

NUTRITION FIRST NEWS



June, 2021

ALL Providers Eligible for Tier One Rates

Effective July 1st



We're pretty certain you all know this news by now, but for those who don't...the federal government (USDA) has mandated that ALL day care homes in the United States, regardless of their location, are to receive Tier I reimbursement rates for all meals and snacks. This waiver is effective July 1, 2021, and remains in effect through June 30, 2022. There is nothing you need to do – this will happen automatically on July 1.

This new change represents a 48% reimbursement rate increase for Tier II providers! If a Tier II provider serves breakfast, lunch and a snack, she will now receive \$1,242 per child per year, up from \$595. (Note: the new Food Program reimbursement rates will be announced in July.) Those of you who are already Tier 1 providers will continue your tier as you have already been tiered by school or census, both of which last for 5 years from date of tiering. ***If there are any questions, don't hesitate to get in touch with us.***

In-Person Home Visits Begin Again in June 2021

We are happy to announce that you will see our smiling faces back in your homes beginning this month (well, maybe you won't see our smiles while indoors, as we will be masked!). We know the zoom, phone or video calls have presented some challenges and more work on your part and ours, so we are pleased to go back to "normal" visits. We have missed seeing you and your kids, and look forward to reading a story to the children and visiting with you, as well. We are happy to follow all safety and sanitation guidelines and if you choose, will provide the visits outdoors so we do not need to be masked, unless you prefer.

Recent Facebook Posts



A repeat of posts made to our Facebook account for those that do not use Facebook or follow us:

- Providers with direct deposit: Please let us know right away if you are closing or changing your bank account. Otherwise, the bank returns your payment and then we need to cut a paper check to send you, and it delays your reimbursement for a week or more. We need to have this information by the end of the month in order to get the payment stopped.
- Smoothies are wonderful and healthy drinks that children love. However, remember that once the fruit is blended, USDA considers it a juice – which is fine, except juice can only be claimed once per day. So, if you serve a smoothie at breakfast, and then a juice at snack, we'd have to disallow the snack...
- Even though Ritz crackers say whole grain on the front of the box, most Ritz do not qualify as whole grain. However, Ritz Toasted Chips are whole grain, and kids love them. Please keep the package label since it qualifies as a whole grain, and be sure to write "Ritz Chips" (WG) on your menu instead of just "Ritz" if claiming as your whole grain. (Ritz crackers can always be claimed, just not as a whole grain).
- As you are filling out your menus, please remember to write your name on the first page rather than your business name. Our system is similar to OCC's, meaning we track you by your name rather than your business name. When the menus or enrollments arrive with just the business name, we have to take additional time to figure out which provider sent them! Thanks.
- As most of you know, our nutritional unit was on AVOCADOS this quarter. Avocados are heart-healthy, providing naturally "good" fats. Seventy-five percent of the fat in an avocado is good fat. Avocados are nutrient-dense. One third of a medium avocado has 80 calories and contributes nearly 20 vitamins, minerals, and beneficial plant compounds. Avocados are also a good source of fiber. We posted many avocado recipes on Facebook to align with the nutritional unit. Some of the most kid-friendly will follow.

Berry Avocado Baked Oats



- ✓ 2 cups old-fashioned oats
- ✓ 1 tsp. ground cinnamon
- ✓ 1 tsp. baking powder
- ✓ $\frac{1}{4}$ tsp. salt
- ✓ 2 cups unsweetened soy milk
- ✓ 1 ripe banana
- ✓ 1 egg
- ✓ 2 tsp. vanilla extract
- ✓ $\frac{1}{2}$ ripe avocado, peeled & chunked
- ✓ 2 cups fresh or frozen mixed berries



Preheat oven to 375 degrees. Spray a 9x9-inch square pan with non-stick spray.

In a large bowl, combine the oats, baking powder, cinnamon and salt. In a food processor, combine the milk, banana, egg, avocado and vanilla. Pour the wet mixture into the dry mixture. Fold in $1\frac{1}{2}$ cups of the berries, reserving $\frac{1}{2}$ cup for topping. Bake for 35 to 40 minutes, until the top is nicely golden. Remove from the oven, let cool a bit, and serve warm.

Tropical Whole Grain Avocado Mini Muffins



- ✓ 1 cup all-purpose flour
- ✓ 1 cup whole wheat flour
- ✓ $\frac{1}{2}$ cup brown sugar plus 2 Tbsp.
- ✓ 1 tsp. baking powder
- ✓ $\frac{1}{4}$ tsp. salt
- ✓ 1 egg
- ✓ $\frac{1}{2}$ cup plain nonfat yogurt
- ✓ $\frac{1}{4}$ cup canola oil
- ✓ 2 very ripe bananas
- ✓ 1 ripe avocado, peeled and mashed
- ✓ $\frac{1}{2}$ cup fresh pineapple chunks, finely diced
- ✓ 1 cup shredded coconut, divided
- ✓ Non-stick cooking spray

Preheat oven to 350 degrees. Lightly coat 24-count mini muffin tin with cooking spray.

Whisk together all-purpose flour, whole wheat flour, baking powder and salt. With an electric mixer, beat bananas and avocado with $\frac{1}{2}$ cup brown sugar, yogurt, oil and egg. Add dry ingredients, mixing on low until combined.

Stir in pineapple and $\frac{1}{2}$ cup shredded coconut. Divide batter into the 24 mini muffin cups and sprinkle with a mixture of 2 tablespoons brown sugar and the rest of the coconut. Bake until golden brown and the center of the muffins resist light pressure, 16-20 minutes. Cool on a wire rack.

Pumpkin & Spice Avocado Muffins

- ✓ 2 cups white whole wheat flour
- ✓ 1 tsp. baking soda
- ✓ 1 tsp. baking powder
- ✓ $\frac{1}{2}$ tsp. salt
- ✓ 1 $\frac{1}{2}$ tsp. pumpkin pie spice
- ✓ 1 ripe avocado, peeled & mashed
- ✓ 1 cup pumpkin puree (canned)
- ✓ $\frac{1}{2}$ cup applesauce
- ✓ 2 large eggs
- ✓ $\frac{3}{4}$ cup brown sugar
- ✓ 1 tsp. vanilla extract
- ✓ $\frac{1}{2}$ cup finely chopped almonds (optional)

Preheat oven to 375 degrees. Line muffin tin with 12 paper liners. Combine flour, baking powder, baking soda, pumpkin pie spice and salt in a medium bowl; set aside. Beat avocado, pumpkin, applesauce, eggs, brown sugar and vanilla extract in a large bowl at medium speed until combined. Slowly add flour mixture to avocado mixture, scraping down sides as needed. Do not overmix. Add chopped almonds, if desired. Divide batter into muffin tin and bake for 20 to 25 minutes, until a toothpick comes out clean from the center. Transfer to wire rack to cool.

Recipes & images courtesy of www.loveonetoday



Happy Hummus

As you know, hummus must be homemade in order to be claimed. Here's an easy, 10-minute recipe:

- ✓ 2 15-oz cans of chickpeas (garbanzos), rinsed & drained
- ✓ ½ cup water
- ✓ 2 cloves garlic, minced
- ✓ ¼ cup tahini (sesame seed paste)
- ✓ 2 Tbsp. olive oil or vegetable oil
- ✓ 3-4 Tbsp. lemon juice
- ✓ ¾ tsp. salt
- ✓ ¼ tsp black pepper
- ✓ 1 Tbsp. paprika
- ✓ 3 Tbsp. fresh parsley, chopped

Place chickpeas, water, garlic, tahini, oil, lemon juice, salt and pepper in a food processor or blender. Process or blend until it forms a creamy paste. Spoon hummus into a bowl and top with paprika and parsley. Serve with whole wheat pita bread or cut-up vegetables.



Chicken Broccoli Quiche (Easy)

- ✓ ½ pound fresh broccoli, rinsed
- ✓ 3 eggs
- ✓ 1 cup milk
- ✓ ¼ tsp. nutmeg
- ✓ ¼ tsp. black pepper
- ✓ 1 cup cooked and chopped cold chicken
- ✓ 1 cup shredded cheese
- ✓ 1 partially baked 9-inch pie shell

Preheat oven to 350 degrees. Thinly slice broccoli stalks and cut florets into small pieces. Steam (or microwave) broccoli until tender, about 5 minutes. Let cool. Beat eggs, milk, nutmeg and pepper together. Spread broccoli, chicken and cheese evenly in the pie shell. Pour egg mixture over the top. Bake until fairly firm, about 45 minutes. Center will jiggle when gently shaken. Cool 15 minutes before serving.



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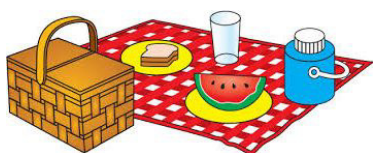
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Nutrition First USDA Child Care
Food Program is a program of the
Mid-Willamette Valley
Community Action Agency



MENU WINNERS

- **The menu winners for April are: Krystina Stahl of Keizer & Amanda Sanchez of Lincoln City**
- **The menu winners for May are: and Morgan Kolling of Lebanon & Leticia Jaramillo de Mejia of 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.**



"Good nutrition is the right of all children."

Thanks and Good Luck!!

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