



Program Updates

Answers From Aunt Be

Dear Aunt Bee,

I really felt overwhelmed after the classes this year. It seems like so much and I left feeling like I didn't want to 'raise the bar'. But as I have thought about it, I realized that what we talked about in class is what is best for the kids. I am going to give it my best shot to make better choices for the children in my care.



Hesitant Hannah

Dear Hannah:

I agree it is overwhelming. But you are right we do need to try and do what's best for the kids. What a great attitude! Good Luck and call if you have questions or concerns.

Aunt Bee



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 to the office a copy of your sign in/out with full signature for all children claimed that day by the 5th of the next month.

SPECIAL NOTICE FOR THOSE CLAIMING ON-LINE!

Please remember that all claims should be submitted by the 5th of each month. We will process the claims on the 6th. You will then be responsible to check your claim on-line to see if there are any errors. If there are errors, call the office and we will look at them with you. If we don't hear from you by noon on the 13th of each month, we will assume that your claim is okay and ready to submit to the State.

Directions to check your claim:

In minute menu go to the tool bar at the top:

Click on claims>>>>review claims>>>>left click on the month you are going to check (it should be the top month)
>>>>Choose a report---claim summary and error letter

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.



This institution is an equal opportunity provider.

Important Reminders...

- Check to make sure you have a copy of your child re-enrollment report (apricot color) in your nutrition binder
- If you go on a field trip make sure the meal you claim matches the meal that was approved for the field trip. You also must call the office for approval. The day before is preferred
- If you need to change your meal times for the summer; call the office so we can make those changes for you
- Summer Lunch Program: Remember if you go to the free summer lunch program you can't claim that meal.
- Child Enrollment Forms are due by the first if you claim on-line
- **SPECIAL DIET STATEMENTS:** remember they need to have what the child cannot be served and what food should be served in place of it. You can find a copy of this statement on our web site: www.cnputah.org Look under forms
- If you are serving family style; it is okay to pre-plate children in high chairs
- All the product analysis sheets from our last class can also be found on the web site. As we receive more of these we will put them on the web site. We have included any new ones in this newsletter
- Claims/or documentation of meals served and attendance must be completed **DAILY!!!**
- Remember children need to be in your care for at least 15 minutes in order to claim snacks
- Milk requirement: Don't forget you should be serving 1% or skim to all children 2 and older

The April TSA Member eNewsletter states the following: **Infants are Fed Solid Food Too Soon, C.D.C. Finds** By: Douglas Quenqua

Despite growing warnings from pediatricians about feeding newborns anything other than breast milk or formula, many mothers appear to be introducing solid food well before their babies' bodies can handle it, says a study published Monday in the Journal of Pediatrics.



In a national survey of 1,334 mothers, conducted by the Centers for Disease Control and Prevention, 40 percent said they gave their baby solid food before they were 4 months old, with 9 percent starting as early as 4 weeks. Doctors now recommend waiting until a baby is at least 6 months old.

For at least 20 years, the American Academy of Pediatrics had advised against feeding babies solid food before they turned at least 4 months old. Last year, encouraged by growing evidence of the health benefits of breast milk, the group raised that age, saying babies should be fed nothing but breast milk for six months. When breast milk is not an option, formula is an acceptable alternative, the group says.

Read the entire article as published in the NY Times on March 25, 2013 at this web address:

<http://library.constantcontact.com/download/get/file/1109945124190-76/NY+Times++Infants+Are+Fed+Solid+Food+Too+Soon,+C.D.C.+Finds.pdf>

10 Tips Nutrition Education Series from MyPlate.gov



We will be including in this and future newsletters copies of this series in our newsletter. If you haven't explored these great resources on the web yet, take time today! Otherwise we will be including several in each newsletter.



Remember Water is important during the hot days of summer

Water should be consumed throughout the day. Be sure to make water readily available for children.

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Let's have fun with pizza!



Jeanie's easy pizza crust:

1 cup warm water
1 pkg or 1 T yeast
2 T sugar
1/4 t salt
2-3 cups flour
2 t oil

Dissolve yeast in 1 cup warm water. Add sugar. Let sit for a few minutes. Add flour, oil and salt. Mix, roll out, cook. You don't have to let this rise.

Other ideas for pizza dough:

French bread
English Muffin
Crescent rolls
Biscuits
Bagel
Tortilla
Use your imagination



Make Pizza's with your children—perfect for their little hands.

1. **Make sure everyone washes their hands before you start.**
2. **Start with your pizza crust**
3. **Create mini pizzas with your kids:**
 - *Spread 1 tablespoon of pizza sauce on each crust
 - *Sprinkle with shredded mozzarella or cheddar cheese
 - *Top with a variety of ingredients:
 - Veggies**
 - * sliced cherry tomatoes
 - * chopped spinach
 - * sliced mushrooms
 - * finely chopped red and green peppers
 - * chopped onions
 - Protein foods:**
 - * chopped ham or turkey
 - * cooked hamburger or chicken
 - * drained tuna fish
 - * small cooked shrimp
 - *Add more cheese
4. **Bake in a 400° oven for 10 minutes. Watch closely. Cooking time depends on which crust you use. Sometimes it helps to cook the pizza crust for 4-9 minutes prior to adding the toppings. Let it cool and then have the children add their toppings. Then cook again after you have put on the toppings. It will cook in less time if you do it this way.**



Remember to ensure that you have sufficient amounts of toppings so all component requirements are met.

10 tips

Nutrition
Education Series

add more vegetables to your day



10 tips to help you eat more vegetables

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1 discover fast ways to cook
Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game
Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



3 choose vegetables rich in color
Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4 check the freezer aisle
Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5 stock up on veggies
Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



6 make your garden salad glow with color
Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup
Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8 while you're out
If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9 savor the flavor of seasonal vegetables
Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 try something new
You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.

10 tips

Nutrition
Education Series

focus on fruits

10 tips to help you eat more fruits



Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

1 **keep visible reminders**
Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 **think about taste**
Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe.

3 **think about variety**
Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



4 **don't forget the fiber**
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.



5 **be a good role model**
Set a good example for children by eating fruit every day with meals or as snacks.

6 **include fruit at breakfast**
At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.



7 **try fruit at lunch**
At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

8 **experiment with fruit at dinner, too**
At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.

9 **snack on fruits**
Dried fruits make great snacks. They are easy to carry and store well.



10 **keep fruits safe**
Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.



High Liner Foods (USA), Inc.

Provided by:
High Liner Foods (USA)
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Portsmouth, NH 03802-0839

Specification Contact:
Kathy Gilmore (Quality Engineer)
Phone (603) - 431- 6865 x4309
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Sample Product Analysis Form

26-Sep-11

Brand Name: Great Value

Package Net Weight: 24.70

Package Piece Count: 44

Coating Description: Golden Crunchy

Type of Fish Used: Minced

Specie of Fish Used: Pollock

Shape of Product: Stick

Producer Code: B1300

Universal Product Code UPC: 605388186942

List Varietie(s) of Meat Used: Minced Pollock

Total Weight of Uncooked Product: 0.56 ounces per Stick

Weight of Raw Meat: 0.28 ounces per Stick

Percent Fat of Raw Meat: 0.9 % referenced from USDA handbook # 8

***(Weight of Dry TVP):** Not applicable

***(Weight of Hydrated TVP):** Not applicable

***(Weight of Raw Meat and Hydrated TVP):** 0.28 ounces per Stick

Weight of Other Ingredients: 0.28 ounces per Stick

Total Weight of Precooked Product: 0.56 ounces per Stick

Weight of Breading if Used: 0.28 ounces per Stick

Weight of Precooked Meat *(With TVP): 0.28 ounces per Stick

I certify that the above information is true and correct, and that the above meat product (ready for serving) contains 0.21 ounces per Stick of cooked lean meat/meat alternative when prepared according to directions.

Signature Kathy Gilmore
Title Quality Engineer

Date Signed Sept 24, 2011
High Liner Foods (USA) Inc.

Snack	1-2	3-5	6-12
Meat/meat alternate amount required	1/2 oz.	1/2 oz.	1 oz.
Meat/meat alternate- # pieces you would need to offer	3	3	5
Grain-# pieces you would need to offer	Not credible		
Lunch/Supper			
Meat/meat alternate amount required	1 oz.	1.5 oz.	2 oz.
Meat/meat alternate- # pieces you would need to offer	5	8	10
Grain-# pieces you would need to offer	Not credible		