

NUTRITION FIRST NEWS



Sept 2014

Proposed Changes to the Nutrition Facts Label

The FDA is proposing to update the Nutrition Facts Label found on most food packages in the United States. The Nutrition Facts Label, introduced 20 years ago, helps consumers make informed food choices and maintain healthy dietary practices. If adopted, the proposed changes would include the following:



Greater Understanding of Nutrition Science

- This would require information about “added sugars”. Many experts recommend consuming fewer calories from added sugar because they can decrease the intake of nutrient-rich foods while increasing calorie intake.
- Update daily values for nutrients like sodium, dietary fiber, and vitamin D. Daily values are used to calculate the Percent Daily Value listed on the label, which help consumers understand the nutrition information in the context of total daily diet.
- Require manufacturers to declare the amount of potassium and vitamin D on the label, because they are new “nutrients of public health significance”. Calcium and iron would continue to be required, and vitamins A and C could be included on a voluntary basis.
- While continuing to require “Total Fat”, “Saturated Fat”, and “Trans Fat” on the label, “Calories from Fat” would be removed because research shows the type of fat is more important than the amount.

Updating Serving Size Requirements and New Labeling Requirements for Certain Package Sizes

- This would change the serving size requirements to reflect how people eat and drink today, which has changed since serving sizes were first established 20 years ago. By law, the label information on serving sizes must be based on what people actually eat, not on what they “should” be eating.
- Require that packaged foods, including drinks, that are typically eaten in one sitting be labeled as a single serving and that calorie and nutrient information be declared for the entire package. For example, a 20-ounce bottle of soda, typically consumed in a single sitting, would be labeled as one serving rather than several servings.
- For certain packages that are larger and could be consumed in one sitting or multiple sittings, manufacturers would have to provide “dual column” labels to indicate both “per serving” and “per package” calories and nutrient information. Examples would be a 24-ounce bottle of soda or a pint of ice cream. This way, people would easily understand how many calories and nutrients they are getting from the amount they consume.

Nutrition Facts		
Serving Size 2/3 cup (55g)		
Servings Per Container About 8		
Amount Per Serving		
Calories 230	Calories from Fat 72	
	% Daily Value*	
Total Fat 8g		12%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 160mg		7%
Total Carbohydrate 37g		12%
Dietary Fiber 4g		16%
Sugars 1g		
Protein 3g		
Vitamin A		10%
Vitamin C		8%
Calcium		20%
Iron		45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	230
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg
* Footnote on Daily Values (DV) and calories reference to be inserted here.	

Refreshed Design

- A new design would make calories and serving sizes more prominent to emphasize important parts of the label that are of current public health concern such as obesity, diabetes, and cardiovascular disease.
- Shift the Percent Daily Value to the left of the label, so it would come first. This is important because the Percent Daily Value tells you how much of certain nutrients you are getting from a particular food in the context of a total daily diet.
- Change the footnote to more clearly explain the meaning of the Percent Daily Value.

The FDA issued two proposed rules on the nutrition label. The rules are published in the Federal Register so that members of the public can review them and send their comments.

The public is given a period of time to submit their comments. For more information or to comment on the Proposed Nutrition Label (the right hand label to the left), go to www.fda.gov. *Potpourri August 2014*

Effective Immediately

The Department of Education (our funder for USDA) released new guidance on the claim reporting deadline. Up until now, we have always been able to process the current month's menus, and two months of late menus. That has been changed, effective this month, to only submitting claims for the current month and the month prior (so, one month late).

Example: In October, we will only be able to process the September menus, and one month prior – August late menus. If you still had a July menu, we would not be able to process it. You could, however, save it to use on your taxes as a deduction because it was not reimbursed.



Zucchini Tots

Cooking spray	$\frac{1}{4}$ medium onion, minced
1 packed cup grated zucchini	$\frac{1}{4}$ cup grated cheddar cheese, reduced fat
1 large egg	$\frac{1}{4}$ cup seasoned breadcrumbs
	Kosher salt and black pepper to taste

Preheat oven to 400 degrees. Spray a baking sheet with cooking spray. Grate the zucchini into a clean dishtowel and wring out all the excess water until you have about a cup of shreds. In a medium bowl, combine all of the ingredients and season with a bit of salt and pepper. Roll 1 tablespoon of the mixture in your hands at a time to make small ovals. Place on the cookie sheet and bake

for 16 to 18 minutes, turning over halfway through cooking until golden and crisp on the edges. Serve with ranch dressing for dipping, if you'd like. *Serving size: 4 tots. Makes 3 servings (12 tots)* Credit: skinnytaste.com

Kids Mexican Sushi



- ✓ 3 cups dry bean soup mix
- ✓ 8 cups water
- ✓ 1 cup onion, chopped
- ✓ $\frac{1}{2}$ tsp. salt
- ✓ 1 Tbsp. taco seasoning
- ✓ 11 whole wheat flour tortillas
- ✓ 1 cup shredded cheese
- ✓ 1 cup tomatoes, finely diced

Place beans, water, onion, and salt in slow cooker and cook on high about 4-6 hours. When the beans have cooked, drain and reserve liquid. Pour beans and taco seasoning into a big bowl and mix with a hand mixer. Add as much of the reserved water as needed to attain desired consistency. To make the sushi, warm the tortillas and spread with beans, cheese, and tomatoes. Roll up and wrap with plastic wrap to chill. After a few hours, take out and slice like sushi. This recipe makes a lot: 22 servings for 3-5 year olds at lunch/dinner. May be claimed as protein or vegetables, and a grain/bread group.

Note: I believe you could achieve the same meal by substituting 3 or 4 cans of pinto or black beans rather than the bean soup mix. Just drain and mash. Potpourri August 2014

Baked Eggplant Sticks

10 ounces eggplant, cut into $\frac{1}{4}$ " strips	2 Tbsp. Parmesan cheese
1 tsp. olive oil	1 large egg white, whisked
$\frac{1}{4}$ tsp. salt	Marinara or Ranch sauce for dipping
$\frac{1}{2}$ tsp. pepper	
$\frac{1}{2}$ cup seasoned bread crumbs	

Place eggplant strips in a bowl and season with olive oil, salt, and pepper.

Set aside. Combine bread crumbs and cheese in a bowl, and the egg in another.

Dip eggplant strips into the egg and then into the bread crumbs. Remove from crumbs and place on a lightly greased baking sheet. Spray with non-stick cooking spray and bake at 450 degrees for 10 minutes. Turn over and bake 5 minutes more, or until golden. Serve with dipping sauce. Makes 4 servings for 3-5 year olds at lunch/dinner.

www.skinnytaste.com





Reclamos Que Llegan Tardes:

El Departamento de Educación (nuestro fundador para los reembolsos de USDA) nos acaba de dar nueva reglas sobre los menús que llegan tarde al programa. En el pasado podíamos procesar hasta dos meses atrasados, pero comenzando inmediatamente solo podremos procesar el menú corriente, un mas atrasado. Los fondos se perderían para cualquier menú que llegue más de 2 meses atrasado.

Tots de Calabacitas tiernas

- ✓ 1 taza de calabacitas rallada
- ✓ 1 banquillo grande
- ✓ ¼ cebolla mediana picada finamente
- ✓ ¼ taza de queso cheddar rallado
- ✓ ¼ taza de polvo de pan
- ✓ Y sal pimienta a sabor.

Caliente el horno a 400 grados, espraye una cacerola para ornear con aceite de aerosol. Ralle la calabaza sobre una toalla limpia y exprima todo el líquido de ella, necesitara una taza de calabaza ya exprimida. En un sartén combine todos los ingredientes y sazone con la sal y pimienta. Haga bolitas una cucharada a la vez con sus manos y ponga los sobre la cacerola para hornear. Hérnie por 16 a 18 minutos en el horno o hasta que estén dorados en color.



Внимание! Новое требование

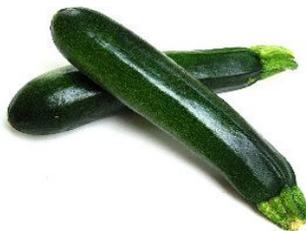
Департамент по вопросам Образования (основатель Пищевой программы USDA) утвердил новое требование относительно допустимых сроков

предъявления меню к оплате. До этого времени мы имели право обрабатывать меню за прошлый месяц и два предыдущих месяца. Начиная с этого месяца будут обрабатываться только меню за прошлый месяц и месяц перед ним.

К примеру: В Октябре мы будем обрабатывать меню за Сентябрь и опоздавшие меню за Август. Меню за Июль обрабатываться уже не будут. Однако вы имеете право их сохранить и использовать для возврата с налогов на бизнес.

Шарики из цуккини

- ✓ Овощное масло для жарки
- ✓ 1 чашка натёртых цуккини
- ✓ 1 яйцо
- ✓ ¼ чашки тёртого сыра
- ✓ ¼ среднего по величине лука, посечённого
- ✓ ¼ чашки хлебных крошек со специями
- ✓ Соль и перец по вкусу



Нагрейте духовку до 400 градусов. Смажьте противень маслом. Натрите цуккини и отожмите сок. Отмерьте 1 чашку. Смешайте все ингредиенты, добавьте соль и перец. Скатайте шарики отмеряя смесь столой ложкой. Выложите шарики на противень и запекайте 16-18 минут, перевернув однажды во время выпечки. Подавайте с любимым салатным соусом. Выход: 3 порции по 4 шарика *Рецепт с сайта: skinnytaste.com*

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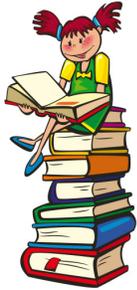
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Nutrition First USDA Child Care
Food Program is a program of the
Mid-Willamette Valley
Community Action Agency

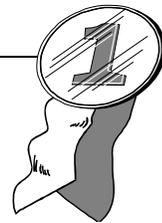
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MENU WINNERS

The menu winners for August are **Noelle Ramos of Turner & Charmayne Bowling of W. 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!!

"Good nutrition is the right of all children."

Looking For More Training?

Child care providers can now access information on trainings that are happening all over the state of Oregon. The on-line training calendar at www.oregonchildcaretraining.org will let you search by county, as well as by training category and date. *Check it out!*

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