



Program Updates

April/May 2015

National Provider Appreciation Day May 9, 2015

Take a moment—reflect and celebrate
the very important work you do!!

***You have a wealth of knowledge
and deserve to experience the power and
joy of sharing it with others.***

Thank you for all you do in providing
quality care for children.

We wanted to thank those who
returned their re-enrollment worksheets to
our office in a timely manner. We appreci-
ate your cooperation and all your hard
work in providing excellent nutrition for the
children in your day care!

THANK YOU!!



HOLIDAY CARE

If you plan on
providing care Presi-
dents Day, Memorial
Day, 4th of July or
Labor Day you must
call the office for pre-
approval 4 days pri-
or to the holiday.
If you don't get pre-
approval the meals
on that day will be
disallowed. You al-
so need to send to
the office a copy of
your sign in/out with
full signature for all
children claimed
that day by the 5th
of the next month.



More Program Updates

Don't Forget:

If you haven't attended a class yet; be sure to attend one of the LAST scheduled classes OF THE YEAR!

Logan: Saturday, April 25 after the CHILD conference:
1:30-3:30 pm in our building

Tremonton: Tuesday, April 28: 6:30-8:30 pm; USU
Tremonton office for the Up to 3 program:
420 W 600 N

Logan: Thursday, April 30 6:30-8:30 pm in our building



Dear Aunt Bee:

I keep hearing about proposed new regulations. What's going on????

Puzzled Provider



Dear Puzzled Provider:

The USDA in January 2015 published new proposed regulations for the Child and Adult Care Food Programs in the nation. You can read the entire proposed rule at:
<http://www.cacfp.org/news-events-conferences/nutrition-news-feed/>

We have also included a one page summary in this newsletter.

We have until April 15, 2015 to submit our comments. To submit your comments you will need to go to: www.regulations.gov

In the search area enter: 7 CFR Part s 2 10, 215, 220, and 226

Then scroll down to the Child and Adult Care Food Program: Meal Pattern Revisions Related to Healthy, Hunger-Free Kids Act

On the right there will be a 'comment now' box. Click on this and submit your comments. Remember when you are submitting comments:

1. Be specific and confined to the issues pertinent of the proposed rule
2. Explain the reasons and /or provide supporting information for any recommended changes or provision you oppose



It is really important to comment if you want a say in these new proposed regulations.

If you want to mail your comments you can. Call the office for the address

Aunt Bee

READ, COMMENT, SHARE

WWW.CACFP.ORG



CACFP MEAL PATTERNS RELEASED



SUMMARY OF PROPOSED CHANGES

INFANTS

- Revise the infant age groups from three age groups to two age groups
- Introduce solid foods to infants beginning at 6 months of age
- Eliminate the service of fruit juice to infants of any age
- Allow reimbursement for infant meals when the mother directly breastfeeds her child at the child care facility
- Require a fruit or vegetable serving in the snack meal pattern for the 6 to 11 month infant age group
- Allow additional grain options for infant snacks

ONE YEAR AND OLDER

- Separate the fruit and vegetable component for children and adults
- Require that at least one grain serving per day, across all eating occasions, be whole grain or whole grain-rich
- Require breakfast cereals to conform to WIC requirements
- Prevent grain-based desserts from counting towards the grains component
- Allow an optional meat or meat alternate to be served at breakfast in lieu of some grains
- Allow tofu to be counted as a meat alternate
- Allow yogurt to be used to meet the fluid milk requirement for adults only, no more than once per day
- Disallow frying as an onsite preparation method for day care institutions and facilities
- Add a fourth age group (13 through 18 years) to the meal pattern for children
- PROHIBIT flavored milk for children 2 through 4 years
- ALLOW flavored milk to children 2 through 4 years with no more than 22 grams per 8 fluid ounces
- LIMIT sugar content for yogurt to 30 grams per 6 ounce serving

More Program Updates



Did you know that these chicken nuggets no longer have a CN label. Thank you to one of our providers who contacted the company when she noticed the box from Sam's club no longer had the CN label. The company indicated in an email that they no longer qualify for the child nutrition programs. That means until we can get an official product specification analysis sheet from the company these chicken nuggets no longer meet compliance.

In other words you can't serve them !

Please remember that for combination foods like chicken nuggets, fish sticks, and corn dogs you need to have either the CN label or the product specification analysis sheets that we gave you two years ago in class. If you are serving any of these items in your child care you must have one or the other available.

Rainbow Pasta Salad

- 8 ounces tri color rotini noodles
- 1 cup chopped fresh broccoli
- 2 cups chopped tomatoes
- 1/4 cup sliced black olives
- 1 cup low fat Italian salad dressing
- 1/3 cup shredded Parmesan cheese
- 1 teaspoon dry Italian herbs

Directions:

- Step 1: Cook pasta in boiling salted water for 9 minutes. Drain the pasta
- Step 2: Combine cooked pasta with remaining ingredients. Stir together
- Step 3: Chill in the refrigerator

Makes 8 servings



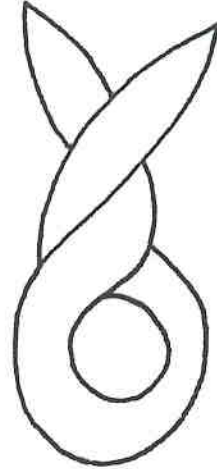
You are responsible to understand the information in this newsletter. If you can't because of a language barrier, call this number (435) 797-2169 or 1-800-540-2169 for translation services.

Usted es responsable de entender la información que se encuentra en esta carta. Si esto no es posible por una barrera lingüística, llame a este número para solicitar servicio de traducción (435) 797-2169 or 1-800-540-2169.

SWEET DOUGH BUNNIES

- *Hop hoppity good!*

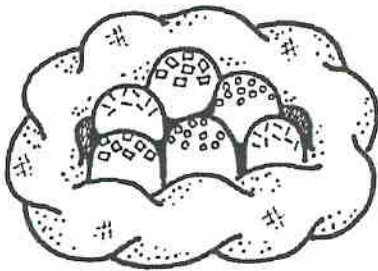
1 Tbs. active dry yeast
1/4 c. lukewarm water
1/2 c. milk, scalded
1/2 c. margarine
1/2 c. granulated sugar
1 tsp. salt
2 eggs
1-2 Tbs. grated orange zest
1/4 c. orange juice
4-4 1/2 c. flour



Place yeast in warm water. Set aside. Scald milk and add margarine, sugar, and salt. Stir until margarine is melted and mixture is lukewarm. Add yeast mixture, eggs, orange zest, orange juice, and enough flour to make a soft dough. Knead until smooth and elastic. Place in a greased bowl and cover. Let rise until double. Punch down dough and use to make sweet dough bunnies or bread dough nests.

Bunnies

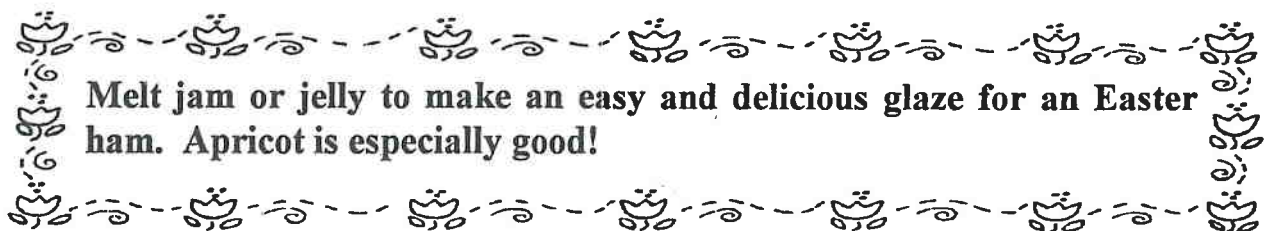
To make each bunny, roll a piece of dough into a 14" x 1/2" rope. Cross ends of rope to make a circle at the bottom. Bring the underneath piece up over the top leaving ends spread open to make "ears" (see illustration). Pinch ends of dough to make pointed "ears." Roll a small 1" ball of dough and place in center of circle to form a "tail." Place on a greased cookie sheet and let rise until doubled. Bake at 375 degrees for 10-15 minutes. Bunnies can be frosted with a powdered sugar glaze while warm.



Bread Dough Nest

To make a bread dough nest, shape 1/3 of a batch of the above sweet dough recipe into 6 small egg shapes. Place the balls in the center of a greased cookie sheet, with sides touching. With remaining dough, form two 25" long ropes and twist together. Place around the dough eggs and pinch ends together. This should look like eggs sitting in a nest. Cover and let rise until doubled. Bake at 375 degrees for 15-20 minutes. Cool and remove from cookie sheet.

Using a thin powdered sugar icing, frost each bread egg. Sprinkle a different color of colored sugar on each frosted egg or decorate with a variety of small candy sprinkles or small candies. Each egg should be different. Frost bread ropes around outside of bread eggs and cover with green-tinted coconut if desired. This colorful bread nest is pretty enough to be served for Easter dinner.



Melt jam or jelly to make an easy and delicious glaze for an Easter ham. Apricot is especially good!

Party Potatoes

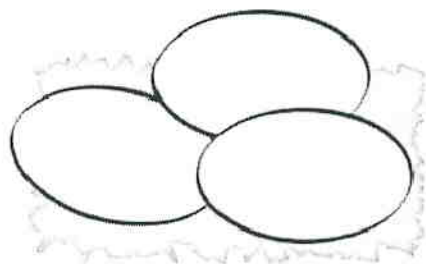
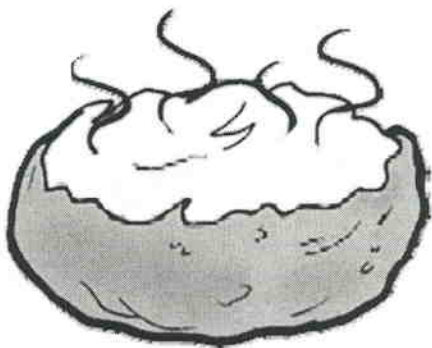
Cook a variety of toppings.
Let children put together their own
"Party Potato"!

Bake Potatoes

1. Wash small potatoes.
2. Bake potatoes in 400° oven for 30 to 40 minutes or until soft when poked with a fork.
3. Cut potatoes on top and push open.

Let children put on their favorite toppings:

- Ham and turkey cut into small cubes
- Cooked hamburger with taco seasonings
- Shredded cheddar or mozzarella cheese
- Cooked broccoli or cauliflower
- Cooked carrots or green beans
- Refried beans
- Black beans
- Salsa



Eggs for Kids

Egg Sandwich - Scramble an egg and chopped cooked broccoli together. Cook egg in a skillet. Top with shredded cheddar cheese. Serve on toast.

Egg Salad and Crackers - Remove shell from hard cooked eggs. Chop eggs. Mix eggs with low-fat mayonnaise, salt, and pepper. Serve on crackers!

Deviled Eggs and Ham - Remove shells from hard cooked eggs. Cut eggs in half. Remove yolks and place in a bowl. Mix yolks, low-fat mayonnaise, salt, pepper, dash of mustard, and finely chopped ham. Spoon the mixture into egg whites. Serve!

Peel and Eat Eggs - Hard cook eggs are the perfect snack - just peel off the shell and eat! A great source of protein!

Egg Burrito - Layer scrambled eggs and chopped cooked ham on a tortilla. Roll up and eat.