Program Updates

Reminders...

- **REMEMBER:** Claim due by the 5th. If it is mailed or submitted after the 5th, it will be considered late and may not be processed until the next month :(

- If you claim on-line: make sure you check your claim error report about the 7th of the month. If you disagree with it, call the office by the 11th of the month. This is really important!!! We had one provider that had a child disallowed for 3 months, because she didn’t realize we didn’t have the enrollment form. This is also the last day to challenge any children who were disallowed.

- When parents are signing the in/out sheets for weekends and night care they need to sign with FULL SIGNATURE.

- Remember: You should keep all child nutrition program records for 3 years plus the current year. Don’t throw them away when a new year begins.

- Please Note: We only have school district days off listed in Minute Menu as vacation days. If you have children who are out of school and you are serving AM Snack and/or Lunch make sure you list it on the CIF or check them out of school when you claim on-line. When you put their times in on-line make sure their in/out times reflect that they are not in school and that you have clicked the no school box.

- Don’t forget: The Utah State Office of Education Child Nutrition Program is continuing to do drop in visits to providers homes throughout the state. Make sure you are keeping your records up to date!!!

The Child Care Nutrition Office will be closed from December 21 - January 4

Happy Holidays!

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 o 1-800-540-2169.

The USDA is an equal opportunity provider and employer.
IMPORTANT: PLEASE READ!!!!

This is from the National CACFP Sponsor Association about legislation having to do with child nutrition reauthorization. Please read and send comments/support to your local legislator in Washington DC. For Northern Utah and the Uintah Basin it is Rob Bishop, southern Utah it is Jason Chaffetz. You can google them for their contact information.

Dear Friends, we need your help with two incredibly important, very quick action items today!

1. **Send an email to your US Representative asking them to cosponsor HR Bill 3886.**

2. **Forward this email! Pass the word along to anyone who will help us support this bill.**

This week US Representatives Suzanne Bonamici and Elise Stefanik introduced the bill HR 3886 to Congress: *The Early Childhood Nutrition Improvement Act.*

What will it accomplish?

- Allows the option of a third meal service (typically a meal or a snack) to serve children who are in care for more than eight hours per day.

- Reduces paperwork for parents, providers and sponsors by directing USDA to maximize the use of technology and innovation, and eliminate unnecessary and duplicative Federal and state regulatory requirements. Mandates an expert advisory committee to support USDA in their ongoing efforts to cut the red tape in the program.

- Mandates USDA review of the CACFP serious deficiency process and issue guidance and, as appropriate regulations, establishing appeal rights for a finding of serious deficiency or a determination that a corrective action plan is inadequate, allowing family child care providers enough time to take corrective action (90 days) and offering clarity on the different measures of noncompliance to reduce the number of providers who are sanctioned for unintentional program violations. In addition, the USDA review will cover a comprehensive list of key areas including mediation of State-specific requirements and guaranteeing appeals officials are fair and impartial.

- Simplifies eligibility for proprietary (for-profit) centers by permitting centers to certify eligibility every six months instead of every month. Many are small “Mom and Pop” child care centers and afterschool programs providing much needed care to low-income children in underserved areas. The current requirement to certify eligibility each month is an unnecessary program burden.

This bill advances CACFP as a priority in child nutrition reauthorization, complementing an earlier effort by Senator Robert Casey (D-PA) when he introduced The Access to Healthy Food for Young Children Act of 2015, S. 1833. Both bills would result in less hunger, less obesity and better eating habits for very young children.

It is extremely important that CACFP sponsoring organizations and child care providers let your representative know how important the CACFP is to working families.

**Thanks for your efforts at raising awareness!**

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**Think of Children as Snowflakes**

A small snowflake falls to the ground in a huge field. Another snowflake falls beside it. One more comes and many follow. Each is different, has its own form and size but, oh, the beauty of each one! There is much mystery in each. We must cherish the sparkle of all of them. One is not more beautiful than another. They are all unique, special, and magnificent.

---Cynthia R. Sanchez
Small Hands Crafting
On brown paper trace the outline of each child’s foot. Then on multiple fall color sheets of construction paper, have the children trace the outline of their hand. Help your youngest to cut their tracings. Using the foot as the body of the turkey, glue the hands on the back for feathers. Add some googly eyes and a beak and they’ve made a take-home turkey!

Happy Thanksgiving

Did you know that the primary goal of the CACFP is to ensure that well-balanced, nutritious meals are served to children?

Research proves that good nutrition in young children not only contributes to their physical growth, but to their intellectual and emotional development as well. Children who participate in the CACFP have the opportunity to develop positive eating habits that will lead to a lifetime of good eating habits and good health while enjoying meals that meet USDA nutrition requirements. These nutritionally complete meals help the child learn and grow and are the foundations that will help them achieve their fullest potential in the future.

We are thankful for your children and the work you do to help them be at their best!

Do the Mashed Potato: Movement on Thanksgiving
Cut out several turkeys and hide them around the room. When you say go, ask the kids to find as many turkeys as they can. You can even “gobble” when a child is close to a turkey letting them know they are on the right track! Give bonus points to the children who waddle while they hunt.

When everyone’s ready to try something else, introduce the popular 1960’s dance, “Mashed Potatoes” to you children – perfect for the day! Sing along as you teach them these simple steps: The feet are first faced inward then rotated outward. Repeating it inward and outward quickly, moving your feet apart a bit after each rotation and you have the Mashed Potato dance.

Turkey Sweet Potato Soup
- 1 teaspoon butter
- 5 cups turkey broth**
- 1 ½ pounds sweet potatoes, peeled and cubed
- 2 cups cooked turkey, shredded or cut in cubes
- ½ cup chopped onion
- 1 ½ cups corn

Saute onion in butter. In soup pan, add broth, potatoes, turkey, onion and corn. Simmer for 20 minutes until sweet potatoes are tender.

** Turkey broth: boil your leftover turkey bones with a full pot of water for 1 hour. Then strain off broth and reserve for soup. You can also use this for a great turkey soup.

CACFP is an indicator of quality child care.

www.cacfp.org
GIFTS OF TIME OUR CHILDREN ASK OF US…

Accept me… when others engage in comparisons;
Pause with me… when others hurry by;
Walk with me… when others have too little time;
Listen to me… when others are too preoccupied;
Read with me… When others prefer television;
Talk with me… when others prefer shouting;
Praise me… when others can find only fault;
Believe in me… when others offer no encouragement;
Play with me… when others prefer being entertained;
Discipline me… When others fail to set limits;
Learn with me… When others have forsaken curiosity;
Laugh with me… when others fail to see any humor;
Challenge me… When other accept less than my best;
Create with me… When others settle for the ready-made;
Pray with me… when others have lost faith;
Hug me… and remind me how much I am loved;
Dream with me… and discover all I would like to be.

Lifetime Memories For Our Children
Anthony P. Witham, Ph.D.
Food Focus: Think Your Drink

Santa may get plenty of cookies and milk on Christmas Eve, but many young children still do not meet their daily calcium needs.

The calcium recommendation for young children is 800 milligrams per day (equal to 2 - 3 servings of milk, yogurt, or low-fat cheese).

Increased popularity of soft drinks & juices have replaced milk consumption and contributed to lower calcium intake. Juices also tend to replace whole fruits & vegetables in a child’s diet & provide little or no fiber, protein, or minerals. The sugars in juice may also cause diarrhea, flatulence, bloating, and tooth decay.

The American Academy of Pediatrics recommends that infants should not drink juice until they are 6-months-old and able to drink from a regular cup. Fruit juice should be limited to one serving (4 to 6 oz) per day for children ages 1 to 6, and two servings (8 to 12 oz) per day for children ages 7 to 18. 100% juices & concentrates are most appropriate and should be used instead of Kool-Aide, punch, Tang, lemonades, or soft drinks. Be sure to check labels!

Learning Activities & Recipes

**Red-Nosed Reindeer Sandwiches**

2 Slices Whole Wheat Bread  
Peanut Butter  
Strawberry Jam  
12 Pretzel Sticks  
4 Raisins  
2 Cherry Halves, Drained

1 - Spread the peanut butter on one side of a slice of bread. Spread the jam on the other slice. Put slices together to make a sandwich.

2 - Cut the sandwich in half diagonally. Create 2 reindeer by putting "antlers" (pretzels) at the top (along the diagonal cut). Stick in-between the two pieces of bread. Add "eyes" (raisins) and a "nose" (cherry) at the point at the bottom.

*Counts as 1 bread + 1/2 meat.*

**Dog-Bone Reindeer Ornament**

To make a reindeer ornament to hang on your tree or to decorate a package, you will need: a 6" (15 cm) piece of rusty-brown chenille stick (or a brown pipe-cleaner), glue, a small bone-shaped dog biscuit, two 8" (20 cm) lengths of narrow ribbon or thread, two small wiggly eyes, and a 3/8" (1 cm) red pom-pom.

1. For antlers, bend the chenille stick in half & glue bent part 1" below top of bone (in middle)
2. Take one piece of ribbon or thread, form a loop for hanging, and glue the ends on the back of the antlers near the bottom.
3. Turn the bone over with the antlers on top. Tie the remaining piece of ribbon or thread into a bow, trim the ends, and glue near the top.

**Christmas Tree Books**

Collect several children’s Christmas books and wrap each one in wrapping paper. Place under “Christmas Reading Tree”. During the month of December, have children select a book each day. Unwrap & read. Try some fun variations: Read by candlelight, cuddle up in cozy quilts, enjoy hot chocolate, etc. Book Ideas:

- The Elves and the Shoemaker (Jim LaMarche)
- The Polar Express (Chris Van Allsburg)
- The Littlest Christmas Tree (Janie Jasim)
- The Christmas Candle (Richard Paul Evans)
- Jacob’s Gift (Max Lucado)
- The Christmas Miracle of Jonathan Toomey (Susan Wojciechowski)
- Why Christmas Trees Aren’t Perfect (Richard H. Schneider)
Spicy Apple-Filled Squash
*From 5-a-day Secret to Healthy Living*

1 large acorn squash (1 lb), rinsed
2 teaspoons margarine
1 large apple, cored peeled, and chopped
2 tablespoons brown sugar
¾ teaspoon cinnamon
1/8 teaspoon ground cloves
dash of nutmeg

Cut squash into fourths and scoop out seeds. Place in a glass pie plate and cover with plastic wrap. Microwave on high for 5 minutes. Meanwhile, melt margarine in a small skillet over medium heat. Add apple, brown sugar, cinnamon, cloves, and nutmeg; cook for 2 minutes. Place equal amounts of filling on each squash wedge; cover and microwave on high for 3-5 minutes or until squash and apple are tender.

Yield: 4 servings

¼ squash serving = 100 calories,
27 g carbohydrates, 1 g protein, 0 g fat,
3 g fiber
Counts as 1 vegetable.

Cranberry Sauce Muffins

2 cups All-Bran
1-1/4 cups fat-free milk
1/4 cup egg substitute
2 tablespoons canola oil
3/4 cup whole wheat flour
1/2 cup all-purpose flour
1/2 cup sugar
3 teaspoons baking powder
1/4 teaspoon salt
1 cup whole-berry cranberry sauce

In a bowl, combine cereal and milk; let stand for 5 minutes. Add egg substitute and oil; mix well. Combine the next five ingredients; stir into cereal mixture just until moistened. Fold in cranberry sauce. Coat muffin cups with nonstick cooking spray; fill two-thirds full with batter. Bake at 400° for 15-20 minutes or until a toothpick comes out clean. Cook 5 minutes; remove from pan to a wire rack. Yield: 1 dozen

One muffin equals 145 calories, 3 g fat (trace saturated fat), 1 mg cholesterol, 156 mg sodium, 29 g carbohydrate, 5 g fiber, 4 g protein.
Counts as 1 grain.

Chunky Potato Soup
*From Jan/Feb 2003 Quick Cooking magazine*

4 medium potatoes, peeled and cubed
3/4 cup onion
1 small carrot, chopped
1/4 cup chopped celery
1-1/2 cups chicken broth
3 tablespoons butter, cubed
3 tablespoons all-purpose flour
2-1/2 cups milk
1 tablespoon minced fresh parsley
3/4 teaspoon salt, pepper
1 cup (4 ounces) shredded Swiss cheese

In a large saucepan, combine the potatoes, onion, carrot, celery and broth. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes until vegetables are tender. Lightly mash. Meanwhile, in a small saucepan, melt butter; stir in flour until smooth. Gradually stir in milk. Bring to boil; cook and stir for 2 minutes until thickened. Stir in potato mixture. Cook and stir until thickened.

Add parsley, salt and pepper. Remove from heat and stir in cheese until melted. Yields: 7
Counts as 1 vegetable.
Banana Cranberry Muffins
From Nov/Dec 2004 Quick Cooking magazine

2 cups fresh or frozen cranberries
1 2/3 cups sugar, divided
1 Cup water
1/3 cup shortening
2 eggs
1 3/4 cups all-purpose flour
2 teaspoon baking powder
1/2 teaspoon salt
1/4 teaspoon baking soda
1 cup mashed bananas (2-3 medium)
1/2 cup chopped walnuts

In small saucepan, bring cranberries, 1 cup sugar and water to a boil. Reduce heat simmer uncovered for 5 min, drain and set aside.

In a large mixing bowl, cream shortening and remaining sugar. Add eggs, beat well. Combine the flour, baking powder, salt, baking soda; add to creamed mixture. Add bananas. Fold in cranberry mixture and walnuts. Fill greased or paper lined muffin cups three-fourths full. Bake at 400° for 15-20 minutes. Yield: 14 muffins *Counts as 1 bread.

Creamy Turkey Casserole
From Nov/Dec 2004 Quick Cooking magazine

1 can cream of celery soup, undiluted
1 can cream of mushroom soup, undiluted
5 ounces cheese
1/3 cup mayonnaise
4 cups cubed turkey
1 large package broccoli cuts, thawed
1 1/2 cups cooked white rice
1 1/2 cups cooked wild or brown rice
1 can of sliced water chestnuts (optional)
Sliced mushrooms (4 oz can)
2 cups salad croutons

In a large bowel, combine the soups, mayonnaise, and cheese. Stir in the turkey, broccoli, rice water chestnuts and mushrooms. Transfer to a greased 13 x 9 in. baking dish. Bake, uncovered, at 350° for 30 minutes; stir. Sprinkle with croutons and bake 10 more minutes.
Yield: 10-12 servings
*Counts as 1 meat, 1 grain, and 1 vegetable.

WILD RICE PILAF

1/4 cup slivered almonds
3 cups cooked brown or wild rice
1/2 cup dried cranberries
2 Tbsp olive oil
1 Tbsp red wine vinegar (optional)
1 Tbsp sugar
2 each granny Smith apples, cored and diced

Preheat the oven to 325° Lightly coat a baking sheet with cooking spray. Spread the almonds on the baking sheet and bake, stirring occasionally, until golden about 10 minutes. Transfer immediately to a plate to cool.

Return the cooked rice to the saucepan and stir in the dried cranberries. Cover and set aside.

In a small bowl, whisk together the oil, vinegar and sugar.

In a large bowl, combine the rice and diced apples. Add the oil mixture and toss to coat evenly. Serve warm or cold on individual plates. Top with toasted almonds. *Counts as 1 grain.
Chili

6 C. Dried Red Pinto (Or Kidney) Beans (1 2-Lb. Pkg)
2 Tbsp. Margarine
1 Large Onion, Chopped
1 Tsp. Garlic Powder
1 ½ Lbs. Ground Beef
1 Tsp. Chili Powder
3 Bay Leaves
2 15-Oz Cans Tomato Sauce
5 Dried Red Peppers
1 Tsp. Salt

Wash beans. Cover with cold water plus 1 or 2 inches and soak overnight. Drain. Add 1 T. salt and water to cover. Simmer until tender (about 1 hr). Drain beans again, saving the liquid. Brown meat & onion and add to beans. Add tomato sauce, garlic powder, 1 – 2 c. bean liquid, chili powder, peppers, bay leaves, 1 T. salt. Simmer, covered, for 1 hour.

* www.homeschooloasis.com/recipes *

Old Time Beef Stew

2 lbs. Stew Beef (cubed)
2 Tbsp. Shortening
1 tsp. Worcestershire Sauce
1 Onion Sliced
1 – 2 Bay Leaves
1 tsp. Salt
1 Tbsp. Sugar
½ tsp. Paprika
¼ tsp. Pepper
Dash of Ground Allspice
6 Carrots, pared & quartered
4 Potatoes


* ca.geocities.com *

Dinner Chowder

2 Cups Raw Potatoes, Diced
½ - ¾ Cup Onion, Minced
¾ Cup Celery, Diced
2 ½ Cups Boiling Water
1 Tsp. Salt
4 Tbsp. Butter
4 Tbsp. Flour
¼ tsp. Pepper
Salt to Taste
½ tsp. Dry Mustard
2 cups Milk
1 Tbsp. Parsley, minced
1 cup Tomatoes, canned or fresh
1 ½ cups cheddar cheese

Combine potatoes, onion, celery, salt, and boiling water in soup kettle. Cover and simmer about 15 min. until vegetables are tender. Meanwhile, melt butter in medium sized sauce pan. Stir in flour until smooth. Add milk, salt, pepper, and dry mustard, stirring until thickened. Add cheese, stir until melted. Add to potato mixture, then add parsley and tomatoes.

* skreyolds.tripod.com *

Granola

½ c Bran or Wheat Germ
1 pkg. crushed Graham Crackers
1 c Sunflower Seeds
½ c. Cashews, chopped
½ c. Walnuts, chopped
½ c. Brown Sugar
½ c Dates, chopped
½ c Margarine, melted
3 tsp. Cinnamon
2 ½ c Oats
1 c Coconut
2 tsp. Vanilla
½ c Honey
2 tsp. Vanilla
½ tsp Cloves
½ tsp Nutmeg
½ c Raisins
(After Cooking) *


* www.homeschooloasis.com/recipes *