



## Program Updates

### Reminders From Aunt Bee



- Remember not to serve hi-fats or sweets more than 2 times per week
- Be sure your claim is up to date and all documentation is in your home; If the documentation isn't in your home we will have to disallow meals and we don't like doing that! :(
- Infant foods concern: During the recent classes a few of you mentioned that there weren't sufficient foods available to claim on minute menu; when we looked at the foods available on minute menu for you to claim, there appeared to be sufficient choices. If you have specific questions or concerns, please call the office
- Remember to offer your children plenty of water during the hot summer months



### 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.

### NOTES FROM THE CLASSES:

We have completed the hand out from the classes with the recipes and ideas. We will bring it to you, the next time we do a monitor review.

If you want to see it before we come, it is on the web site. [www.cnputah.org](http://www.cnputah.org)

We have discontinued Breakfast menu # 24 because it is a duplicate of #10. If you have #24 in your menus please change to #10!! Thanks!!!

If you still have recipes and/or ideas, please send them in. We will put them in the newsletter.

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.



# Sweet Strawberries



Strawberries are a special treat during the summer. They are quick and easy to eat—just rinse and eat. They are a great source of Vitamin C, folic acid and fiber.

Serve berries for breakfast and snack!

Four berries have as much vitamin C as 4 ounces of orange juice or half an orange.

## Breakfast Ideas!

- Toss sliced strawberries on top of breakfast cereal
- Serve strawberries on top of pancakes, waffles, or french toast
- Blend frozen or fresh strawberries with apple juice for your own special drink

## Snack Ideas!

Remember to add another component to any of these ideas for a credible snack!

- Spread peanut butter on a whole wheat tortilla. Top with strawberry slices and banana slices. Roll up the tortilla
- Eat fresh strawberries—they are fun finger food
- Blend strawberries with low-fat yogurt for a shake. Add a banana and blend!
- Dip fresh strawberries into peanut butter
- Serve sliced strawberries or blueberries on pudding, cottage cheese or custard
- Serve strawberry slices with kiwi slices—a pretty combination that's fun to eat

Simple  
pleasures  
are best!

## **Strawberry Slush**

**Kids like to eat slush with a spoon.**

- Rinse fresh strawberries and remove their stems
- Blend together 4 cups strawberries and 1 cup apple juice
- Pour mixture into 4 plastic cups
- Cover each with plastic wrap
- Place in the freezer and freeze until solid

**Ideas from University of California cooperative extension KidFood May 2014**

## FDA NEWS RELEASE

**For Immediate Release:** Feb. 10, 2014

**Media Inquiries:** Theresa Eisenman, 301-796-2805, [theresa.eisenman@fda.hhs.gov](mailto:theresa.eisenman@fda.hhs.gov)

**Consumer Inquiries:** 1-888-INFO-FDA

### **FDA warns against using Uncle Ben's Infused Rice**

*Mars Foodservices recalls all lot numbers of Infused Rice linked to recent illness in Texas*

#### **Fast Facts**

Government officials are investigating a cluster of illnesses associated with Uncle Ben's Infused Rice Mexican Flavor sold in 5- and 25-pound bags.

- Out of an abundance of caution, the FDA is warning food service companies and consumers not to use any Uncle Ben's Infused Rice products sold in 5- and 25-pound bags.
- These products are sold to food service companies that typically distribute to restaurants, schools, hospitals and other commercial establishments. However, the products may be available over the Internet and at warehouse-type retailers.
- Food service companies and consumers who have purchased the products should not use the rice, and should return it to their point of purchase or dispose of it.
- Uncle Ben's Brand Ready to Heat, Boxed, Bag or Cup products sold at grocery stores and other retail outlets are not being recalled.

#### **What is the Problem and What is Being Done about the Problem?**

The FDA, the Centers for Disease Control and Prevention (CDC), and state and local officials have been investigating a cluster of illnesses associated with Uncle Ben's Infused Rice Mexican Flavor sold in 5- and 25-pound bags.

On Feb. 7, 2014, the FDA's Coordinated Outbreak Response and Evaluation Network (CORE) was notified of a cluster of illnesses at three public schools in Katy, Texas. Thirty-four students and four teachers experienced burning, itching rashes, headaches and nausea for 30 to 90 minutes, before the symptoms went away. Uncle Ben's Infused Rice Mexican Flavor with the lot number 351EKGRV01, made by Mars Foodservices of Greenville, Miss., was the common food item eaten by ill students.

On Dec. 4, 2013, the Illinois Department of Public Health notified CDC of 25 children with similar skin reactions following a school lunch that served an Uncle Ben's Infused Rice product. North Dakota reported a similar incident that occurred on Oct. 30, 2013. Three children in a daycare and one college student experienced flushing reactions 45 minutes after consuming an Uncle Ben's Infused Rice product.

Mars Foodservices is recalling all bags and all lot numbers of its Uncle Ben's Infused Rice products produced in 2013:

- UNCLE BEN'S INFUSED Rice Roasted Chicken Flavor (5- and 25-pounds)
- UNCLE BEN'S INFUSED Rice Garlic & Butter Flavor (5-pounds)
- UNCLE BEN'S INFUSED Rice Mexican Flavor (5- and 25-pounds)
- UNCLE BEN'S INFUSED Rice Pilaf (5-pounds)
- UNCLE BEN'S INFUSED Rice Saffron Flavor (5-pounds)
- UNCLE BEN'S INFUSED Rice Cheese Flavor (5-pounds)
- UNCLE BEN'S INFUSED Rice Spanish Flavor (25-pounds)

Although this product is not typically marketed to individual consumers, it may be available over the Internet and at warehouse-type retailers.

Uncle Ben's Brand Ready to Heat, Boxed, Bag or Cup products sold at grocery stores and other retail outlets are not being recalled.

Investigation into this outbreak continues.

### **What are the Symptoms of Illness/Injury?**

The symptoms associated with this illness include a red burning/itching rash, headache, nausea, and flushness of the skin.

The symptoms appear very shortly after consuming the rice product and pass within 30 to 90 minutes.

### **What Specific Products are being Recalled?**

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- UNCLE BEN'S INFUSED Rice Garlic & Butter Flavor (5-pounds)
- UNCLE BEN'S INFUSED Rice Mexican Flavor (5- and 25-pounds)
- UNCLE BEN'S INFUSED Rice Pilaf (5-pounds)
- UNCLE BEN'S INFUSED Rice Saffron Flavor (5-pounds)
- UNCLE BEN'S INFUSED Rice Cheese Flavor (5-pounds)
- UNCLE BEN'S INFUSED Rice Spanish Flavor (25-pounds)

The products are sold to food service companies. However, they may be available over the Internet and at warehouse-type retailers.

### **Who is at Risk?**

People of any age can experience symptoms. The illnesses in Texas included people of different ages (children and adults).

### **What Do Food Service Companies and Consumers Need To Do?**

Food service companies and consumers who may have purchased the products should not use the rice, and should return it to their distributor or point of purchase or dispose of it.

### **What Does the Product Look Like?**

Photos of Uncle Ben's Infused Rice products can be seen here:

<http://www.fda.gov/Safety/Recalls/ucm385323.htm>.

### **Where is it Distributed?**

The products are sold directly to food service companies that typically distribute to restaurants, schools, hospitals and other establishments. The products have also been found over the Internet, including Amazon and warehouse-type retailers, such as Sam's Club.

### **Who Should be Contacted?**

Contact your health care provider if you have sudden nausea, headaches or a burning/itching rash after eating Uncle Ben's Infused Rice products.

The FDA encourages consumers with questions about food safety to call 1-888-SAFEFOOD Monday through Friday between 10 a.m. and 4 p.m. eastern time, or to consult the fda.gov website:

<http://www.fda.gov/Safety/ReportProblem/ConsumerComplaintCoordinators/default.htm>.

The FDA, an agency within the U.S. Department of Health and Human Services, protects the public health by assuring the safety, effectiveness, and security of human and veterinary drugs, vaccines and other biological products for human use, and medical devices. The agency also is responsible for the safety and security of our nation's food supply, cosmetics, dietary supplements, products that give off electronic radiation, and for regulating tobacco products.

**10 tips**  
**Nutrition**  
**Education Series**

# be a healthy role model for children



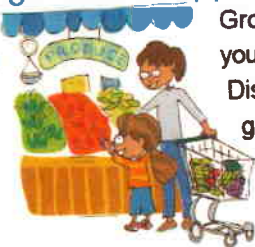
## 10 tips for setting good examples

**You are the most important influence on your child.** You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

### 1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

### 2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

### 3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

### 4 offer the same foods for everyone

Stop being a "short-order cook" by making different dishes to please children. It's easier to plan family meals when everyone eats the same foods.



### 5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "extras"—such as candy or cookies—as replacement foods.

### 6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



### 7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"

### 8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

### 9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



### 10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

**10 tips**  
Nutrition  
Education Series

# cut back on your kid's sweet treats



## 10 tips to decrease added sugars

**Limit the amount of foods and beverages with added sugars your kids eat and drink.** If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

**1 serve small portions**  
It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

**2 sip smarter**  
Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.



**3 use the check-out lane that does not display candy**  
Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

**4 choose not to offer sweets as rewards**  
By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

**5 make fruit the everyday dessert**  
Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.



**6 make food fun**  
Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

**7 encourage kids to invent new snacks**  
Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their "new" snack.



**8 play detective in the cereal aisle**  
Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

**9 make treats "treats," not everyday foods**  
Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

**10 if kids don't eat their meal, they don't need sweet "extras"**  
Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.