

NUTRITION FIRST NEWS



Recent Nutrition First Facebook Posts

Reimbursement Rates: As you probably know, meal reimbursement rates increased as of July 1, 2022. While some of you are considered Tier Two providers, depending on your school district, all providers will continue to receive Tier One rates (higher rates) through June 30, 2023. Here are the current rates:



- **Breakfast: \$1.66 per child (increase of 26 cents)**
- **Lunch/Dinner: \$3.04 per child (increase of 41 cents)**
- **Snacks: \$0.97 per child (increase of 19 cents)**

We know food is expensive, so USDA hopes this increase will be very beneficial. Generally, increases are only a few cents, so this was a nice surprise.

Parent Surveys: Due to the increased reimbursement rates, some of you may now be subject to parent surveys. As you'll note in your handbook, certified providers receiving \$1500 or more per month, registered providers receiving \$1200 or more per month, and listed providers receiving \$400 or more per month will receive a parent survey once per year. These surveys consist of a form sent to the parents of your day care children asking questions pertaining to a certain month, such as "do your children still attend this day care" and "how many days did they attend that month" and "what is your child's normal schedule with the provider".

The surveys are mandated by USDA and our funder, but they don't need to be scary. Just let parents know it's a requirement and has nothing to do with you as a child care provider. Please call if you have questions.

Third Visits of the Fiscal Year: The federal fiscal year runs October 1st through September 30th. That means that the food programs need to finish up all third visits for those of you who haven't had your third visit yet (not new providers). **Please** let us know if you're on vacation. Visits that are not done put us – and you – out of compliance.

Yellow Child Enrollments – Infants: Providers, when signing up a new infant (under 12 months), please remember to fill out the middle section of the enrollment where you are required to write in the name of the formula you are offering. This section **MUST** be filled in, even if the parent is nursing or providing breast milk, or wishes to provide her own formula. Again, even if the parent declines your offered formula, you still have to write in the brand name of that formula (on the enrollment).

Change of Provider Representatives: I am changing to part-time work in October (this is **Sue**). With that change, I will be continuing my coast and Veneta/Elmira visits and giving up my Salem, Aumsville, and Stayton/Sublimity areas. This change makes me sad as I have had a very long business relationship with many of you. However, your new representatives, Svetlana and Jackie, are well-versed on the program and have been part of Nutrition First for some time. I'm sure they will both call and introduce themselves to those affected in October. As for me, I'm still here part-time and will continue to have the same cell phone number and email address. Feel free to contact me if you have questions. Thanks!

Strawberry Fruit Salsa

Noooo, summer can't be over yet! Try this delicious fruit salsa for an extension of summer's flavors.

- ✓ 1 ripe kiwi, peeled
- ✓ 1 apple, peeled & cored
- ✓ 1 tablespoon brown sugar
- ✓ 2 cups fresh strawberries, rinsed & hulled
- ✓ Cinnamon pita chips, for serving

Cut the fruits into small chunks and place them in the bowl of a food processor. Pulse about 8 times, until coarsely chopped. Add the brown sugar and pulse another 8 times or until the mixture is the desired consistency. If you don't have a food processor, chop all the fruit finely and then combine with the brown sugar. Serve chilled with cinnamon pita chips. (You could also bake some whole grain tortillas with some sugar and cinnamon on top to use in place of the pita chips.) Makes approximately 1 ½ cups salsa.



Husband's Delight Casserole

- ✓ 1 lb. ground beef
- ✓ 1 tsp. garlic salt
- ✓ 1 (24 oz.) jar marinara sauce
- ✓ 12 oz. egg noodles
- ✓ 2 cups sour cream
- ✓ 3 oz. cream cheese
- ✓ ½ white onion, chopped
- ✓ 2 cups cheddar cheese, grated

Preheat oven to 350 degrees. In a large pot of salted boiling water, cook pasta to al dente. Drain and set aside. In a large skillet over medium heat, brown the ground beef. Season with garlic salt. Drain fat, if needed. Stir in marinara sauce and simmer 10 minutes. In a medium bowl, combine sour cream, cream cheese and onion and mix well. In a 9x13-inch baking dish, arrange half the noodle, followed by the meat mixture, followed by the sour cream mixture, and finally by the remaining noodles. Top with grated cheese and bake 25 minutes. Enjoy! (Cooking with Libby)

Zucchini Fritters

These crispy zucchini fritters are an easy delicious summer appetizer or side dish. Serve them with tzatziki, tartar sauce, or creamy dill sauce to take them over the top!

- 1 lb. zucchini, (about 3 med)
- 2 large eggs
- 1 ½ cups chopped scallions, about 1 bunch
- 3 garlic cloves, grated
- 2 Tbsp. chopped fresh dill
- 1 Tbsp. lemon zest
- 1 tsp. sea salt
- 2 ¼ cups panko breadcrumbs, divided
- 3 Tbsp. all-purpose flour
- Avocado oil, for the pan
- Freshly ground black pepper
- Tartar, tzatziki, or creamy dill sauce, for serving

Grate the zucchini on the large holes of a box grater. Place on a kitchen towel and squeeze out excess moisture. In a large bowl, whisk the eggs. Add the grated zucchini, scallions, garlic, dill, lemon zest, salt, and several grinds of pepper. Add 1½ cups of the panko, sprinkle in the flour, and fold to combine. Place the remaining ¾ cup panko in a shallow dish and set aside. Preheat a cast iron skillet to medium heat. Use a ¼-cup measuring cup to form the zucchini mixture into 14 to 16 thick patties. Place each into the reserved panko and coat well. The mixture might seem loose at this point, but the patties will firm up as they cook. Coat the skillet generously with oil. Cook the patties for 2-3 minutes on the first side, flip, and cook for 2-3 more minutes, or until well browned, working in batches as necessary. Transfer to a paper towel-lined plate. Season to taste and serve with the sauce.



Healthier Kung Pao Chicken

- ✓ 3 (6-ounce) boneless, skinless chicken breasts, thinly sliced into bite-size pieces
- ✓ Salt and pepper, to taste
- ✓ 2 Tbsp. reduced-sodium soy sauce
- ✓ 1 Tbsp. Sriracha
- ✓ 1 Tbsp. chili paste
- ✓ 1 Tbsp. honey
- ✓ 2 Tbsp. sesame oil, divided
- ✓ 2 Tbsp. minced garlic, divided
- ✓ 24 ounces fresh green beans, ends trimmed
- ✓ 1 tsp. sesame seeds
- ✓ Optional garnish: crushed peanuts or cashews



Season chicken with salt and pepper. Set aside. Place 1 tablespoon sesame oil and 1 tablespoon minced garlic in a large skillet or wok on medium-high heat. Add chicken and sauté for about 5 minutes. Remove chicken (it will only be partially cooked), and set aside. Place the remaining tablespoon of sesame oil and garlic in the pan and turn to high heat. Add green beans, and sauté for 5-7 minutes, or until they begin to soften. Add chicken and continue to cook for 5 more minutes or until chicken is cooked all the way through. Add the soy sauce, honey, Sriracha and chili paste, and reduce heat to medium-low. Cook for a few more minutes, until the sauce has reduced and thickened slightly. Add sesame seeds and let sit for at least another 5 minutes, so the sauce can thicken a bit more. Garnish with peanuts or cashews, if desired, and serve hot.

Baked Hush Puppies

- 2 large eggs
- 1/3 cup milk
- 2 Tbsp. vegetable oil
- 1/2 cup onion, minced
- 1/4 tsp. salt
- 1 tsp. baking powder
- 1/8 tsp. pepper
- 2/3 cup whole grain cornmeal
- 1/3 cup all-purpose flour
- Cooking spray



Preheat oven to 350 degrees. In a medium bowl, add eggs, milk, and oil. Stir until well combined. Mix in onion, salt, baking powder, and black pepper. Add cornmeal and flour and mix until just combined. Do not overmix. Grease mini muffin tins with cooking spray and scoop one tablespoon of batter into each muffin pocket. Bake for 10-12 minutes. Test with a fork; if sticky, bake another 1-2 minutes. *One mini hush puppy provides 1/2 ounce equivalent of grains.*

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Nutrition First USDA Child Care
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Community Action Agency



MENU WINNERS

- **The menu winners for July are: Tami Berg of Springfield & Heather Schiedler of Sweet Home**
- **The menu winners for August are: Haley Fry of Mill City & Maria Luisa Patino Ochoa from 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.**

Thanks and Good Luck!!

"Good nutrition is the right of all children."

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