

NUTRITION FIRST NEWS



Sept 2018

10-01-2018



be disallowed. Days in which a whole grain (WG) item is not served will have a meal disallowed. Days in which a child under two is not served whole milk, or meals in which children over two are not served skim or 1% milk will have to be disallowed (please remember that 2% milk is not allowed for any child). The correct brands of yogurt and cereal must be served (under the sugar content limit).

It's coming! The end of the one-year transitional period takes place 10/1/18 – this means that October is the month we will have to begin disallowing meals that don't comply with the new meal pattern. Desserts and any granola bars including Belvita or breakfast bars will

The good news is that you are all doing a great job with very few exceptions. Just remember to continue to utilize the space at the top of the menus to write in cereal brands and yogurt brands and flavors. Thanks so much and please contact us if you have any questions at all.

(This article is for those who haven't seen it on our Facebook page – go to Nutrition First Oregon)

Help! What is Whole Grain-Rich?

From Nutrition Edition, August 2018



October 1, 2018 marks one year of the Child and Adult Care Food Program's first major meal pattern and nutrition standards update since the Program began in 1968. Children all around the country are now reaping the benefits of a wholesome and more balanced diet.

One of the new meal pattern changes requires providers to serve at least one whole grain-rich food each day *and* document it on their menus to avoid meal deductions or disallows. Whole grains are less refined and more nutritious than enriched grains. Whole grain-rich foods are made with **at least** 50% whole grains with any remaining grains being enriched or whole grain.

Breads and rolls are a staple of the American diet and comprise one of the largest aisles at grocery stores. Shoppers are greeted with an abundance of products all cleverly named and colorfully packaged that promise to be healthy and the best choice. Even after carefully inspecting nutrition labels and ingredients to find the most nutritious products it may be confusing to find a whole grain-rich product that meets the CACFP requirement. Words like *wheat, wheat flour or organic flour* can be misleading and it will take a little practice to find reimbursable products for your child care, but with time you will be able to discern with more ease.

The color of a food is not an indication that it is whole grain-rich. Foods labeled as "*multi-grain*", "*stone-ground*", "*100% wheat*", "*cracked wheat*", "*seven-grain*", or "*bran*" are usually not 100% whole-grain products and may not contain any whole wheat.

Identifying whole grain and whole grain-rich breads or alternates will be easier if you learn the six identification methods. As long as the item in question qualifies by **at least one** of the six methods, you are in compliance. Those six methods are outlined in the booklet we have been leaving at our visits. The methods will also be incorporated in the new handbook that we will be handing out beginning with our October visits.

You've got this! Keep up the good work!

Scalloped Potatoes & Chicken w/Fennel

We've turned scalloped potatoes into a one-dish meal that's big in flavor but low in fat with the addition of chicken and fennel. The potatoes are first par-boiled in the microwave to reduce baking time.

(Claim as two vegies and one meat)

- | | |
|---------------------------------|--------------------------------|
| ✓ 4 medium red potatoes | ✓ 2 Tbsp. flour |
| ✓ 1 fennel bulb with fronds | ✓ 1 ½ cups non-fat milk |
| ✓ 2 garlic cloves, minced | ✓ ¼ tsp. salt |
| ✓ 2 chicken breasts (16 oz.) | ✓ Dash of pepper |
| ✓ Cooking spray | ✓ ½ cup reduced-fat sour cream |
| ✓ 1 ½ Tbsp. margarine or butter | ✓ 2 Tbsp. grated Parmesan |



Preheat oven to 350 degrees. Leaving skin on, thinly slice potatoes. Cut stalk and fronds from fennel bulb. Discard stalk. Thinly slice fennel bulb. Chop fennel fronds and set aside. Place potato and fennel slices in 2-quart covered baking dish, and add water to cover vegetables. Cover with lid and microwave on high for about 5 minutes. Let cool slightly and drain vegetables into colander. Wipe baking dish dry and spray with cooking spray. Add vegetables back to dish and sprinkle with minced garlic. Cut chicken breasts in half (into 4 pieces). Place atop the potato-fennel mixture. In a bowl, mix melted margarine or butter and flour into a smooth paste. Add 1 ¼ cups non-fat milk, salt and pepper and stir until smooth. Pour over chicken, potatoes and fennel. Cover baking dish and place into the oven. Bake about 30 minutes. Mix remaining milk with sour cream. Increase oven temperature to 425 degrees. Remove dish from oven, spread the top with sour cream mixture, Parmesan cheese and fennel fronds. Return to the oven for 10 minutes, uncovered, and bake until the top is golden and bubbling. *More Matters*

Super Yogurt

This super yogurt will save your day! It is packed with protein and fiber to keep both you and the kids full and satisfied.

- | | |
|-------------------------------|----------------------------|
| ✓ 4 cups nonfat yogurt, plain | ✓ 1 cup blueberries |
| ✓ 1 cup instant oats | ✓ ½ cup almonds (optional) |
| ✓ ½ cup nonfat milk | ✓ 1 orange, juiced |
| ✓ 3 peaches, cubed | |

Combine the milk, oats, yogurt and orange juice in a mixing bowl. Place in the refrigerator and allow to sit 20 minutes or so. Meanwhile, crush the almonds (you could also use pumpkin seeds) and place in a sauté pan. Toast over medium heat until the aroma of the almonds begins to rise (about 5 minutes). Top the yogurt mixture with the almonds, peaches and blueberries. Stir thoroughly. *More Matters*



Peanut Butter Oatmeal

The classic combination of peanut butter and bananas shines in this quick and nutritious breakfast.

- | | |
|---------------------------------|--------------------|
| ✓ ½ cup dry oatmeal | ✓ 1 banana, sliced |
| ✓ 1 Tbsp. natural peanut butter | ✓ ½ tsp. sugar |

Cook oatmeal as directed. Add peanut butter, sugar and banana. Mix together well.

Did You Know...

September is National Childhood Obesity Awareness Month.

- One in 3 children in the United States is overweight or obese.
- "Fruit" drinks have almost as much sugar as soda, two thirds do not contain any fruit juice and when fruit juice is added, it rarely exceeds 10% of the drink, yet, 80% of parents buy fruit drinks for their young children.



Tuna Apple Salad Sandwich

Liven up that lunch time sandwich with a refreshing mix of tuna, apples, raisins and walnuts.

- ✓ 1 Fuji or Pink Lady apple
- ✓ 1 12 oz. can chunk light tuna, drained
- ✓ 2 Tbsp. low-fat plain yogurt
- ✓ 2 Tbsp. reduced fat mayonnaise
- ✓ ½ cup raisins or chopped figs
- ✓ ¼ cup walnuts, chopped
- ✓ Dash of black pepper
- ✓ 2 Tbsp. chopped fresh parsley (optional)
- ✓ ½ tsp. curry powder (optional)
- ✓ 8 leaves lettuce
- ✓ 8 slices whole grain bread



Cut apple in quarters; remove core and chop. In a medium sized bowl, mix all salad ingredients, except tuna. Then gently fold in the tuna. Make sandwiches using lettuce and whole grain bread and fill with tuna apple salad. (Counts as 1 fruit, 1 whole grain, and 1 protein) **More Matters**

¡El primero de octubre 2018 Ya viene!

Y esto significa que el final de período transitorio de un año se ha llevado a cabo – Esto significa que octubre es el mes que vamos a tener que empezar a no reembolsar por comida que no cumple con el nuevo patrón de comida. No se pagara por ninguna barra de granola, desayuno, cereal, o fruta. No se pagara ninguna galleta dulce, biscochos Belvita, pan dulce, arroz con leche o postres. En los días que no especifique que está sirviendo un elemento de grano entero (WG) será descontada una comida ese día.

TIENE que llenar los renglones de la parte de arriba del menú 1. Nombre del manufacturó del cereal, granola, y avena. 2. Escriba la marca y el sabor del yogurt 3. Los niños de 1 año tienen que tomar leche entera (tapa roja) 4. Los niños de 2 a 12 tienen que tomar leche de 1% o sin grasa. **Recuerde que Por ninguna razón puede servir leche 2%**

Si sirves crackers **NO escriba galletas** en el menú porque lo perderá. Mejor escriba el tipo de cracker que haiga servido.

Recuerda visitar la página de Facebook en español para más información. <https://www.facebook.com/NutritionFirstSpanish/>

10-01-2018

Внимание, вот и подошёл

к концу год в течение которого вы учились применять новые правила питания. Это означает что с 1 го октября 2018 года мы не сможем оплачивать те приёмы пищи которые не соответствуют новым правилам .

Напоминаем что десерты, сладкие батончики такие как БелВита и другая сладкая выпечка не разрешены программой. В те дни когда не будет предоставлен продукт из цельного зерна (ЦЗ или WG) один из приёмов пищи не будет оплачен. Не забывайте сервировать цельное молоко детям младше 2 лет и обезжиренное или 1% молоко детям старше двух лет. Необходимо так же предлагать йогурт и хлопья к завтраку с низким содержанием сахара.

Пожалуйста продолжайте записывать компанию производителя для сириала и овсянки и название и вкус йогурта в верхней части меню. Спасибо и пожалуйста звоните нам если у вас есть вопросы.

Nutrition First News Staff

Susan Maxwell	Director/Editor
Kathy Derr	Program Mgr.
Carmen Romero	Program Rep.
Yelena Chesnokova	Program Rep.
Jackie Johnston	Program Rep.
Shelley Walker	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 July are: Susan Sibilia-Young of Eugene & Silvia Rochefort, Albany**
- **The menu winners for August are: Blanca Aldama-Morgan of Albany & Sandra Powell of Oakridge**
- **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."

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](#), (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.
