

NUTRITION FIRST NEWS



December, 2020



VIRTUAL VISITS

Effective last month (November), Nutrition First staff are no longer entering your homes due to Covid-19. This is for your safety and the safety of your children and families, and also our safety. (I'm sorry to tell you that one of our staff forgot to follow this mandate, but it won't happen again.)

We will occasionally perform "porch" visits. These will most likely be unannounced visits. At these visits, we will ask you to give us your menus, meal count logs, and attendance records. We will go over the paperwork on your porch or in our cars. We will then ask to see your WG labels, and have you show us a plate of food for whatever meal/snack we are observing – at the door. We will ask you to parade the children past the door so we can tally the children's names. Then we will give you whatever nutritional unit we have brought, along with color sheets and stickers for the kids. All of this will be carried out at your door so we don't enter your home, and we will be masked, of course.

Other visits will be done virtually or over the phone. We all have Android phones so we can't do Facetime. But there are other apps available (Duo or WhatsApp) or whatever works best for you. Visits performed through one of these apps will be just like home visits, in which you show us the meal or snack, and the children. We will call you in advance to have you email us your menus and paperwork, or text it to us, although these are much more difficult to read. We will then go over the nutritional unit with you and mail you all the paperwork, color sheets and stickers, etc.

Phone visits are much the same. You will email/text us pictures of the children (we will crop out their faces), pictures of the food and the milk containers, if serving. We will ask you to text us pictures of any whole grains you are claiming, and you will email food records. Again, we will mail everything out to you at the end of the visit.

These safety measures will remain in effect until it is deemed safe for all of us to enter your homes again. We will get through this together! Thank you for understanding.

Gingerbread Pancakes

- ✓ 1 $\frac{1}{2}$ cups biscuit mix
- ✓ $\frac{1}{4}$ teaspoon ground ginger
- ✓ $\frac{1}{8}$ teaspoon ground cinnamon
- ✓ $\frac{1}{8}$ teaspoon ground nutmeg
- ✓ 1 egg, slightly beaten
- ✓ 1 cup milk
- ✓ $\frac{1}{4}$ cup light molasses
- ✓ 1 tablespoon margarine, melted

Directions: Stir together baking mix, ginger, cinnamon and nutmeg. Combine the egg, milk, molasses and margarine in a separate bowl. Add egg mixture to dry ingredients and beat until smooth. Preheat griddle or frying pan over medium-high heat; grease lightly and pour $\frac{1}{4}$ cup batter into pan. Wait until you see bubbles and then turn over. Brown both sides and serve. Yield: 12 to 18 pancakes



Holiday French Toast

- ✓ 6 slices bread (any kind, cut in half)
- ✓ $\frac{1}{2}$ cup eggnog
- ✓ 1 cup corn flakes
- ✓ Oil or cooking spray
- ✓ Maple syrup, if desired

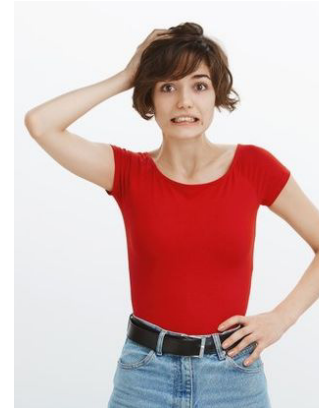
Add oil or cooking spray into skillet over medium heat. Dip the pieces of bread into the eggnog on both sides. Roll the dipped bread in the cornflakes and fry for one to two minutes on each side. Serve warm. Yield: 4 servings

Nutrition First нанимает

Currently, we have an opening for a half-time (20 hours) position. This position has full benefits (medical, dental, etc.). **Must** speak, read, and write in **Russian**. If you speak Spanish in addition to Russian, we would welcome this! This position will be posted online soon. Go to www.mycommunityaction.org to apply. Click careers and scroll to current job postings. We hope to have the position close on 1/8/2021 and have someone onboard by February 1st.

Common Ingredient Substitutions

Isn't it frustrating when you're making a recipe and realize you don't have a certain ingredient and you need it right NOW? Maybe this list of common substitutions will help.



- 1 cup butter *equals* 1 cup margarine **or** 7/8 cup vegetable oil
- 1 cup buttermilk *equals* 1 cup milk plus 1 ¼ tablespoons cream of tartar
- 1 cup sugar *equals* ¾ cup honey **or** 1 ½ cups molasses **or** ¾ cup pure maple syrup
- 2 eggs *equal* 1 egg plus 2 egg whites **or** 2 tablespoons oil plus 1 tablespoon water
- 1 teaspoon baking powder *equals* ½ teaspoon each cream of tartar and baking soda
- 1 cup whipped cream *equals* 1 cup non-fat milk powder whipped with 1 cup ice water
- 1 cup white flour *equals* ¾ cup whole-wheat flour **or** ¾ cup graham flour **or** 1 cup whole-wheat pastry flour
- 1 square baking chocolate *equals* 3 tablespoons cocoa plus 1 tablespoon water **or** 3 tablespoons carob plus 2 tablespoons water
- 1 cup milk *equals* ½ cup evaporated milk plus ½ cup water **or** 3 tablespoons powdered milk plus 1 cup water
- 1 cup sour cream *equals* 1 tablespoon lemon juice or vinegar and 1 cup evaporated milk **or** 1 cup plain yogurt **or** 1 cup buttermilk

Cheesy Ham Chowder



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| ✓ 10 bacon strips, diced | ✓ 2-1/2 cups cubed potatoes |
| ✓ 1 large onion, chopped | ✓ 1 can (15-1/4 ounces) whole kernel corn, drained |
| ✓ 1 cup diced carrots | ✓ 2 tsp chicken bouillon granules |
| ✓ 3 tbsp all- purpose flour | ✓ Pepper to taste |
| ✓ 3 cups whole milk | ✓ 3 cups shredded cheddar cheese |
| ✓ 1-1/2 cups water | ✓ 2 cups cubed fully cooked ham |

In a Dutch oven, cook the bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels to drain. In the drippings, saute onion and carrots until tender. Stir in flour until blended. Gradually add milk and water. Bring to a boil; cook and stir for 2 minutes or until thickened. Add the potatoes, corn, bouillon and pepper. Reduce heat; simmer, uncovered, for 20 minutes or until potatoes are tender. Add cheese and ham; heat until cheese is melted. Stir in bacon.

Cottage Cheese Pancakes

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| ✓ ¾ cup large-curd cottage cheese | Drain cottage cheese in a sieve until it is dry of all liquid. |
| ✓ 3 eggs, separated | In a small bowl, whisk the egg yolks. In a larger bowl, |
| ✓ 4 tablespoons flour | combine the flour and cottage cheese, mixing thoroughly. Add the yolks and |
| ✓ 4 tablespoons sour cream or plain yogurt | mix again. Beat the egg whites until stiff, and fold them gently into the |
| ✓ Fresh raspberries or strawberries | cheese mixture. Heat a skillet to medium and grease lightly. Drop the batter |
| | by scant tablespoonsful and brown on both sides. Place a teaspoon of sour |
| | cream on each pancake and decorate with the raspberries or whatever fresh |
| | fruit you'd like. Yield: 4 servings |



Tiny Tuna Soufflé

- ✓ 7 ounces tuna packed in water (drained)
- ✓ 6 tablespoons plain yogurt
- ✓ $\frac{1}{4}$ apple, chopped
- ✓ 1 tablespoon lemon juice
- ✓ 1 tablespoon honey
- ✓ 2 teaspoons soy sauce
- ✓ 1 teaspoon mustard
- ✓ 4 tablespoons grated cheddar cheese
- ✓ 1 cup cooked brown or white rice
- ✓ 2 egg whites

Preheat oven to 375 degrees. In a large bowl, combine all ingredients except the egg whites, and mix together. In another bowl, beat the egg whites until stiff peaks form. Fold egg whites into tuna mixture. Spray muffin tins with cooking spray and fill with the tuna mixture. Bake 45 minutes. These can be enjoyed warm or cold. Yield: 12 servings



Easy Soufflé

This dish can be prepared the night before and placed in the refrigerator, unbaked.

- ✓ 1 loaf natural white bread
- ✓ 2 cups grated cheese
- ✓ Ham or bacon bits to taste
- ✓ 12 eggs
- ✓ $\frac{1}{2}$ cup milk
- ✓ Seasonings - whatever you desire

Cut crusts off of bread. Grease a 9x13 inch pan. Place a layer of bread on bottom of the pan. Sprinkle with all the cheese (and meat, if you'd like). As if making a sandwich, put remaining bread on top. Mix eggs, milk, and any seasoning in a bowl and pour over the top of the bread. When ready to bake, place into a preheated 350 degree oven for 1 hour, or until top is puffy and brown. Serve with fruit salad. Yield: 8 to 10 servings

Pot of Gold Salad



- ✓ 1 can chunk pineapple
- ✓ 2 bananas, peeled
- ✓ 2 oranges, peeled
- ✓ 1 melon, peeled and balled
- ✓ Lettuce leaves, bib or butter

*Creamy Pineapple Dressing: pour pineapple juice into a blender. Add two tablespoons lemon juice, $\frac{1}{2}$ cup cottage cheese, and a pinch of salt. Blend until smooth. Drain pineapple, saving the juice for dressing. Slice bananas and dice oranges. Line 4 plates with lettuce leaves. Arrange fruit on lettuce. Top with Creamy Pineapple dressing.

Note: Children often don't eat oranges because they find them difficult to peel. Try soaking oranges in boiling water first. Cool under cold water and the skin will peel off more easily.

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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 Sept is Maria Arredondo of Salem**
- **The menu winner for Oct is: Deann Urmson of Springfield**
- **The menu winner for Nov is: Tammy McElhose of Elmira**
- **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.**

"Good nutrition is the right of all children."

Thanks and Good Luck!!

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