



Program Updates Aug/Sept 2014

Important Reminders...



- ♦ Keep records *daily* (paperwork, scannable claim/CIF or on-line) of children in attendance and the meal you served
- ♦ Combination foods (such as corn dogs, chicken nuggets, fish sticks, pizza etc.) require a CN label or the product specification analysis sheet. You must have this available and in your home when you serve these items. This is from our class held in 2013!!! All of the credible specification analysis sheets can be found on our web site: www.cnputah.org
- ♦ We have included a new product specification analysis sheet for Trident Brand fish sticks we found at Costco.
- ♦ Remember you cannot serve left overs- you can do planned overs, but can't re-heat
- ♦ Remember to call the office or put yourself closed in the calendar on-line when you will be closed. This should be done *PRIOR* to your closed day!

HOLIDAY CARE

If you plan on providing care Labor Day you must call the office for pre-approval 4 days prior to the holiday. If you don't get pre-approval the meals on that day will be disallowed. You also 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 Oct.



We are required to send each provider a copy of their Administrative Rights yearly. These are included on the next page.

Summer Fruit Salad

Select 3 or 4 different fruit:

- | | | |
|-------------|---------------|-------------|
| Pineapple | Oranges Kiwi | Grapes |
| Mango | Peaches Pears | Bananas |
| Apples | Strawberries | Blueberries |
| Raspberries | | |

1. Cut the fruit into small, fun shapes
2. Place 4 cups of cut fruit into a bowl
3. Sprinkle with 1/4 cup orange or apple juice
4. Stir gently and serve

You could also top the fruit salad with a scoop of yogurt or sprinkle of granola, if desired.

Make sure you have enough fruit to meet serving size compliance for the number of children you will be serving.



New Reimbursement Rates effective July 1, 2014-June 30, 2015

	Tier I	Tier II
Breakfast	1.31	.48
Lunch/Supper	2.47	1.49
Snacks	.73	.20

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 numero para solicitar servicio de traducción (435) 797-2169 or 1-800-540-2169.

The USDA is an equal opportunity provider and employer.

ADMINISTRATIVE REVIEW (APPEAL) FOR FDCH PROVIDERS

The Administrative Review (appeal) procedures the Utah State Office of Education (USOE) must follow are in the regulations at 7 CFR Part 226.6(1)(5). These instructions say what the USOE must do and when to give FDCH providers due process in the event termination of program participation for cause and disqualification or suspension are proposed.

In this description of the process, where “we”, “us”, or “our” is used, it means the USOE; where “you” or “your” is used, it means the provider.

We must offer an Administrative Review (appeal) of any decision concerning a notice of proposed termination for cause or suspension of a provider’s agreement and notice of proposed disqualification of a provider.

Following are the steps and timing of the appeal process for us, for the sponsor (Child Care Nutrition Program) and for you.

1. Child Care Nutrition Program will tell you in writing of the action proposed to be taken and why. The notice will be sent by certified mail, return receipt requested and will include the procedures you must follow to request an Administrative Review of the action.
2. If you wish to appeal Child Care Nutrition Program’s action, you must request a review within 15 days of the day you receive the notice of the action. (The days are counted from the date on the US Postal Service receipt or five days from the date of the letter). If you want a personal hearing before the review official you must tell Child Care Nutrition Program when you request the review. Send your request to Child Care Nutrition Program.
3. Child Care Nutrition Program must acknowledge receipt of your request for review within 10 days and send a copy to the appeal officer and the USOE.
4. The appeal will include a hearing only if you specifically request it.
5. You may be represented by a lawyer or another person.
6. Any information on which the proposed action was based will be made available to you by Child Care Nutrition Program for inspection anytime after you request an Administrative Review.
7. Within 30 days of the notice of action, you and Child Care Nutrition Program must submit to the review official any information you want reviewed regarding the action. Documents submitted should be accompanied by a clearly written explanation of how they support /contest the action.
8. The review official must notify you, Child Care Nutrition Program and USOE at least 10 days in advance of the place and time of the hearing, if you have requested one.
9. If you or your representative misses the hearing, the review official may find in favor of Child Care Nutrition Program or may re-schedule the hearing at his/her option. The USOE may attend the hearing but are not required to.
10. The review official will be independent and impartial and must not have been involved in the action that is being reviewed and will not have any personal or financial interest in the outcome of the review.
11. The review official must make a decision based only on the information provided by Child Care Nutrition Program and you and according to federal and state laws, regulations, policies and procedures for the program.
12. Within 60 days of your receipt of the notice of action, the review official will make a decision regarding Child Care Nutrition Program’s action. The review official’s decision will be sent to the USOE and they will immediately forward it to you and Child Care Nutrition Program.
13. The review official’s decision is the final administrative review we are obligated to offer you.

Demand for corrective action, whether due to findings of serious deficiency related to viability, capability or accountability, or to other compliance issues cannot be appealed nor can termination nor disqualification and placement on the disqualified list.



I found these fish sticks at Costco: The cost was 4 lbs. for \$ 11.99.

Snack	1-2	3-5	6-12
Meat/meat alternate amount required	½ oz.	½ oz.	1 oz.
Meat/meat alternate- # pieces you would need to offer	1	1	2
Grains required	½ serving	½ serving	1 serving
Grain-# pieces you would need to offer	2	2	4
Lunch/Supper			
Meat/meat alternate amount required	1 oz.	1.5 oz.	2 oz.
Grains required	½ serving	½ serving	1 serving
Meat/meat alternate- # pieces you would need to offer	2	2	4
Grain-# pieces you would need to offer	2	2	4

10 tips

Nutrition
Education Series

salt and sodium

10 tips to help you cut back



It's clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

1 think fresh

Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

2 enjoy home-prepared foods

Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

3 fill up on veggies and fruits—they are naturally low in sodium

Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.

4 choose dairy and protein foods that are lower in sodium

Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

5 adjust your taste buds

Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.



6 skip the salt

Skip adding salt when cooking. Keep salt off the kitchen counter *and* the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

7 read the label

Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

8 ask for low-sodium foods when you eat out

Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.

9 pay attention to condiments

Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

10 boost your potassium intake

Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.