



Program Updates

Days to Remember...

December 2016

Stress-Free Family
Holiday Month

- 1- Mail in/Submit Your Claim
- 6- Mitten Tree Day
- 7-Nat'l Pearl Harbor Day
- 24-Hanukkah begins in eve
- 25- CHRISTMAS DAY
- 26-First day of Kwanza
- 31- New Years Eve Day
- 31-New child enrollment forms due in the office



January 2017

National Dairy Month

- 1- New Years Day
- Mail in/Submit Your Claim
- 1-Hanukkah ends
- 2- New Director for Child Care Nutrition Program Starts
- 7-Three Kings Day
- 16-Martin Luther King Day
- 31-New child enrollment forms due in the office



reminders..

- The Child Care Nutrition Program new Director starts January 2, 2017!!! We send a warm welcome to Michael Diehl. You will love having him as your new director. See the next page for more information about Michael.
- Don't forget that you need your menus for the week posted for your parents to see what you are serving. Menus should be planned in advance, not just done daily. ALL components should be listed on the menu.
- **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.
- 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, we have new regulations that go into effect October 1, 2017. We also have new menus that you will learn more about at the trainings held in 2017!!!

THE CHILD CARE NUTRITION OFFICE WILL BE CLOSED FROM DECEMBER 20 - JANUARY 2



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 Insitution is an equal opportunity Provider

**Jeanie and Sonja are excited to introduce and
WELCOME the new
Child Care Nutrition Program Director:
Michael Diehl**



Hello fellow Family Childcare Home providers and Childcare centers. My name is Michael Diehl and I am excited to start my new position as Director of Utah State University Child Nutrition Programs on January 3, 2017.

By way of introduction, I have been working with the Utah State Board of Education since 2007 as a Child Nutrition Program Specialist. While working for the Child and Adult Care Food Program, I have developed a great appreciation for the amount of work and dedication home providers and childcare centers do on a daily basis in Utah. This effort is making it possible for children to be served more nutritious meals in your centers and homes every day. I have been working with your current director, Jeanie Peck; and current monitor, Sonja Larsen over the past several years. I am aware of the quality of work each of you put into your centers and homes to benefit children.

I look forward in the upcoming months to meeting each of you and providing you with the customer service and tools needed to provide your programs with continued success.

I'm looking forward to moving with my family to the Logan area. Logan is a great place to work and to raise a family.

WELCOME

Chicken Asparagus Chowder

**4 tablespoons butter or margarine
1 onion chopped
1/2 cup celery, chopped
1/4 cup flour
1/4 cup red bell pepper, diced or chopped
3 cups reduced-sodium chicken broth
1 large potato, peeled and diced
1 lb asparagus, sliced into 1/2 inch pieces
2 cups cooked chicken breast, diced
2 cups heavy cream
Salt
1/4 teaspoon black pepper**



Heat butter or margarine in a large saucepan over medium heat. Sauté the onion and celery for 3 minutes; add bell pepper. Cook for 1 minute. Stir in flour, a little at a time, until it is well blended with the vegetable mixture. Add chicken broth; stir to blend. Add potato and bring to a boil. Reduce heat, cover, and simmer 15 minutes or until potato is slightly tender. Add asparagus and cooked chicken; cook until asparagus is tender. Add cream, salt, and pepper. Mix well and serve immediately.

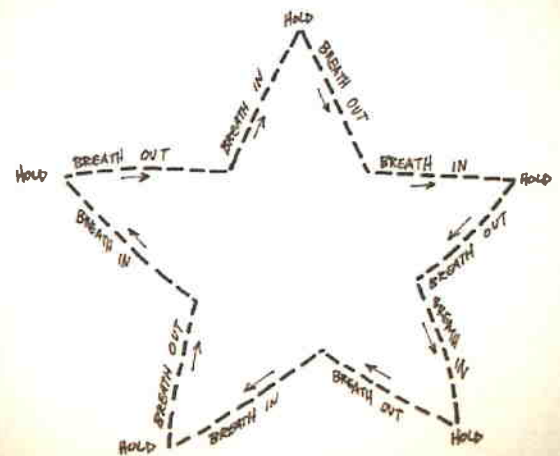
Reducing Holiday Stress for Children



While the holiday season is a special time for celebrating traditions with family and friends, it can also be a time of extra stress for adults and children. We usually think of the holidays as a magical time of year for little ones, but they, too, can become overwhelmed by all of the hustle and bustle. Below are tips for minimizing stress for children at this special time of year.

- * **Recognize signs of stress:** Signs may range from crankiness, to irritability, to a change in appetite or sleep habits.
- * **Maintain familiar routines as much as possible:** Most children thrive on structure. Knowing what comes next gives them a sense of security, so stick to regular meal and nap times.
- * **Set aside time for physical activity:** Exercising is a great way to release tension, so take a walk outdoors. If the weather isn't ideal, stay indoors and try one of the activities listed in this newsletter under 'Fitness for Kids'.
- * **Serve nutritious meals and snacks:** Continue to serve balanced meals and snacks that are full of fruits and vegetables, whole grains, and other nutritious foods. Limit holiday treats that are high in sugar, fat, and salt.
- * **Breathing:** Teach your children how to take deep breaths to help calm and relax them. Pretend you are blowing bubbles or blowing on your hand to see if they feel the breath on their hand held in front of their mouth.
- * If you have a child who needs extra attention and/or supports check out the following power point. <http://files.constantcontact.com/1a56db87001/56195590-2540-4031-ac97-3fc297a5ed02.pdf>

Five Count Breathing



Keep Your Food Safe This Holiday Season

During the holiday season, you're likely to be spending some time in the kitchen. The last thing you want to discover is that the food you served was spoiled. It is important to make sure everything you prepare and serve is as safe as it is delicious.

Food Safety starts at the grocery store:

- Keep cold food cold. Pick up items such as milk and eggs last.
- Read the labels for 'Sell by' and 'Use by' dates to ensure they have not expired.
- Check the packaging when buying meat and poultry; never buy if it is torn or leaking.
- Wrap raw meat and poultry in plastic bags, and keep them separated from other food items.

Once arriving home, it is important to take measures to ensure your food remains safe:

- Store food on shelves, or in refrigerators and freezers properly.
- Keep your preparation area clean and wash hands often.
- Prevent cross contamination by washing countertops, cutting boards, and utensils with hot soapy water after use. Or use a solution with bleach to clean your cutting boards. Never use the same cutting board for meats and vegetables.
- Thaw and cook holiday meat properly.

After food is cooked, you still need to be careful:

- Don't leave perishable food at room temperature for longer than two hours, (or 1 hour in temperatures above 90 degrees F.) or bacteria can start growing.
- Keep hot foods hot and cold foods cold whether serving or transporting them.
- Store food in air tight containers to avoid having it pick up flavors from other foods.
- Reheat leftovers to 165 degrees F; sauce and gravy should be reheated to a boil.

For more information

On keeping food safe this holiday season consult the comprehensive resource: 'Kitchen Companion: Your Safe Food Handbook' at www.fsis.usda.gov/PDF/Kitchen_Companion.pdf This is an awesome handbook. Check it out. We have also saved it to our web site: www.cnputha.org look for it in Resources! ☺



Cordon Bleu Casserole

2 cups cubed, fully-cooked ham
4 cups cubed, full-cooked turkey
1/3 cup butter or margarine
1/8 teaspoon ground mustard
1 3/4 cups milk
3/4 cup butter or margarine, melted

1 1/2 cups (6 ounces) shredded Swiss cheese, divided
1 large onion, chopped
1/3 cup flour
1/8 teaspoon ground nutmeg
1 1/2 cups soft bread crumbs

In a large nonstick skillet, sauté ham for 4-5 minutes or until browned; drain and pat dry. In a 2-quart baking dish layer the ham, turkey, and 1 cup cheese; set aside. In a large saucepan, sauté the onion in butter until tender. Stir in the flour, mustard, and nutmeg until blended. Gradually stir in milk. Bring to a boil; cook and stir 2 minutes, or until thickened. Pour milk mixture over ham, turkey, and cheese mixture. In a separate bowl, combine soft bread crumbs, remaining 1/2 cup shredded Swiss cheese, and melted butter or margarine. Spread bread mixture over ham, turkey, cheese mixture. Bake, uncovered, at 350 degrees F for 25-30 minutes, or until golden brown and bubbly.

NOTE: Make sure you have enough meat and cheese to meet the minimum components for the ages of children you will be serving to meet component amount regulations.

Fitness for Kids

Indoor Activities

The American Heart Association recommends that all children who are 2 years of age and older participate in some form of physical activity for at least 30 minutes every day. A string of cold, rainy, icy, or snowy weather can keep children indoors for days. Here are some fun indoor activities that will get the little ones moving.



Dance, Dance, Dance: Turn on a favorite CD, crank up the volume and have your own dance party. Put on costumes or dress up clothes and have a dance competition. For extra fun, do the limbo or play musical chairs. (A safer way to play musical chairs is to use paper plates, washcloths, or small towels instead of the chairs).



Age old Favorites: Try playing the age old favorites of Ring around the Rosy, Duck, Duck Goose, Button, Button, Who's Got the Button, or London Bridge is Falling Down.

Bowling: Set up plastic bottles in the shape of a triangle at the end of a hallway and roll a ball to try and knock them over. Have the children take turns setting up the bottles. Keep score and see how many strikes you can get!!!

Indoor Skating: There are a couple of different ways to create indoor skates. One is to tie wax paper around the bottom of the children's feet and let them skate away. Another is to use empty Kleenex boxes (or other carton) as skates—just insert feet into the opening.

Obstacle Course Maneuvers: Arrange pillows, couch cushions, brooms, and chairs to create an indoor obstacle course. Use your imagination to turn everyday objects into exciting road blocks. Pillows can be lily pads to jump on, cushions can be alligators to leap over, and tables can be tunnels to crawl under. The variations are endless. Pretend to be different animals going through the obstacle course. For example a frog would hop, a turtle would move very slowly, and a snake would slither.

Treasure Hunt: To hold an indoor treasure hunt, take a small jigsaw puzzle apart and hide the pieces around a room in the house. Once all of the pieces have been found, the kids can have fun putting the puzzle back together. If you like, write a clue on the back of the puzzle that will lead the children to a hidden prize once the hunt is completed.

Reverse Hide-N-Seek: One child is the hider, everyone else is a seeker. When a seeker finds the hider, instead of pointing him out, he quietly joins him in the hiding place. Pretty soon all the children are squished into the same spot. Giggles are sure to erupt.



U R What U Eat

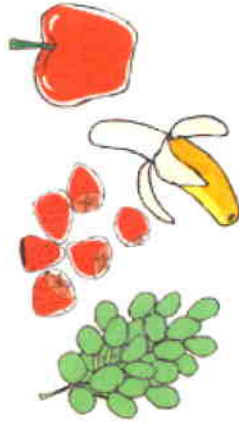
Food supplies the nutrients needed to fuel your body so you can perform your best. Go, Slow, Whoa is a simple way to recognize foods that are the smartest choices.

- **“Go”** Foods: Eat almost anytime (Most often) — they are lowest in fat, added sugar, and calories
- **“Slow”** Foods: Eat sometimes (Less often) — they are higher in fat, added sugar, and/or calories
- **“Whoa”** Foods: Eat once in a while (Least often) — they are very high in fat and/or added sugar, and are much higher in calories

Food Groups

Fruits

Whole fruits (fresh, frozen, canned, dried) are smart choices. You need 2 cups of fruit a day. 1 cup is about the size of a baseball.



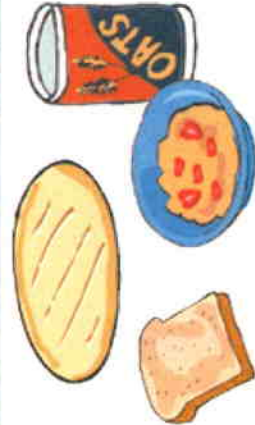
Vegetables

Adding fat (butter, oils, and sauces) to vegetables turns them from Go foods to Slow or Whoa foods. You need 2 ½ cups of vegetables a day. Dark green and orange vegetables are smart choices.



Grains

Try to make at least half of your servings whole grain choices and low in sugar. An ounce of a grain product is 1 slice of bread, 1 cup of dry cereal, or ½ cup of cooked rice or pasta. You need about 6 ounces a day.



GO



SLOW



WHOA

