



Program Updates



IMPORTANT NOTICE

We have included a child re-enrollment packet. They need to be completed and back in our office **by March 1, 2017**. Instructions are attached. We have also mailed your tax information form. If you have questions please call our office.

February 2017

National Heart Month
Black History Month

Days to Remember...

- 1- Mail in/submit your claim
- 2- Groundhog Day
- 12-Lincoln's Birthday
- 14-Valentine's Day
- 20-President's Day



March 2017

Nutrition Month
March 12-18 National CACFP Week

Days to Remember...

- 1- Mail in/submit your claim
- 2- Dr. Seuss Birthday
- 12- Daylight Savings
- 17-St. Patrick's Day

Reminders..

- **DON'T FORGET CLASSES BEGIN SOON**—the schedule will be mailed to you! Everyone needs to attend one class each year
- This years classes will primarily focus on the new meal pattern effective October 1, 2017
- If you are substituting food on your menu—remember you need to change it in the computer or put it on your CIF!!!! Be sure to put it on your posted menus as well.
- Don't forget you need to keep your sign in/outs available from past months for monitor reviews
- **IMPORTANT!!** For providers claiming on-line you need to make sure you check your claim error report around the 7th of each month. Let us know if there are problems with your claim before the 10th of each month. After the claim is submitted we can't make any changes. You are responsible to check your claim error report every month.
- Don't forget to send in child enrollment forms when you enroll a new child, otherwise you will not be reimbursed.
- If you are going to be closed, please remember to call the office the **DAY BEFORE!!!** Thank You!
- Did you know we have a web site? Check it out: www.cnputah.org
- Did you know we are on Facebook? www.facebook.com/childcarenutritionprogramutah

HOLIDAY CARE



If you plan on providing care on Presidents Day, Memorial Day, 4th of July or 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 in a copy of your sign in/outs with full signature for all children claimed that day by the 5th of the next month.

REMEMBER, IF YOU PROVIDE CARE ON PRESIDENTS DAY TO SEND IN YOUR SIGN IN/OUTS WITH FULL SIGNATURE WITH YOUR FEBRUARYCLAIM!!!



More Program Updates

Reminders...



Milk and Milk Substitutes:

- * Don't forget that only 1% and skim milk are creditable for children 2 years of age and older
- * 1 year olds are required to be served whole milk effective October 1, 2017
- * Lactose free milk does not need a doctor's/or parent note, since it is still milk
- * All milk substitutes that are not nutritionally equivalent to cow's milk must be signed off by a medical authority and cannot be a parent/or guardian preference (examples: rice milk, certain soy milks, and almond breeze)
- * Milk substitutes must contain at least 8 grams of protein in order to be nutritionally equivalent to milk
- * Raw milk cannot be served on the food program even if there's a doctor's note. Raw milk is not pasteurized and is considered a health risk if consumed
- * Milk must be served at breakfast, lunch, and dinner

Future Changes

The CACFP is launching a new meal pattern that goes into effect October 1, 2017. More information to follow at a training. Here is a list of items you may want to consider changing now:

- ♦ Limiting juice to no more than 1-2 times per week
- ♦ Serving at least 1 whole grain per day
- ♦ Limiting processed meats such as hot dogs, corn dogs, chicken nuggets, and fish sticks to no more than 2 times per month.
- ♦ Limiting the sugar in cereal to no more than 6 grams
- ♦ Meat/meat alternate served at breakfast

Why WIC?

The Women, Infants, and Children Program

WIC and CACFP are part of the same USDA child nutrition programs we promote this program to all whom may qualify, and so should you. WIC is a nutrition program that helps pregnant women, new mothers, and young children eat well, learn about nutrition, and stay healthy. Nutrition education and counseling, nutritious foods, and help accessing health care are provided to low income women, infants, and children. WIC also supplies mothers with iron-fortified infant formula. We ask that you actively help spread the word about this program in your center and homes. For a link to eligibility requirements, or to simply access more information for your parents, visit: <http://www.health.utah.gov/wic/>.

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.

Snack Ideas

Peanut Butter Dip

Ingredients: ¼ cup peanut butter

2 tbsp frozen orange juice concentrate, thawed

1 cup vanilla yogurt

Assorted fruits for dipping

Directions: In a small mixer bowl combine peanut butter and orange juice; beat until fluffy. Stir in yogurt until smooth. Cover and chill. Serve with fruit. Make 1- ½ cups dip or 24 (1 tbsp) servings. This is a creditable recipe: 3 tbsp = ½ oz. meat alternate.

Ranch Dip for Vegetables

Ingredients: 1 (12 oz.) carton small curd cottage cheese

1 pkg. Ranch style salad dressing mix (not dip)

½ cup plain yogurt

Raw vegetables: celery sticks, carrot sticks, green pepper, etc., for dipping

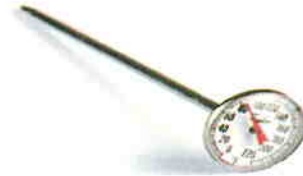
Directions: Use food processor and blend entire carton of cottage cheese until it becomes very smooth and creamy for about 5 minutes or longer. Add yogurt and blend until well mixed. Add dry ranch dressing mix and blend. Makes 12 (1/2 oz.) servings; 3 tbsp = 1/2 oz. meat alternate (for a lighter flavored dip, substitute 24 oz. of small curd cottage cheese for the 12 oz.). Cover and chill before serving.

Keep Foods Safe from Bacteria

Measure Internal Temperatures:

- Roasts and steaks - 160 degrees F
- Whole poultry -170 degrees F
- Ground beef - 160 degrees F
- Eggs - 155 degrees F

Reheat sauces, soups, and gravies to a boil.



“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”

-Anne Wigmore



Apple Lips

- Create a “sweet teeth” snack.



Cut 2 red apple wedges 1/2” wide. Place peanut butter or cream cheese on one side of each. Place together with red apple skin side facing front. Place miniature marshmallows or small, white candy hearts between layers to look like “teeth.” Kids love this snack!

10 tips

Nutrition
Education Series

choosing whole-grain foods



10 tips for purchasing and storing whole-grain foods

Whole grains are important sources of nutrients like zinc, magnesium, B vitamins, and fiber. There are many choices available to make half your grains whole grains. But whole-grain foods should be handled with care. Over time and if not properly stored, oils in whole grains can cause spoilage. Consider these tips to select whole-grain products and keep them fresh and safe to eat.

1 search the label

Whole grains can be an easy choice when preparing meals. Choose whole-grain breads, breakfast cereals, and other prepared foods. Look at the Nutrition Facts labels to find choices lower in sodium, saturated (solid) fat, and sugars.



2 look for the word “whole” at the beginning of the ingredients list

Some whole-grain ingredients include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, wild rice, and whole rye. Foods that say “multi-grain,” “100% wheat,” “high fiber,” or are brown in color may not be a whole-grain product.

3 kids can choose whole grains

The new school meal standards make it easier for your kids to choose whole grains at school. You can help your child adapt to the changes by slowly adding whole grains into their favorite recipes, meals, and snacks at home.

4 find the fiber on label

If the product provides at least 3 grams of fiber per serving, it is a good source of fiber. If it contains 5 or more grams of fiber per serving, it is an excellent source of fiber.

5 is gluten in whole grains?

People who can't eat wheat gluten can eat whole grains if they choose carefully. There are many whole-grain products, such as buckwheat, certified gluten-free oats or oatmeal, popcorn, brown rice, wild rice, and quinoa that fit gluten-free diet needs.



6 check for freshness

Buy whole-grain products that are tightly packaged and well sealed. Grains should always look and smell fresh. Also, check the expiration date and storage guidelines on the package.

7 keep a lid on it

When storing whole grains from bulk bins, use containers with tight-fitting lids and keep in a cool, dry location. A sealed container is important for maintaining freshness and reducing the possibility of bug infestations or moisture.

8 buy what you need

Purchase smaller quantities of whole-grain products to reduce spoilage. Most grains in sealed packaging can be kept in the freezer.



9 wrap it up

Whole-grain bread is best stored at room temperature in its original packaging, tightly closed with a quick-lock or twist tie. The refrigerator will cause bread to lose moisture quickly and become stale. Properly wrapped bread will store well in the freezer.

10 what's the shelf life?

Since the oil in various whole-grain flours differs, the shelf life varies too. Most whole-grain flours keep well in the refrigerator for 2 to 3 months and in the freezer for 6 to 8 months. Cooked brown rice can be refrigerated 3 to 5 days and can be frozen up to 6 months.