

NUTRITION FIRST NEWS



Recent Facebook Posts

For those of you that prefer not to use Facebook, here are some posts from the last few months that contain important information for everyone to know:

Regarding Purchased Meatballs: USDA has shortened its list of claimable meatballs. Only Kirkland (Costco) and Foster Farms brands are claimable. You can, of course, make homemade meatballs and submit your recipe to us. Or you may claim the off-brand meatballs as long as you also serve a second protein. Thanks!

Smoothies: When serving “smoothies”, instead of writing smoothie, please list the yogurt, fruit/vegetable, or milk you are claiming. Remember, if you make your smoothies with 100% juice **OR** whole fruit, it will count as your one juice per day, even if served to different children at a different meal.

A Couple of Reminders: Please write your meal times on one page of the menus every month, and write infant cereal (or inf. cereal) on the infant menus, rather than just rice.

Holiday Notes: If you claimed children on this month’s holiday (Monday 07/04/2022), please send a parent-signed holiday note with your July menus.



Carmen Romero

Change in Leadership for Nutrition First

Hi all, this is Sue. I’ve been with Nutrition First for 30 years, and Director for most of those years. It is time for me to step down a bit, so I am happy to announce that the new Director, as of May 2022, is Carmen Romero. Many of you know Carmen, or have spoken to her by phone. She has worked for the program about 22 years as a Bilingual Program Representative, and most recently as Associate Program Director. Carmen will make an excellent Director and I have every confidence in her ability to lead Nutrition First with grace and integrity. Please join us in welcoming Carmen!

As for me, I love this job, so I’m not leaving any time soon. I have taken over the Associate Director position, and am keeping the same caseload for now. You are still welcome to call, email, or text me whenever you’d like with any questions or concerns.

Jungle Shake

- ✓ 1 cup plain yogurt
- ✓ 1 ripe banana
- ✓ 1 Tbsp. fruit spread, any flavor
- ✓ 1 cup milk

Combine yogurt, banana, fruit spread and milk in a blender and whirl until smooth. (Serves four)





Think Outside the Bread Box

Nutrition Edition, June 2022

Sandwiches are a simple staple for any quick meal or snack. They are an American tradition. Old stand-by favorites like PB&J, grilled cheese, and turkey do not need to be given the boot. However, if you crave variety and you're looking to spice up your sandwich selections, think outside the bread box.

A delicious, nutritious sandwich can start with a couple of slices of fresh bread or a whole host of bread substitutes. Think tortillas, rolls, bagels, buns, naan, pita bread, lavash, English muffins, focaccia, waffles, pancakes, croissants and biscuits.

All bread product choices must be enriched or whole grain and measured in ounce equivalents to be creditable in the CACFP. For better nutrition and more fiber, choose whole grain products. Breads can be toasted, cold, warm, sliced thick or thin and served with two slices or open-faced.

Sandwich fillings are only limited by one's imagination! Traditional meats and cheese are only the beginning. For a new twist try a variety of leftovers from the night before, such as meatloaf, sliced pork chops, baked fish, taco filling, roast chicken, meat sauce for spaghetti, meatballs and grilled or steamed vegetables. Leftover baked beans, stew, chili, thick chowder, bean salad or other sloppy fillings can be scooped into pita pockets. Other delicious, unusual fillings include cottage cheese, ricotta cheese, hummus, refried beans, sunflower seed butter and goat cheese. Look for lean protein choices and check the sodium in processed meats.

A variety of fruits and vegetables add flavor, nutrients, color and crunch to a plain sandwich. Try dark green leafy lettuce, spinach or baby kale, cucumber or tomato slices, shredded cabbage, sprouts and avocado. Chopped apple, celery, onion and shredded carrot can top many fillings or be stirred into egg, tuna or chicken salad. For extra flavor try pineapple, pickled vegetables or chopped olives. Fresh herbs make another delicious addition; try fresh basil, dill, cilantro or sage.

Spreads and spices can help an otherwise dull sandwich go from ordinary to extraordinary! Traditional butter and mayonnaise are good but a bit bland; add zing with a swipe of salsa, pesto, chutney, relish, BBQ sauce, steak sauce, baba ghanoush (eggplant), tapenade, brown mustard, honey mustard, Dijon mustard or salad dressing such as blue cheese, thousand island or ranch. Sprinkle a sandwich with basil, oregano, pepper, onion powder, garlic powder, chili powder, cumin, cinnamon or curry.

A Dozen Ideas Outside The Bread Box:

1. Tuna salad with chopped apple and curry or Greek salad with spinach, tomatoes, onions and feta cheese with a light vinaigrette or plain yogurt sauce in pita bread pockets.
2. Open face fried egg salad on an English muffin topped with shredded cheese and lightly broiled.
3. French toast spread with peanut butter and jelly, or a peanut butter and jelly sandwich grilled.
4. Half a bagel topped with a slice of cheddar cheese and chopped apple sprinkled with cinnamon. Bake 5-10 minutes.
5. Cornbread slices topped with warm chili and cheese. Serve with a fork!
6. Whole wheat tortilla topped with turkey slices, spinach leaves, chopped tomato and purple onion and a drizzle of a favorite dressing. Roll up tightly and slice.
7. Pita bread stuffed with peanut butter, sliced bananas, chopped dates and a drizzle of honey.
8. Lavash (flat bread) spread with goat cheese and topped with grilled vegetables or spread with curry flavored mayonnaise and topped with smoked turkey breast and mangoes.
9. A toasted whole grain waffle spread with ricotta cheese and topped with strawberry slices.
10. Corn tortillas warmed up and spread with refried beans or hummus and topped with avocado slices.
11. Slices of banana bread, zucchini bread, or raisin bread served open face with chunky chicken salad with pineapple and pecans.
12. Sprouted whole grain or rye bread spread with mashed avocado and topped with thin sliced corned beef or pastrami.



Cauliflower Parmesan Crisps

(willcookforsmiles.com)

Amazing cauliflower snack that kids - and adults - will love. All you need is a head of cauliflower, block of Parmesan cheese, dry parsley flakes, and some garlic powder.

- 3 lb. head of cauliflower (one average head)
 - 3/4 cup fresh grated Parmesan cheese
 - 1 tsp. garlic powder
 - 1 tbsp. dry parsley
 - Salt (optional)
1. Cut cauliflower florets off the stem & steam until tender (10-15 minutes).
 2. Place steamed cauliflower florets in a food processor and pulse a few times until it looks like fine crumbs - make sure there are no chunks left.
 3. Transfer cauliflower crumbs in a doubled cheese cloth and squeeze out all the liquid.
 4. Place cauliflower in a bowl and add Parmesan cheese, dry parsley, and garlic powder. Mix well, until all evenly incorporated. (Taste to see if you want to add salt. Parmesan cheese is quite salty and you may feel like its enough salt).
 5. Preheat the oven to 425° and line a large baking sheet with parchment paper.
 6. Use a cookie scoop to scoop out cauliflower "dough". Press it into a ball with your hands and place it on the baking sheet.
 7. Press down to flatten the "dough" into a very thin disk, fixing the broken edges.
 8. Repeat with all the dough - you should get about 12 pieces.
 9. Bake for 15-17 minutes, until deep golden brown. Let cool before removing them from the baking sheet with a spatula.



**** MENU WINNERS ****

- **February:** Ashley Thompson (Independence), Angel Shaffer (Springfield)
- **March:** Andrea Seavy (Lebanon), Jennifer Herrera (Hillsboro)
- **April:** Homa Bambechi (Portland), Samantha Calderon (Salem)
- **May:** Eva Wilnau (Eugene), Kayren Turner (Lebanon)
- **June:** Itamar Aguirre (Salem), Courtney Nash (Springfield)



- *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!!

Nutrition First News Staff

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



GOOD NEWS!

The Keep Kids Fed Act was signed into law on June 25, 2022. This law extends Tier One meal reimbursement rates to all child care providers across the country. The law takes effect July 1st, 2022 and continues through June 30, 2023.

Meals rates have also been increased effective July 1st, and will be posted soon.

"Good nutrition is the right of all children."

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Washington, D.C. 20250-9410
- (2) fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov

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