

# NUTRITION FIRST NEWS



## Quick & Easy Pumpkin Pie Smoothies

The key here is that all the prep work is done and in the freezer, so when you want to make smoothies for the kids – or yourself – it is just a minute away. This recipe serves 5 school-age kids or 10 preschoolers.

- ✓ 15 ounces canned pumpkin
- ✓ 5 bananas
- ✓ 1 tablespoon vanilla extract
- ✓ 2 tablespoons honey (if desired)
- ✓ 2 teaspoons ground cinnamon ¼ teaspoon ground nutmeg
- ✓ 1 cup skim or whole milk (or milk substitute for those that need it)

In a large bowl, combine the pumpkin puree with vanilla, honey and spices. Using a 1 ounce scoop, portion out the mixture onto a plastic wrapped sheet tray. Place the tray of pumpkin scoops in the freezer and let them harden. Once the pumpkin is firm, transfer the scoops into a gallon freezer bag. Label and date the bag and return to the freezer. Peel each banana and cut in half. Lay the banana halves inside another gallon freezer bag. Keeping the bananas flat, press out the air, seal tightly, and label and date the bag. Place bag on a sheet pan and transfer to the freezer until the bananas harden. With all of the prep work done, making a tasty smoothie is just 1 cup of milk and a few minutes of blender time away! In the blender, combine the milk, 2 banana halves and 3 scoops of the pumpkin. Cover tightly and blend on the highest setting until smooth. If the smoothie is too thick, just add more liquid. *Remember to write smoothie as milk and bananas/pumpkin.*

## Big Bang Baked Beans

- ✓ 1 ½ pounds ground beef
- ✓ ½ pound bacon (optional)
- ✓ 1 large onion, chopped
- ✓ 2 cloves garlic, minced
- ✓ 15 oz. can kidney beans, drained
- ✓ 15 oz. can pork & beans drained
- ✓ 15 oz. can butter beans,
- ✓ 15 oz. can garbanzo or lima beans, drained
- ✓ 1 cup catsup
- ✓ ¼ cup brown sugar
- ✓ ¼ cup white vinegar

Brown ground beef and drain. Cook bacon, drain fat and crumble. Add all ingredients to a slow cooker and cook on low for 6-8 hours. **Nutrition Edition**



## New Representative, Bertha Camacho

Nutrition First has a new staff person! Bertha Camacho worked for us many years ago and we are happy to have her back with Nutrition First. Bertha will be serving mostly Spanish-speaking providers in the Portland area. She is working part time at Nutrition First as she holds a full-time position elsewhere. Bertha also worked for the resource and referral program here at our agency for many years. While Bertha's in-office hours vary, she is easy to contact. Just call her cell number listed on the front of your handbook and she will respond during a break from her other position! Welcome, Bertha!

# Approved Convenience Food List

This newsletter and your new handbooks list all the “convenience” foods that are claimable. This is a new list, as USDA requires current bar codes and product numbers. Only these particular varieties of chicken nuggets, meatballs, corn dogs and fish sticks are claimable. Both the bar codes and the product numbers must match what is listed here.

**Note:** You are welcome to finish using whatever product is left in your current box or bag, but new purchases must be one of the current codes listed. In addition, if it is different from your usual variety, please text us the box or bag front label, and the UPC code for our files. Thank you.

Portion by age group					
<b>Foster Farms Product</b>					
	Bar code	Product #	1 to 2	3 to 5	6 to 12
NAE Dinosaurs Shaped Nuggets	0 75278 90910 2	90910	4	5	7
NAE Natural Breaded Chicken Breast Nuggets	0 75278 99520 4	99520	4	6	8
NAE Breaded Chicken <b>Patties</b>	0 75278 99526 6	99526	1	1	1 1/2
Gluten Free Chicken Nuggets	0 75278 99535 8	99535	3	4	5
Fully Cooked <b>Popcorn</b> Chicken	0 75278 99547 1	99547	3oz	4 ½ oz.	6oz
All Natural Breaded Chicken Breast <b>Patties</b>	0 7578 99548 8	99548	1 pattie	1 ½ pattie	2 patties
All Natural Chicken Nuggets	0 75278 90969 0	99549	4	5	7
Homestyle Turkey <b>Meatballs</b>	0 75278 90982 9	90982	2	3	4
All Natural Italian Style <b>Meatballs</b> Fully Cooked	0 75278 90983	90983	2	3	4
Gluten Free Chicken <b>Corn Dog</b>	0 75278 94997 9	94997	1 CD	1 ½ CD	2 CD
Chicken <b>Corn Dogs</b>	0 75278 95005	95005	1 CD	1 ½ CD	2 CD
Chicken <b>Corn Dogs</b>	0 75278 95017	95017	1 CD	1 ½ CD	2 CD
Chicken <b>Corn Dogs</b>	0 75278 95024	95024	¼ CD	½ CD	1 CD
Chicken Mini <b>Corn Dogs</b>	0 75278 95038 8	95038	4	5	7
Chicken <b>Corn Dogs</b>	0 75278 95109	95109	1 CD	1 ½ CD	2 CD
Chicken <b>Corn Dogs</b>	0 75278 95185 9	95185	1 CD	1 ½ CD	2 CD
Portion by age group					
<b>Gorton's</b>					
	Bar code	Product #	1 to 2	3 to 5	6 to 12
Gorton's Super Crunchy Fish Sticks (only)	size 64 ct - 60.8 oz	44400 104900	3	5	6
Portion by age group					
<b>Kirkland</b>					
	Bar code	Product #	1 to 2	3 to 5	6 to 12
Signature Italian Style Ground Beef Meatballs	0 96619 88744 6	88744	3	5	6
Portion by age group					
<b>Maxi Canada</b>					
	Bar code	Product #	1 to 2	3 to 5	6 to 12
NAE Yummy All Natural Chicken Breast Fries	0 64563 22339 9	22339	5	7 ½	10
All Natural Chicken Breast Nuggets	0 64563 22505 8	22506	1	6	8
All Natural Chicken Breast Nuggets	0 64563 22578 2	22513	4	6	8
NAE Yummy All Natural Chicken Breast Nuggets	0 64563 22514 0	22514	4	6	8
Yummy Dino Buddies	0 64563 22664 2	22674	6	8	10
NAE All Natural Dino Buddies	0 64563 22677 2	22677	6	8	10
All Natural Dino Buddies	0 64563 22678 9	22678	8	7 ½	10
NAE All Natural Dino Buddies	0 64563 22693 2	22693	6	8	10
NAE All Natural Dino Buddies	0 64563 22695 6	22695	6	8	10
NAE All Natural Dino Buddies	0 64563 22697 0	22697	5	7 ½	10
Yummy Whole Grain Dino Buddies	0 64563 22701 4	22701	5	7 ½	10
NAE Alphabet-Shaped Chicken Nuggets	0 64563 22796 0	22796	4	6	8
NAE Alphabet Shaped Chicken Nuggets	0 64563 22797 7	22797	4	6	8
Portion by age group					
<b>Trident</b>					
	Bar code	CN Label #	1 to 2	3 to 5	6 to 12
Trident Fish Sticks	0 28029 19644 3	98290	2	3	4
Portion by age group					
<b>Tyson</b>					
	Bar code	Product #	1 to 2	3 to 5	6 to 12
Classic Mini Corn Dogs	0 71068 41024 7	41024	4	5	7
FC Homestyle Fries, White Meat Chicken P. F.	0 23700 03044 3	48317	6	9	11
Fully Cooked Panko Chicken Nuggets	0 23700 03558 5	010902-6928	4	5	7
Uncooked Panko Breaded Chicken Breast Tenders	0 23700 04499 0	011234-6928	½ strip	1 strip	1 strip
FC Chicken Nuggets	0 23700 01863 2	014373-6910	4	6	7
Fully Cooked Fun Nuggets Breaded Shaped Ckn Pa	0 23700 01452 8	014374-6910	4	5	7
NAE FC Chicken Nuggets	0 23700 02847 1	014626-6910	4	6	7

# Baked Egg Rolls

This kid-friendly snack or meal is fun to eat and make. Dough is wrapped around a mixture of lightly seasoned ground turkey, green cabbage and carrots. Makes 6 servings.

Nonstick cooking spray	2 ½ cups green cabbage, shredded
13 ounces ground turkey	1 egg, large
½ teaspoon salt	1 teaspoon water
½ teaspoon black pepper	6 wonton wrappers (1 oz. Each)
½ teaspoon garlic powder	
2/3 cup carrots, shredded	

Preheat oven to 425 degrees. Coat a medium skillet with cooking spray. Add ground turkey and spices. Brown turkey on medium-high heat for about 8-10 minutes. Stir frequently. Stir in cabbage and carrots and lightly sauté for 2 minutes. Remove from heat and cover. Let cool for 20 minutes. Make egg wash by whisking together egg and water.

Assemble egg rolls: Place ½ cup turkey vegetable mixture on the center of each wrapper. Carefully roll each filled wrapper. Place egg rolls, seam side down, on a baking sheet lined with parchment paper and lightly coated with cooking spray. Brush egg wash over the top and all sides of each egg roll. Bake for 20 minutes. *Taste of Home*



## Ounce Equivalent Serving Sizes

(Grain) Begins October 1<sup>st</sup>, 2021



*Starting 10/01/2021, providers will be required to meet minimum serving size requirements in the Grains Component using Ounce Equivalent Serving Sizes.*

***To facilitate this requirement, the updated Nutrition First Handbook, which we will be bringing to your visits for the next four months, will contain the new CACFP Meal Pattern Charts to reflect the Ounce Equivalent Serving Sizes.***

What does this mean for you? **No additional work!** You aren't required to write ounces of grains on your menus; you are only required to know what an ounce of grains looks like. Along with the handbook, we are bringing all of you many resources on ounce equivalents, such as lists of serving sizes (20 cheese crackers – Cheezits – equal an ounce of grain or 5 Triscuits equal an ounce of grain). Children age one through five require ½ ounce of grains at any meal or snack – children six and older require 1 ounce of grain at meals and snacks (if you are serving a grain at snack). This also equates to ¼ cup cooked oatmeal for kids 1 through 5, or ½ cup cooked oatmeal for kids 6 and older, or ½ slice of bread for ages 1 through 5, and 1 slice of bread for kids 6 and up. Most of you are serving the proper amounts, or more – we will let you know at home visits if more crackers or a larger slice of bread needs to be served. Infants, after about 6 months of age, need ½ ounce equivalency of grain – or 0 to 4 tablespoons of infant cereal. We will also be disbursing infant feeding handouts listing serving sizes of grains.

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Nutrition First USDA Child Care  
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Mid-Willamette Valley  
Community Action Agency



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## MENU WINNERS

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➤ *The menu winners for September are **Diana Escobar of Keizer**  
& **Rossely Falcon 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 and Good Luck!!*

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

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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](mailto:program.intake@usda.gov)

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