

NUTRITION FIRST NEWS



October, 2020



2020-2021 Tier Reimbursement Rates Effective July 2020 - June 30, 2021

Please call with any questions you may have, or if you need additional forms.

Thanks

The Reimbursement Rates Are As Follows:

<u><i>Tier One</i></u>		<u><i>Tier Two</i></u>	
Breakfast	1.39	Breakfast	.50
Lunch/Dinner	2.61	Lunch/Dinner	1.58
Snacks	.78	Snacks	.21

Lightweight **HOMEMADE IGLOO**



During one of my recent home visits, I found the coolest igloo that my provider, Cheryl of Newport, made (in her spare?? time). **This igloo is comprised of 500 empty gallon milk jugs, and stands 5 feet tall and 9 feet across at its' widest point.** I was totally impressed, and the kids love it! You can check on Pinterest for "how to" directions. And have your kids drink lots of milk!!



Cheryl tells me she is getting ready to dismantle it to move it outside. She hopes to seal it with spray foam, and then put Christmas lights inside. That will allow for an outdoor play space and it will look pretty cool this winter. Thanks, Cheryl; this is a great idea – and so much work!



Lengthen the Life of Produce

Nutrition Edition

This pandemic has taught us all a few things, such as the importance of hand washing, to never pass up toilet paper, and it has certainly changed the way we shop for groceries. Many people are trying to minimize their exposure and time behind a mask inside a supermarket by making a grocery run only every few weeks. However, this can present a challenge of keeping perishable produce fresh, delicious and safe to eat. Here are a few tips to maximize your produce dollar.

Keep them cold and give them space –

A general rule is to refrigerate most fruits and vegetables, un-crowded, unwashed and separated in plastic or cloth produce bags. If there are two crisper drawers in your fridge, reserve one for fruits and one for vegetables.

Prioritize and plan – Use shorter life produce first. In general, the softer the produce, such as tender greens, tomatoes, cucumbers, peppers, broccoli, corn, mushrooms, summer squash and eggplants, the shorter the lives. Heartier greens like kale and cabbage, plus apples, citrus, carrots, celery, parsnips, beets, potatoes and winter squash, will stay fresh longer.



Special handling tips –

- Leafy greens and herbs will stay fresh longer if rinsed and stored wrapped in paper towels and kept in a plastic bag.
- Asparagus and scallions (green onions) should be stored upright, roots down in water or stems wrapped in a moist paper towel and plastic bag.
- Celery wrapped in tinfoil will stay crisp.
- Mushrooms are best stored unwashed in a paper bag .
- Banana stems can be wrapped in plastic or foil to slow ripening.
- Tomatoes in abundance? Make a fresh sauce and freeze in zipper bags.
- Corn should be stored in husks, and can be left un-refrigerated is using within a couple of days.
- Citrus fruits in a bowl on the counter look appealing, but they will stay juicier and last longer in the fridge.
- Berries will resist molding if removed from crowded boxes and stored dry in a single layer on paper towels in a storage container.
- Avocados are problematic to store once cut, however you can wrap in plastic or submerge in citrus water overnight in the fridge.

Ripen at room temperature – Some fruits and vegetables, such as avocados, tropical fruits, melons and pineapples are best ripened at room temperature and then refrigerated. Others don't belong in the refrigerator ever, such as stone fruits, tomatoes and bananas because the texture will become mush with refrigeration.

These root veggies like it cool, dark and dry –

- Alliums such as garlic, onions and shallots
- Thick-skinned winter squashes like acorn, butternut and kabocha
- Potatoes (except new potatoes), sweet potatoes, pumpkins and rutabagas
- Be sure to always store onions and potatoes separately to prevent sprouting



HOTDOGS!

Please remember to send in pictures (through text or email) of your hotdogs, plus the ingredient list. Hotdogs must be 100% beef, chicken or turkey – they cannot be mixed meats, such as pork and beef or chicken and pork. The package needs to read all beef, all chicken, or all turkey, with no more than 2% of spices, etc. They cannot have fillers or binders. *We have not removed any meals from your menus for not having the package picture on file, however, disallowances will be made effective **October 1, 2020**, so please get those pictures in to us, thanks!.*

The Following Are Hot Dog Brands That We Know Are Claimable:

- Foster Farms chicken frank
- Foster Farms turkey frank
- Hebrew National beef franks
- Nathan's beef franks
- Simple Truth Uncured beef hotdogs
- Jennie-o turkey franks
- Tyson Uncured beef franks
- Ballpark 100% beef, chicken, or turkey franks
- Private Selection all-beef hotdogs

Please note that the corndog labels have not changed. Those you currently have on file are fine. Also, note that you are still allowed to serve hotdogs other than these brands. However, they will **not** be claimable, so you will have to serve an additional second protein.

Reminders ...

Please remember that if you serve the following **homemade** foods, *we need a recipe on file – you can just take a picture of your recipe and text it to us:*

- Meatballs
- Meatloaf
- Chicken Nuggets
- Fish sticks
- Hummus



Keep your recipe in your envelope with your labels also, please.

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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 winner for July is: **Cathy Lusk of Newport***
- *The menu winner for August is: **Lori Tullar of Cottage Grove***

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

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