

NUTRITION FIRST NEWS



September, 2021



Recent Facebook Posts *Effective August '21*

ODE's Child Nutrition Program has given us an updated milk substitute form (for certain soy milk brands). If you have any unused forms, please toss them. You DO NOT need to update the form of any child who is currently drinking soy milk. Your monitors will be bringing out the new forms on their visits, and we will post the new soy milk form on our website.

Milk Substitutes Here are the ODE Approved "Nutritionally Equivalent Milk Substitutes" (soy milk brands):

- 8th Continent Soy Milk (plain and vanilla)
- Kirkland Organic Soy Milk (plain)
- Pacific Soy Ultra (plain and vanilla)
- Silk Original Soy Milk
- Sunrich Naturals Organic Soy Milk (plain and vanilla)
- Walmart Great Value Soy Milk (original)

Please remember that children under six may only be served plain/unflavored milk substitutes. Thanks.

Providers Caring for Infants: Effective October 1, 2021, the grain component for infants 6 months and older is changing to an ounce equivalent size (rather than $\frac{1}{4}$ cup or two tablespoons of infant cereal). Infants require $\frac{1}{2}$ ounce equivalent of grains. The GOOD news is that as long as you are recording your infant meals on our infant menus, nothing will change, as our menus already list the serving sizes.

Your job is simply to know what serving size equals $\frac{1}{2}$ ounce equivalent of grains to an infant six months or older. Grains are required at meals and snacks at 6 months of age. Here are some ideas:

- Iron Fortified Infant Cereal – $\frac{1}{4}$ cup dry cereal – allowed at all meals
- Bread – $\frac{1}{2}$ slice – allowable at snack only
- Pancake – $\frac{1}{2}$ pancake – allowable at snack only
- Tortilla – $\frac{1}{4}$ tortilla – allowable at snack only
- Cereal, Ready to Eat (flakes or rounds) – $\frac{1}{4}$ cup – allowable at snack only
- Cereal, Puffed – $\frac{1}{3}$ cup – allowable at snack only
- Cracker, Fish Shaped – 11 crackers – snack only
- Cracker, Saltine – 2 crackers – snack only

This is new to us, also, so if you have questions, don't hesitate to get in touch with us. Beginning in October, we will bring Ounce Equivalent training materials to your visits.

Reimbursement Increase: As you all know, every provider is Tier One effective 7/1/21 through 6/30/22. In July, those amounts increased a bit:

Breakfast: \$1.40

Lunch/Dinner: \$2.63

Snacks: \$0.78

In-home visits - At the time that I am writing this newsletter, we are still providing in-home visits, and have been doing so since June. We really hope that we can continue the in-person visits, as virtual or phone visits are not very satisfying for any of us, or you, or the kids.



Avocado & Bell Pepper Salad

- ✓ 1 large avocado, diced
- ✓ $\frac{1}{2}$ cup cherry tomatoes, halved
- ✓ 1 large bell pepper, diced
- ✓ 2 green onions, sliced
- ✓ 2 tblsp fresh parsley, minced
- ✓ 1 lemon, juiced
- ✓ Salt and pepper, to taste

Toss all ingredients gently in a bowl and serve. (Serves five, two veggies)

Fun in the Sun Picnics

Food & Games Are What Make Summertime Picnics Unforgettable. - Nutrition Edition



Picnic Themes –

Teddy Bear Picnic – Invite all the stuffed animals to the outdoor blanket for what is sure to be the best picnic ever!

Camping Picnic – Pitch a tent or build a fort to add some excitement to an ordinary meal.

Pajama Breakfast Picnic – Who says you need to wait until lunch for a picnic? Surprise children with a silly start to the day.

Take a Hike Picnic – Everyone shares in all the necessities for a picnic in their backpacks. Don't forget the blanket, paper products, food and drinks. Hike to a nearby park to enjoy lunch and nature too.

Picnic Lunch Ideas –

Single Serve Dish in a Jar – Layer favorite green or pasta salad ingredients topped with dressing to take on the go in plastic containers or mason jars. Serve chili over cornbread chunks topped with cheese and packed in a jar. All you need is a fork or spoon.

Pita Pocket Hand Pies – Split and fill with favorite sandwich fixings, such as cheese and veggies or nut butter with apple or banana slices.

Meat and Cheese Pinwheel Sandwiches – Use flattened bread slices, tortillas or even lettuce leaves for a tasty rollup.

Crudité in Individual Cups – With ranch dressing, guacamole or hummus at the bottom of a cup and veggie sticks coming out the top, the problem of double dipping is solved.

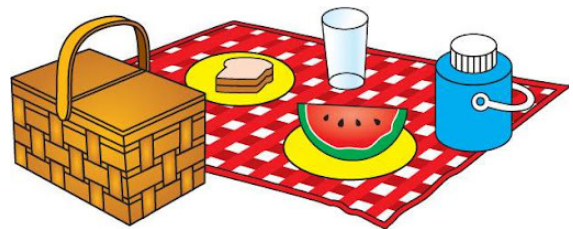
Outdoor Breakfast – French toast sticks are easy! Instead of syrup, which can leave a sticky mess, try using a little cup of yogurt or almond butter for dipping.

Waffle Sandwich – instead of bread, use waffles, spread on nut butter or cream cheese, and add some fruit. Alternatively, try waffle and fruit chunks on a skewer for a breakfast kabob.

Trail Mix – Pack choices in paper or plastic bags for everyone to scoop up their favorites in a paper cup.

Picnic Games –

Scavenger Hunt, hula Hoop, Hopscotch, Simon Says, Red Light/Green Light, Races of every Kind, Bubbles, and Crayon Rubbings. Have fun!



MINTY WATERMELON CUCUMBER SALAD



Salad:

- ✓ 2 ¾ pounds cubed seedless watermelon
- ✓ 1 ½ pounds cucumbers, halved lengthwise and sliced
- ✓ 1 tablespoon minced fresh mint

Dressing:

- ✓ 1 tablespoon olive oil
- ✓ 1 tablespoon balsamic vinegar
- ✓ ¼ teaspoon salt
- ✓ ¼ teaspoon pepper.

Cut watermelon into cubes. Cut cucumbers lengthwise and slice. Watermelon chunks and cucumber slices should be about equal. Combine watermelon, cucumbers and mint in a large bowl. In a small bowl, whisk the dressing ingredients. Pour over salad and toss to coat. *Recipe makes 8 cups – A 1 cup serving credits as 1 fruit and 1 vegetable.*

Farmer Fran's Fun Facts About TOMATOES

- The first tomatoes can be traced back to the Andes in Peru, where they grew wild as cherry-sized berries. As early as 700 A.D., the Incas and Aztecs began cultivating tomato plants.
- There are more than 4,000 varieties of tomatoes ranging in size, shape and color. Varieties are cherry, plum (also called Italian or Roma), slicing and beefsteak.
- Botanically, the tomato is a fruit. However, in 1893, the U.S. Supreme Court declared it a vegetable. This came about because of tariff laws in 1887, which imposed a duty on vegetables, but not fruits.
- Add tomatoes to sandwiches for a healthy punch to your lunch. Cherry tomatoes are a tasty addition to grilled kabobs, salads or just popped straight in your mouth.
- Look for plump, slightly firm tomatoes with smooth skin, and a sweet smell. Place firm tomatoes in a paper bag until ripe. Keep ripe tomatoes at room temperature; the refrigerator makes them mealy and flavorless.
- Tomatoes are a good source of vitamins A and C and a great source of lycopene, a powerful antioxidant.



Quick Fresh Tomato Sauce

2 Tbsp. olive oil	$\frac{3}{4}$ tsp. salt
1 minced shallot	1 Tbsp. tomato paste
1 clove minced garlic	1 basil sprig
5 pounds tomatoes	1 bay leaf

Cook shallot and garlic in olive oil very slowly in a wide skillet, while prepping the tomatoes. Cut tomatoes in half horizontally, lightly remove seeds and discard. Press the cut side of the tomatoes against the large holes of a box grater and grate the flesh into a bowl. Discard skins. Add tomatoes, tomato paste, basil and bay leaf to the onion/garlic mixture and mix well. Bring to a boil, then lower heat to a brisk simmer. Reduce the sauce by almost half, about 10-15 minutes. Remove herbs. Freezes well!



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Nutrition First USDA Child Care
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Community Action Agency



MENU WINNERS

- **The menu winners for June are Pamela Steinback of Lebanon, & Lynae Dewald of Canby**
- **The menu winners for July are: Rachel Aveleira of Eugene, & Esperanza Gaona Torres of Cornelius**
- **The menu winners for August are: Alisha Cox of Lebanon & Amairany Espinoza of Woodburn**



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