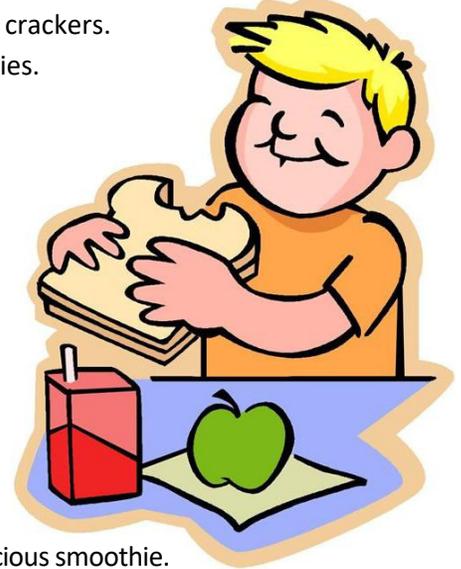


# 25 Healthy Snacks For Kids (And You!)

American Dietetic Association

***When a snack attack strikes, refuel with these nutrition-packed snacks.***

- Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
- Smear a scoop of yogurt on two graham crackers and add sliced banana to make a yummy snack.
- Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
- Microwave a cup of tomato or vegetable soup and enjoy with whole grain crackers.
- Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries.
- Microwave a small baked potato. Top with cheddar cheese and salsa.
- Make snack kabobs. Put cubes of cheese and grapes on pretzel sticks.
- Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.
- Toast a whole-grain waffle and top with yogurt and sliced peaches.
- Peel a banana and dip in yogurt. Roll in crushed cereal and freeze.
- Toss dried cranberries and chopped walnuts in instant oatmeal.
- Make a mini sandwich with tuna or egg salad on a dinner roll.
- Spread celery sticks with peanut butter. Top with raisins.
- Sprinkle grated Parmesan cheese on hot popcorn.
- Dip mini-toaster waffles in cinnamon applesauce.
- Spread peanut butter on apple slices.
- Blend low-fat milk, frozen strawberries and a banana for 30 seconds for a delicious smoothie.
- Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers (just claim as peanut butter only).
- Sandwich Cut-outs – Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!
- Spread mustard on a flour tortilla. Top with a slice of turkey or ham, cheese and lettuce. Then roll it up.
- Mini Pizza – Toast an English muffin, drizzle with pizza sauce and sprinkle with mozzarella cheese.
- Inside-Out sandwich – spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
- Parfait – layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.
- Dip baby carrots and cherry tomatoes in ranch dressing (make the dressing with plain yogurt and claim it, also!)
- Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for 20 seconds. Top with salsa.



## ***BREAKING NEWS -***

USDA has given the CACFP food program child care providers a break.



If you are unable to find milk, or milk of the correct percentage (whole for under age two and skim or 1% for age two and older). USDA will allow the incorrect milk percentage or another liquid such as water to be served at main meals. This flexibility is **ONLY** if you cannot find milk, and we need you to write what you are serving at each meal on the menu, along with a sentence written on your menus as to why you are serving something other than milk. Remember that 100% juice is still only allowed once per day, so you cannot claim juice as your milk. We expect that this may only be an occasional occurrence; please let us know if milk is unavailable wherever you shop.



This federal flexibility is due to the COVID-19 Federal State of Emergency.





# Results From Our Recent Audit

*As some of you know (those 26 providers who were unlucky enough to get an unannounced visit from the ODE specialists), Nutrition First was audited in late February and early March. The visits are over, but the audit results have not yet been finalized. All food programs are audited every two years. ODE specialists do not tell us who they have chosen to visit. So far, there are four main areas on which we need to focus.*

- Many of the providers were not up-to-date on meal program paperwork – menus, meal count logs, and daily attendance. Those meals and/or days were disallowed. Menu records must be current at all times.
- Most, but not all, of the providers had labels and UPC codes for their menus. Do remember though, if you are serving homemade meatloaf, meatballs, chicken nuggets or fish sticks, your recipes have to be included in your envelope of labels. Yogurt labels, all cereal labels, and all whole grain labels must be saved in the label envelope, along with your recipes.
- Some providers had not given advance notice that they were going to be away from the home – remember to text or call us if you are gone during your stated menu times. (Other providers did give us advance notice, but as ODE did not tell us who they were choosing to visit, they made some visits needlessly.)
- The fourth area in which ODE found us at fault is the one in which providers are not serving meals at their stated meal times. This one is difficult – ODE expects home child care providers to serve meals and snacks at set times, just like the schools or centers. WE UNDERSTAND that you are running homes that cater to the children. Maybe it's a really nice day, so you are having lunch late because the kids want to play. Or maybe the kids are all cranky and need an early nap, so you serve a meal early. We understand this – but ODE does not. All we can ask is that you continue to write your meal times on your menus in the spaces provided, and if your summer meal times change, please let us know.
- ODE specialists noticed that about half of the providers were not able to locate "old" paperwork, meaning the copies of all the child enrollments in addition to menus/meal count logs. We feel you're all doing pretty well on keeping your menus, but please remember to keep all your child enrollment copies for the same three years.

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

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

***Thank you to those of you who were chosen by ODE to be reviewed.***

*We appreciate your graciousness.*



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## MENU WINNERS

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- *The menu winners for Jan are* **Edna Beagle of Springfield & Hailey Severson of Tangent**
- *The menu winners for Feb are* **Katherine Cronin of Eugene & Sharon Jensen of Cottage Grove**
  
- *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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