Nutrition Notes
Child Care Nutrition Program

Program Updates
Aug/Sept 2016

Important Reminders...

DON’T FORGET TO ‘LIKE’ OUR FACEBOOK PAGE!

• Keep records daily (paperwork, scannable claim/CIF or on-line) of children in attendance and the meal you served
• Remember CLAIMS ARE DUE IN THE OFFICE BY THE 5TH OF THE MONTH!
• New regulations came out in the last newsletter! Please read, review, and start implementing them!

HOLIDAY CARE
If you plan on providing care Labor Day you must call the office for pre-approval 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.

Chicken and Veggie Treasures

1 cup sliced zucchini 1 cup sliced yellow squash
1/2 cup each: yellow, red, green, and orange peppers
2 cups fresh baby spinach 1/2 cup sliced carrots
3 pounds ground chicken 1 egg
2 T. chopped garlic in water 1 cup bread crumbs
Pepper to taste
Nonstick cooking spray
Sauce of choice, if desired
Cooked spaghetti, if desired

Place all vegetables in a food processor or blend until minced. Pour into a large bowl. Put ground chicken, egg, garlic, pepper, and bread crumbs into the bowl and mix until thoroughly combined. Form golf ball sized treasures, and place into a baking pan that has been coated with cooking spray.

Bake: 350 degrees for about 30 minutes
Flip the treasures and bake for about another 20 minutes. If desired, simmer the treasures in sauce for approximately 20 minutes and serve over cooked spaghetti. Makes 22 servings for 3-5 year olds at lunch/dinner.

Counts as a meat/meat alternate and a fruit/vegetable

New Reimbursement Rates effective July 1, 2016-June 30, 2017

New Rates have not been published yet. As soon as we know what they are we will put them on our web site: www.cnputah.org and on our FaceBook page. Look for them there.

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

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.

This Institution is an equal opportunity provider
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 USOSE; 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 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.
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<tr>
<td>Apples</td>
<td>Eating raw: Braeburn, Honey crisp, Gala, Fuji. Baking: Empire, Rome Beauty, Cortland, Northern Spy, Id Red. All-purpose: Golden Delicious, Jonathan, and Winesap.</td>
<td>Keep in plastic bag or drawer in the refrigerator and remove a spoiled apple so the rest don't go bad.</td>
<td>Wash before eating or slicing. Sprinkle lemon juice on sliced apples to keep them from browning. Remove core before cooking or baking.</td>
<td>Apple Chutney Baby Food, Cinnamon Apple Slices, Maple Apple Graham Crisp</td>
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<td>Bananas</td>
<td>Look for a section that is slightly green on the stem and tip, firm with no bruises. Varieties: yellow, red, apple, baby, baking.</td>
<td>Store at room temperature for 1-2 weeks. The skin will start to turn black as they go bad.</td>
<td>Peel off skin and enjoy sliced in cereal, yogurt, or on its own. Great snack any time of day.</td>
<td>Baked Banana Crumble, Banana Smoothie</td>
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<td>Beets</td>
<td>Choose smaller sized, smooth skinned, dark red beets with firm roots. If you plan to eat the leaves, choose beets with green, firm leaves.</td>
<td>Remove leaves and store in a tightly wrapped plastic bag in the refrigerator for up to 3 weeks.</td>
<td>Rinse and cut in quarters. Steam, bake, roast, or grill until tender. Gently rub peel off with a paper towel.</td>
<td>Spinach &amp; Beet Salad, Baby Borscht Puree</td>
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<td>Bell Peppers</td>
<td>Choose peppers with glossy skin and no soft spots. Bell peppers should feel heavy for their size.</td>
<td>Store in a plastic bag in the refrigerator crisper drawer for up to 1 week.</td>
<td>Rinse and eat raw sliced or diced. Toss into salads. Roast or grill sliced or quartered skewered with meats. Bake whole with your favorite stuffing.</td>
<td>Orange Chicken and Vegetable Rice Bowl, Southwestern Tortilla Soup, Three Bean Chili</td>
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<td>Broccoli</td>
<td>Choose dark green, firm stalks with compact florets.</td>
<td>Refrigerate unwashed in a plastic bag in the crisper drawer for up to 5 days.</td>
<td>Wash before using. Eat raw, or steam or sauté until crisp and tender. Eat raw florets raw with ranch dressing or dip. Shred stems and toss with salad dressing.</td>
<td>Broccoli Slaw, Broccoli Enchiladas</td>
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<td>Brussels Sprouts</td>
<td>Look for a selection with a bright green coloring. Yellow spots indicate rotting.</td>
<td>Store in the refrigerator for up to two days and unwashed in a plastic bag.</td>
<td>Steam, boil or roast, or microwave to enjoy as a tasty side dish. Cut in half and add to stews. Shred and add to soups.</td>
<td>Sprout and Grape Puree for Baby</td>
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<td>Cabbage</td>
<td>Choose firm heads with shiny, loose outer leaves. Varieties: Red, Green</td>
<td>Store in the refrigerator crisper drawer in a plastic bag for up to 2 weeks.</td>
<td>Remove thick outer leaves, core, and slice and rinse just before cooking. Steam, sauté, or boil until tender. Shred and toss with dressing for coleslaw.</td>
<td>Roasted Cabbage and Potatoes</td>
</tr>
<tr>
<td>Carrots</td>
<td>Look for a selection with a dark orange color and avoid ones very dark on the ends, slip or starting to grow roots.</td>
<td>Store in the refrigerator in plastic bag with tops removed for up to two weeks.</td>
<td>Wash under cold water. Peel. Add to soups and stews. Steam, Microwave or roast as a side dish.</td>
<td>Apple Carrot Casserole, Maple Carrots &amp; Cashews</td>
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<td>Cauliflower</td>
<td>Look for a selection that is firm with a creamy white in coloring. The leaves should be crisp and a bright green.</td>
<td>Refrigerate in a plastic bag for up to five days with stem side up.</td>
<td>Wash in cold water. Remove the stem and leaves. Break into small pieces. Eat raw. Steam, roast, or microwave</td>
<td>Creamy Cauliflower Soup</td>
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<tr>
<td>Celery</td>
<td>Choose firm stalks without yellow or brown leaves of spots.</td>
<td>Store 1 a plastic produce bag in the refrigerator for up to 1 week.</td>
<td>Cut off the base, leaves, and rinse the stalks. Cut and eat raw with hummus or dip. Dice or slice for stir-fry and soups.</td>
<td>Best Ever Turkey &amp; Rice Soup, Almond Brown Stuffing Rice</td>
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<td>Collard Greens</td>
<td>Choose firm, crisp and deeply colored leaves.</td>
<td>Refrigerate in a plastic produce bag for up to 5 days.</td>
<td>Rinse, remove the thick stems, and chop. Sauté, stem or microwave in an inch of water. Can also be baked as chips or added to quiche.</td>
<td>Cranberry Dipping Sauces, Cranberry Pecan Rice Plat</td>
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<td>Cranberries</td>
<td>Berries should be plump and with a rich red color.</td>
<td>Store in a plastic bag in the freezer for up to nine months.</td>
<td>Rinse in water before consuming or cooking and toss out any with bruises. Add to baked goods or sauces.</td>
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<td>Garlic</td>
<td>Choose firm bulbs with no dark spots. Elephant garlic is the mildest, Pink is mild, and white is stronger.</td>
<td>Store at room temperature in skin for up to 2 weeks.</td>
<td>Peel and mince or chop. Cook for 1 minute in hot oil before adding to foods such as stir fries, marinades, stews and sauces. Use raw (minced) in homemade salad dressings.</td>
<td>Garlic Parmesan Potatoes, Butternut Squash &amp; Roasted Garlic Soup</td>
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<tr>
<td>Ginger</td>
<td>Choose a selection with firm roots and smooth skin. Avoid crackers or withered roots.</td>
<td>Wrap ginger in a paper towel or plastic bag in refrigerator for up to 3 weeks. Can be frozen.</td>
<td>Peel or scrape skin off. Slice, Mince, or grate into small pieces. Popular in Asian cooking, add to soups and stir fries. Use raw (minced) in homemade salad dressings.</td>
<td>Ginger Pear Puree for Baby, Spinach, Ginger and Coconut Soup, Dan Dan Noodles, Chicken Lettuce Cups</td>
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<td>Grapes</td>
<td>Choose bunches that are plump and firm.</td>
<td>Refrigerate in a plastic produce bag for up to 1 week.</td>
<td>Wash in cold water and drain in colander or gently pat dry. Eat raw, Slice in half and toss in green and fruit salads.</td>
<td>Chicken and Grape Pasta Salad</td>
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<td>Green Beans</td>
<td>Choose bright green, firm beans.</td>
<td>Store in the refrigerator crisper drawer in a plastic bag for up to 7 days.</td>
<td>Rinse and cut or snap off ends just before cooking. Steam, sauté or microwave in an inch of water. Slice in 1 inch pieces and add to soups and stews.</td>
<td>Chinese Restaurant-style Green Beans, Green Beans with Corn and Bacon</td>
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<td>Mangoes</td>
<td>Choose firm fruit that gives slightly to pressure. Colors: Red, Yellow, Orange</td>
<td>Ripen in a paper bag if needed. Store at room temperature up to 5 days.</td>
<td>Slice from stem to tip and separate from pit. Lay skin side down and score flesh in x pattern. Push skin away from flesh and slice skin off.</td>
<td>Blueberry Mango Soup, Mango Salsa</td>
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<td>Mushrooms</td>
<td>Choose a selection with firm texture and without spots or slime. Varieties: Button, Portobello, Cremini, Oyster, Shiitake, Enoki, Chanterelle, Morel.</td>
<td>Refrigerate in plastic bag for up to 1 week.</td>
<td>Lightly brush with oil or butter to saute, grill, boil or roast. Can also be microwaved. Slice raw and toss into green salads.</td>
<td>Shroomy Stroganoff, Sautéed Mushrooms</td>
</tr>
<tr>
<td>Onions</td>
<td>Choose firm dry onions with shiny, thin skin. Varieties: yellow, red, white and vidalia.</td>
<td>Store in a dry, dark spot that is not next to potatoes for up to one month. Or up to 2 weeks if next to potatoes.</td>
<td>Peel outer layer and skin. Use a sharp knife to slice, chop or dice. Toss thin sliced onion in salads. Saute, grill, or roast.</td>
<td>Bread Stuffing with Pears, Bacon &amp; Caramelized Onion</td>
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<tr>
<td>Leeks</td>
<td>Choose ones with crisp green tops and shiny white skin.</td>
<td>Store in the refrigerator in an open plastic bag in the crisper drawer for up to 2 weeks.</td>
<td>Wash, trim roots, and remove the outer layer before chopping. Can be used in place of onion in recipes.</td>
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<tr>
<td>Parsnips</td>
<td>Choose a selection with either pale yellow or an off-white coloring and should have firm and smooth roots without any moist spots.</td>
<td>Refrigerate in plastic bag for up to four weeks.</td>
<td>Cut off root and leaf ends. Peel before cooking. Saute, steam or roast. Boil with potatoes and mash with milk and butter. Can replace carrots in soup and stew recipes.</td>
<td>Mashed Potatoes and Parsnips</td>
</tr>
<tr>
<td>Peas</td>
<td>Choose firm, plump, bright green pods.</td>
<td>Refrigerate in original container or plastic bag. Eat within 3 days of purchase.</td>
<td>Wash and remove round peas from pods. Discard pods. Steam or sauté with casseroles and pasta dishes or add to soups.</td>
<td>Macaroni and Peas</td>
</tr>
<tr>
<td>Pears</td>
<td>Choose pears without any bruises or dark brown spots on skin. Varieties: Anjou, Bartlett, Bosc, Comice, Asian.</td>
<td>Keep in closed paper bag at room temperature to ripen. After they are ripe, keep stored in refrigerator.</td>
<td>Wash in cold water. Eat raw. Sprinkle lemon juice on raw pieces to keep from browning. Add to salads or baked goods. Remove core before cooking or baking.</td>
<td>Pear Nog, Pear and Date Salad, Roasted Pears and Breakfast Sausage</td>
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<tr>
<td>Pineapple</td>
<td>Choose a golden yellow base that smells sweet. Note: Completely green fruit will never ripen.</td>
<td>Store at room temperature until flesh gives slightly to pressure.</td>
<td>Cut off top, bottom and skin, then slice away from core. Discard core. Eat raw. Great in salads. Add to stir fries and curry dishes.</td>
<td>Snappy Pea and Pineapple Salad, Grilled Pineapple</td>
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<td>Pumpkin</td>
<td>Choose pumpkins firm and heavy for their size.</td>
<td>Keep in a cool and dark place for up to two months.</td>
<td>Toast, puree, or roast diced pumpkin chunks to add to salads, soups, or baked goods.</td>
<td>Pumpkin Pancakes, Soft Pumpkin Cookies, Pumpkin Date Scones.</td>
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<tr>
<td>Radishes</td>
<td>Look for smooth, medium-sized radishes.</td>
<td>Cut off leafy tops. Keep in plastic bag in refrigerator for up to one week.</td>
<td>Remove tops before storing. Eat raw with dip or slice and toss into green salads and coleslaw.</td>
<td>Raspberry Orange Tea</td>
</tr>
<tr>
<td>Raspberries</td>
<td>Choose firm, brightly colored berries.</td>
<td>Refrigerate unwashed and eat within 2 days.</td>
<td>Rinse well before serving. Eat by the handful or add to salads, sauces and baked goods.</td>
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<tr>
<td>Rutabagas</td>
<td>Also known as a yellow turnip. Choose smooth skinned without blemishes.</td>
<td>Store in the refrigerator crisper for up to two weeks.</td>
<td>Remove leaf and root ends, wash, and peel before cooking. Roast or bake.</td>
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<tr>
<td>Spinach</td>
<td>Choose crisp, dark green, even colored leaves.</td>
<td>Store unwashed in the refrigerator for up to 5 days.</td>
<td>Soak in cold water and swish leaves to remove sand and dirt. Dry and use raw or sauté. Good for side dishes and soups.</td>
<td>Spinach, Ginger, &amp; Coconut Soup, Sautéed Spinach</td>
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<td>Sweet Potatoes/Yams</td>
<td>Select potatoes that are firm, smooth, and small to medium in size.</td>
<td>Keep in a cool and dark place for up to five weeks.</td>
<td>Scrub clean and bake or beat for mashed sweet potatoes.</td>
<td>Spinach and Sweet Potato Risotto, White Bean, Sweet Potato and Banana Puree for Baby.</td>
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<tr>
<td>Turnips</td>
<td>Choose smooth skinned without blemishes. Varieties: Baby turnips, white, Japanese.</td>
<td>Store in the refrigerator crisper for up to two weeks.</td>
<td>Roast or bake. Remove leaf and root ends, wash, and peel before cooking.</td>
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<tr>
<td>Winter Squash</td>
<td>Choose winter squash that are heavy for their size with a deep colored skin. Varieties: Acorn, Butternut, Buttercup, Pumpkin, Spaghetti</td>
<td>Store in a cool and dark place for up to one month.</td>
<td>Wash and cut into pieces to freeze, bake, or steam to add to soups, desserts, or side dishes.</td>
<td>Sweet Scented Acorn Squash, Butternut Squash and Roasted Garlic Soup.</td>
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KidFood
Healthy Eating for Today’s Kids

Crunchy Veggies

Simple and Delicious
Most children prefer crunchy vegetables instead of soft, overcooked vegetables. Steamed vegetables are a quick and healthy side dish. Steam your veggies this summer or eat them raw.

Steamed Vegetables
1. Fill a pot with 2 inches of water.
2. Place a metal steaming basket with veggies in the pot.
3. Bring the water to a boil, cover the pot with a lid. Lower the heat to medium.
4. Steam the veggies for 5 to 10 minutes, until slightly tender and crunchy. Most vegetables will be cooked within 5 minutes.
5. Flavor with fresh lemon, herbs, garlic, salt, pepper, or cheese.

Try a variety of veggies:
- Sliced carrots
- Pea pods
- Green beans
- Snap peas
- Zucchini

Eat Local Food
Take advantage of the summer – eat locally grown fruits and vegetables in season. They’ll taste better, and be better for you.

Not sure what’s in season?
✓ Visit your local farmers’ market - Local farmers will be selling fruits and vegetables that are in season.
✓ Talk to your local farmers - Find out when strawberries, raspberries, melons, corn, apples, and other summer treats are in season and taste their best!
✓ Ask your grocery store - They will know which fruits and vegetables are in season, taste their best and are the best price.

Dip Your Veggies
Cool vegetables after steaming. Dip in low-fat Ranch salad dressing, dill dip, or hummus.

Raw or steamed vegetables are a fun finger food for children.
**Taste of Tomatoes**

**Enjoy the flavors of summer!**

*Enjoy fresh tomatoes!*

*Nothing tastes quite as good as tomatoes fresh from the garden. You can even smell the flavor!*

- Tomatoes are full of nutrients.
- They are an excellent sources of vitamin A and vitamin C.
- Tomatoes can be served in a variety of dishes.

Your child will learn to enjoy tomatoes. Your child’s food likes and dislikes can change. Don’t be afraid to try new recipes with vegetables. Ask your child to taste new foods. He may love them!

**Enjoy Tomatoes**

- Make a fresh tomato salsa. Serve with baked tortilla chips for a summer snack.
- Eat tomato slices with your meals. Just rinse, slice and serve!
- Tomato slices can also be added to your favorite sandwich or salad.
- Add chopped tomatoes to pizza before baking it.
- Snack on cherry tomatoes and grape tomatoes. They’re fun finger foods. (Be aware of choking hazards in young children). Cut in half.

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**Angel Hair Pasta with Tomatoes**

*A simple pasta that children will love!*

- 2 cups cooked Angel Hair pasta
- 2 tablespoons extra virgin olive oil or vegetable oil
- ½ cup sliced zucchini
- 2 large tomatoes, chopped into small pieces
- 1 teaspoon diced garlic or garlic powder
- 4 tablespoons fresh basil or 1 tablespoons dry basil
- ¼ cup shredded Parmesan cheese

1. Heat oil on low in a skillet. Add zucchini slices and cook for 2 minutes.
2. Add chopped tomatoes, garlic, and basil. Cook for 2 minutes.
3. Add cooked pasta to sauce. Toss together and cook for 2 minutes.

Makes 4, 3/4 cup servings

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**Stuffed Tomatoes**

Wash and cut off the top of tomatoes. Remove the seeds and insides of tomatoes and refrigerate or freeze to use in soups or sauces.

Stuff tomato shells with:
- Macaroni and cheese – heat and eat!
- Cottage cheese
- Tuna or seafood salad
- Chicken or ham salad