



Program Updates



IMPORTANT NOTICE

We will be mailing a child re-enrollment packet the first week of February. Please watch for this. They need to be completed and back in our office by March 1, 2013. Instructions will be attached.

Reminders...

February 2013

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
- 17-Random Acts of Kindness Day
- 18-President's Day
- 25-Quiet Day



March 2013

Nutrition Month
March 17-23 National CACFP Week
The CACFP-a WIN WIN WIN For Children, Parents and Providers

Days to Remember...

- 1- Mail in/submit your claim
- 2- Dr. Seuss Birthday
- 10-Daylight Savings
- 17-St. Patrick's Day
- 20-First Day of Spring
- 25-International Waffle Day

- Please remember claims are due in our office by the 5th of each month. There were several late claims this month
- Remember that Child Enrollment Forms need to be in our office by the first of the month or with your scannable claim
- When entering in minute menu make sure you are entering accurate in/out times daily
- Also remember to check if the children are home sick or no school
- **DON'T FORGET CLASSES BEGIN IN FEBRUARY—the schedule is included in this newsletter. Everyone needs to attend one class each year**
- If you are going to have a substitute care giver, remember to call the office and let us know. Especially if it is going to be for an extended period of time. Make sure she knows where your paperwork is and how to complete your claim or how to keep accurate documentation
- If you are substituting food on your menu—remember you need to change that in the computer or put it on your CIF!!!!

HOLIDAY CARE



If you plan on providing care 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/out with full signature for all children claimed that day by the 5th of the next month.

This Institution is an equal opportunity provider.

More Program Updates

- Take some time and look at your menus. Is there variety? Do you use a lot of crackers or cookies? How much fresh fruit do you offer? Do you serve a lot of high fat meats? Do you introduce new foods once in a while for variety?
- Remember you can check your claim on line to see if meals have been disallowed. If you do this by the 9th of each month, and there are problems you still have time to call the office and talk to us about it.
- If you are going to be closed, please remember to call the office the **DAY BEFORE!!!**

A note from Aunt Bee:



How do you get your child to try new foods? Offer new and familiar foods to your children regularly. Allow children to decide if they want to try the new food. If they don't, that is okay. They can

eat what they like from other foods you offer at that meal. It is helpful to serve a new food with other familiar foods in a comfortable setting. Did you know that it can take a child up to 20 times to try a food and decide if they like it? If the children see you eating and enjoying the new food, over time, they are likely to add new foods to their list of favorites. Most importantly remember to be patient!!!

Good Luck!!!

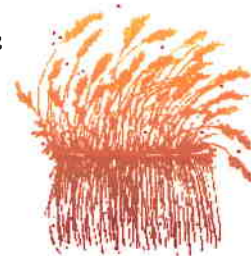
The office will be closed March 19-22. We will be in Southern Utah teaching classes.

If you have problems, leave us a message and we will be checking the voice mail. Make sure you leave your phone number and name and that we can understand it if you want us to call you back.



On the next few pages there is some important information.

First: The Whole Truth about Whole Grains



Did you know it is important for children to eat whole grains???

We hope you enjoy this information.

Second: We have included a hand out on making tuna casserole. Please look at this. Remember when you are preparing your meals that you are ensuring the children are served the appropriate amounts.



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.

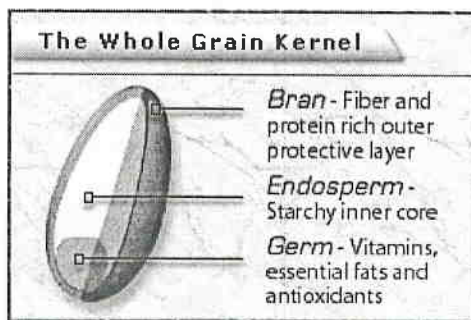
Usted es responsable de entender la información que se encuentra en esta carta. Si esto no es posible por una barrera lingüística, llame a este número para solicitar servicio de traducción (435) 797-2169 or 1-800-540-2169.

The Whole Truth about Whole Grains: *Your Guide to Good Health*



What is a whole grain?

- The term *whole grain* means that the entire kernel (including the bran, endosperm, and germ) is left intact during processing (see diagram).
- Unlike whole grains, *refined grains* are missing parts of the kernel, and consequently are missing many of the nutrients and health benefits of whole grains. Although about half of your grain intake should come from whole grains, about 85-90% of grain products found in supermarkets are made from refined grains.



Eat More...

- Whole-wheat bread
- Brown rice
- Whole-wheat pasta
- Whole-grain cereals
- Oatmeal

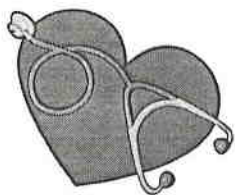
Eat Less...

- White bread
- White rice
- White pasta
- Cereal made with added sugar and fat

Health Benefits of Whole Grains

Whole grains are excellent sources of antioxidants, fiber, phytonutrients and vitamins, all of which contribute to good health:

- Decreased risk of heart disease
- Lower cholesterol levels
- Protection against many types of cancer
- Assistance with weight management



What are phytonutrients?

Small but powerful disease fighters found naturally in plant and plant-based foods. Whole grains contain significant amounts of the phytonutrients lignan, phytic acid, and phytosterols. Aim to get a variety of whole grains in your diet—that way you're more likely to get all of the phytonutrients your body needs!

Topics in this handout...

Defining Whole Grains	1
Health Benefits	1
Whole Grain Foods	2
MyPyramid—How Many Whole Grains Should You Eat?	2
Reading Labels to Select Whole Grain Foods	2

More on Whole Grains

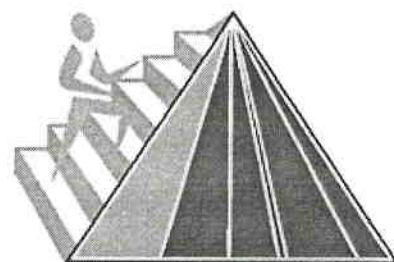
Whole Grain Foods

Most Americans are not eating enough whole grains, and 1/3 never eat any! Eating whole grains is easier than you might think—they can be eaten by themselves or as part of a meal or snack. Examples of whole grains include:

- Whole-wheat bread
- Whole-wheat pasta
- Brown or wild rice
- Whole grain cereal
- Popcorn
- Oatmeal
- Whole-wheat tortillas
- Bulgur
- Quinoa
- Whole grain barley

Whole Grains on the Web

www.mypyramid.gov
www.wholegrainscouncil.org
www.eatingwell.org
www.umd.edu/uds



Grain Group
Make half your grains whole

How Many Whole Grains Should You Eat?

The updated food guide pyramid recommends eating at least three servings of whole grains every day, or half of your total grain intake.

What Counts as a Serving?

- 1 slice of whole-wheat bread
- 1/2 cup cooked brown rice or whole-wheat pasta
- 1 cup whole-grain cereal
 - raisin bran
 - shredded wheat
 - Cheerios
 - Total
- 1/2 cup cooked oatmeal
- 5-inch corn tortilla
- 3 cups popcorn

Reading Labels to Select Whole Grain Foods

Packaging and food labels can be misleading. Use these tips when you're searching for whole grain foods:

- **Look at the list of ingredients.** The first item on the list should be a whole grain.
- **Separate marketing from the truth.** Read ingredient labels even if the package says "Made with whole grain." These foods may contain negligible amounts of whole grains.

Whole Grain	Refined Grain
Whole grain [name of grain]	Wheat
Stone-ground whole [grain]	Made with whole-wheat
Whole-wheat	Stone-ground
Brown Rice	Enriched flour
Rye	Wheat germ
	Bran
	Cracked wheat
	Multi-grain
	Wheatberries

Typical

vs

Creditable

4.5 oz.



12 oz.



1.25 cups



**2 cups,
cooked**



**4 cups,
cooked**



**2 cups,
cooked**



Tuna Casserole for 8 (3 – 5 year olds)

Some fun grain related recipes

Quinoa Salad

From Healthy Food, Healthy Families

Prep time: 5 minutes
Cooking Time 15-20 minutes
Serves 6

Ingredients:

1.5 cups cooked quinoa
3 cups water
1/4 cup lime juice
1/2 cup olive oil
1 cup parsley, chopped
1/2 cup tomato, diced
Salt & pepper to taste



Directions:

Rinse quinoa well with cool water in a fine mesh strainer until the water runs clear
Add rinsed quinoa to sauce pan over low heat; stir with wooden spoon until all water has evaporated
Add water and a pinch of salt; stir once to dislodge any grains that may be stuck to bottom of pan
Cover and bring to boil
Lower heat and simmer, covered, for about 10-15 minutes or until all water is absorbed; let sit, covered for about 5 minutes before fluffing with fork.

Quick Black Beans & Rice

From mid michagenc.com

Meets: 3 servings of Fruit/Vegetable and 6 servings of Bread/Grain at Lunch for 3-5 year olds.

**1 Tbsp vegetable oil
1 onion, chopped
1 (15oz can black beans, undrained
1 (14.5 oz) can stewed tomatoes
1 tsp dried oregano
1/2 tsp garlic powder
1.5 cups uncooked instant brown rice**

In a large saucepan, heat oil over medium high heat. Add onion, cook and stir until tender. Add beans, tomatoes, oregano and garlic powder. Bring to a boil; stir in rice. Cover; reduce heat and simmer 5 minutes. Remove from heat; let stand 5 minutes before serving.



Turkey Fried Rice

From mid michagenc.com

Meets: 6 servings of Meat/Meat Alternate & Bread/Grains at Lunch/Supper for 3-5 year olds

**2 cups diced cooked turkey
1/2 cup chopped onion
2 eggs, beaten
2 T margarine
3 cups cooked rice
2 t soy sauce**



Saute onion in margarine over medium heat. Add eggs and scramble. Add turkey and rice, heat 10 minutes. Add soy sauce.

Child Care Nutrition Program Class Schedule

Remember you will need to attend one of these classes to complete the requirement to attend one training each year. Our year is October 1, 2012-September 30, 2013.

ALL CLASSES WILL BE HELD FROM 6:30-8:30 PM
(Except the Saturday classes)

Northern Utah

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|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Thursday, Feb 21 | Logan: USU campus our building (CPD) |
| Saturday, Feb 23 | After the CHILD conference from
<u>1:00pm-3:00 pm</u> in our building |
| Wednesday, Feb 27 | Tremonton, Tremonton City Hall,
102 S. Tremont. YOU MUST RSVP for this
class— if there is not enough interest, we will
cancel the class |
| Thursday, Feb 28 | Logan: USU campus our building |
| Wednesday, March 6 | Logan: USU campus our building |
| Thursday, March 7 | Brigham City, YOU MUST RSVP for this
class, if we don't have an interest for this class we
will cancel the class Location: 10 South 400 East—
the old Family History Library across the street
from the Middle School—corner of 400 east and
Forest St. |
| Saturday, April 13 | Logan: USU campus our building
10 AM-noon |

These are the only times we will be holding classes this year. Please make arrangements to attend one of these classes.

Child Care Nutrition Program Class Schedule

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Southern Utah

- | | |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tuesday, March 19 | Blanding Room 208 upstairs in Tech Building on the on the USU/CEU campus |
| Wednesday, March 20 | Moab—USU Extension—125 West 200 South |
| Thursday, March 21 | Price----on the USU/CEU campus in the West Instructional Building (WIB) enter this building from the west. This entrance is located on the north side of the building on 100 East and 600 North. There is a big parking lot on the north side of the building. Same building as CCR&R. |

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