

# NUTRITION FIRST NEWS



October 2016

## Cooking With Pumpkin

Move over jack-o'-lanterns. Pumpkins can also be used in recipes to add flavor and loads of nutrients.

### Pumpkin Fries - Savory or Sweet

- ✓ 1 medium pumpkin (about 4 cups when cut)

#### Savory Spice Mix

-OR-

#### Sweet Spice Mix

- ✓ 1 tsp. curry powder
  - ✓ 1 tsp. garlic powder
  - ✓ 1/8 tsp. cayenne pepper
  - ✓ ½ tsp. onion powder
  - ✓ ½ Tbsp. olive oil
- ✓ 1 tsp. pumpkin pie spice (no sugar added)
  - ✓ 1 Tbsp. maple syrup



Preheat oven to 350 degrees. Cut the pumpkin in half and remove the seeds. Remove the skin with a potato peeler. Cut into strips, similar to fries, about ¼ to ½ inch thick. Coat the pumpkin with the desired spice mixture, savory or sweet. Arrange fries in a single layer on a greased or lined cookie sheet. Bake for approximately 30 minutes, or until the pumpkin is soft and easily punctured with a fork. *Claim as a vegetable at any meal or snack.* Assoc. for Child Development

## Roasted Pumpkin & Sweet Potato Pilaf



- ✓ 1 cup peeled pumpkin, cut into ½ inch cubes
- ✓ ¾ cup peeled sweet potato, cut into ½ inch cubes
- ✓ 1 tsp. olive oil
- ✓ ½ cup diced onion
- ✓ ¼ cup diced celery
- ✓ 2 tsp. minced garlic
- ✓ 4 cups fat-free, low-sodium chicken broth
- ✓ ½ cup water
- ✓ 1 ½ cups uncooked brown rice
- ✓ 1 tsp. sage
- ✓ ½ tsp. pepper
- ✓ ¼ tsp. salt
- ✓ 1 bay leaf

Arrange pumpkin and sweet potato evenly on a greased baking pan. Bake at 400 degrees for 35 minutes or until tender, stirring halfway through. Remove from oven and set aside.

Heat oil in a saucepan over medium-high heat. Add onion, celery, and garlic; sauté until tender. Add broth, water, rice, sage, pepper, salt, and bay leaf, stirring to combine. Bring to a boil; cover, reduce heat, and simmer 50 minutes or until rice is done and liquid is mostly absorbed. Remove from heat. Add pumpkin/sweet potato mixture; stir gently to combine. *Claim as one vegetable and one grain at any meal.*

## Selecting a Pumpkin

When carving a pumpkin, the general rule is “the bigger, the better”. However, if pumpkins will be used for cooking or baking, select smaller, sweeter pumpkins – usually 4 to 8 pounds – with a denser, smooth flesh and a higher sugar content. While pumpkin shells get dull as they age, the flesh will remain intact and can become even sweeter. Don't shy away from a dull pumpkin unless it is also bruised or blemished.



# Tips for a Happy & Safe Halloween

Halloween is a whimsical and fun holiday celebrated by many throughout the United States. While the little ghouls, goblins, and princesses are sure to be focused on maximizing their candy collection, it is important for parents and child care providers to take a few simple precautions.

Festivities often begin before Halloween day with trips to the local pumpkin patches and fall festival events. In the midst of such excitement, young enthusiasts may wander away from the group. Consider dressing your group in matching clothes so that everyone can be easily spotted. Designate a meeting area; be sure everyone knows to wait at this spot if they get separated from the group.

After the little pumpkins are safely home from the patch, you can begin the fun process of personalizing your Jack-o-lanterns. While there are many kits available to help carve spectacular pumpkins, remember that carving should be done by adults. Encourage children to help scoop out the insides of the pumpkins. Paints and foam stickers are another option for safe decorating that children can manage on their own.

When the big night arrives, be sure children have weather-appropriate costumes that fit properly. Avoid masks because they may obscure a child's vision. Glow necklaces and flashing pins make a fun addition to costumes and improve visibility. Whenever possible, plan to go out trick-or-treating in groups. Older children may last longer going door-to-door than younger children, so be certain there are enough adults to escort children of all ages if your group needs to split up. Make sure children know not to eat any candy until it has been inspected by an adult. This safety measure is essential, especially with the ever-growing number of food allergies and sensitivities.

The Food Allergy and Anaphylaxis Network has resources for parents of children with food allergies. Visit [FoodAllergy.org](http://FoodAllergy.org) to learn how to keep Halloween safe for those with food allergies or sensitivities.



## Curried Pumpkin Soup, EASY

- |  |                                   |
|--|-----------------------------------|
| 1 cup yellow onion, chopped                            | 2 15-oz. cans pumpkin puree       |
| 2 garlic cloves, minced                                | 4 cups low-sodium vegetable broth |
| 1 tsp. olive oil                                       | 1 Tbsp. curry powder              |
| 1 15-oz. can light coconut milk                        | 1 tsp. salt                       |
| 2 15-oz. cans great northern beans, drained and rinsed | 1 tsp. pepper                     |

In a skillet, cook onion and garlic in oil until translucent. Place onion and garlic along with all other ingredients into a crock pot. Stir to combine. Cook soup on low for 4 to 6 hours. Use a blender to blend until the soup is smooth. This makes quite a bit of soup. Kids might like to drink it, after cooling a bit, in small Dixie cups. *Claim as one vegetable and one protein (white beans).*

## Sodium and Top Ramen

We just finished the training unit on sodium, and are hoping you put the spice shakers and recipes to good use. Remember the amount of sodium in Top Ramen? Way too much – but kids like it. Many of you told me you don't add the seasoning packet in the Top Ramen packets, or only use half. Here's a method provider Ashley of Newport uses: To replace the Top Ramen with a healthier noodle dish that kids will like, boil up some angel hair pasta or other thin pasta. When done, pan fry with beef bouillon or some chicken stock, and add some fresh or dried herbs. Just as easy as regular Top Ramen, tastes great, and a whole lot healthier.

Thanks for the tip, Ashley!



# New Fiscal Year Begins – Parent Surveys



With the new fiscal year beginning October 1<sup>st</sup>, Nutrition First has to start mandatory parent surveys again. Please remember that these are nothing to be concerned about; they are simply required on our part. We are mandated to do one parent survey per fiscal year

on DHS-listed providers who receive a reimbursement check that is \$400 or over; OCC-registered providers whose check is over \$1200; and OCC-certified providers whose check is over \$1500.

You might let your parents know of this regulation, and encourage them to return the surveys, as the more we receive, the better you look. Thanks! Please direct any questions to your program representative.



## Comienza nuevo año Fiscal, y con el nuevo año fiscal, el 1 de octubre Nutrition First tiene que comenzar:

Auditorias a las proveedoras exentas de DHS que reciben un cheque de \$400 o más, a las proveedoras registradas que reciben un cheque mayor de \$1200 y a las proveedoras certificadas que reciben un cheque mayor de \$1500. Las nuevas encuestas familiares son requeridas por congreso. Por favor recuerde que esto es nada de qué preocuparse; simplemente se requiere de nuestra parte. Les pedimos pro favor que les hagan saben sobre este reglamento y animarles a regresar las encuestas, en l reciamente más recibimos, mejor se ve usted la proveedora.

Con el nuevo año también comienzan las visitas sorpresas, recuerde que puede recibir más, si su representante siente necesario hacer mas de las 3 visitas por año.

Cualquier pregunta diríjala a su representante del programa. ¡Gracias!

## НОВЫЙ ФИНАНСОВЫЙ Год- Опрос Родителей

1 Октября начался новый финансовый год и мы начинаем опрашивать родителей о посещении детей вашего детского сада. Нет причин для беспокойства. Это обычная процедура которую мы проводим раз в год. Если вы DHS воспитатель и ваш чек \$400 или больше, или вы зарегистрированный воспитатель и ваш чек \$1200 или больше, или вы сертифицированный воспитатель и ваш чек \$1500 или больше, то родители детей вашего сада получат письмо-опрос. Пожалуйста напомните родителям чтобы они обязательно ответили на все вопросы и отправили письмо в наш офис. Если у вас есть вопросы пожалуйста звоните своему представителю программы. Спасибо!

### **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

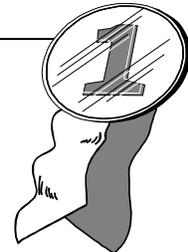
Salem, OR 97308-2316

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 August are *Kim Getman of Newberg & Dianna Coldiron of Aumsville***
- **The menu winners for September are: *Galina Feshchenko of Salem & Cheryl Stone 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!!*

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

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