



## Program Updates

### Reminders From Aunt Bee



#### Remember:

- ◆ If you are going on vacation this summer to let the office know which days you will be closed!
- ◆ Make sure you have water available!
- ◆ Remember you can use fresh fruits and vegetables out of your garden. But you can't bottle or can them for serving later.
- ◆ If you are going on picnics call the office and get pre-approval. Remember you need to tell us where you are going, what you will be serving, how you will wash hands and how you will keep food chilled
- ◆ THANK YOU!!! Sonja didn't have to call anyone this month to ask them for their sign in/out for weekend or evening meals!!! We appreciate that!!!



#### HOLIDAY CARE

If you plan on providing care on the 4th of July or Labor Day you must call the office for pre-approval 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.



United States Department of Agriculture

The New USDA Regulations have been published. We have included a comparison chart between the Old and New Meal Patterns in this newsletter. More information about implementation will come at a later date. Don't get stressed! We will work through these new regulations together!!!

#### Summer Lunch Programs:

Just a reminder: If you take your children to the free lunches provided by the schools during the summer, you CANNOT claim that meal.

Questions? Call the office.

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.





# Old and New Child and Adult Meal Patterns: Let's Compare



## Breakfast Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup
Vegetables, fruit, or both	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
Grains	½ serving	½ oz eq*	½ serving	½ oz eq*	1 serving	1 oz eq*	2 servings	2 oz eq*

\*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.  
Oz eq = ounce equivalents

## Lunch and Supper Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup*
Meat and meat alternates	1 oz	1 oz	1 ½ oz	1 ½ oz	2 oz	2 oz	2 oz	2 oz
Vegetables	¼ cup	⅝ cup	½ cup	¼ cup	¾ cup	½ cup	1 cup	½ cup
Fruit		⅝ cup		¼ cup		¼ cup		
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	2 servings	2 oz eq

\*A serving of milk is not required at supper meals for adults  
Oz eq = ounce equivalents

## Snack Meal Pattern

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
Milk	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup	1 cup	1 cup
Meat and meat alternates	½ oz	½ oz	½ oz	½ oz	1 oz	1 oz	1 oz	1 oz
Vegetables	½ cup	½ cup	½ cup	½ cup	¾ cup	¾ cup	½ cup	½ cup
Fruit		½ cup		½ cup		¾ cup		
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	1 serving	1 oz eq

Select 2 of the 5 components for snack.  
Oz eq = ounce equivalents

**Note:** All serving sizes are minimum quantities of the food components that are required to be served.



## Old and New Infant Meal Patterns: Let's Compare

	Old			New	
	0-3 months	4-7 months	8-11 months	0-5 months	6-11 months
<b>Breakfast</b>	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula  0-3 tbsp infant cereal	6-8 fl oz breastmilk or formula  2-4 tbsp infant cereal  1-4 tbsp vegetable, fruit or both	4-6 fl oz breastmilk or formula	6-8 fl oz breastmilk or formula  0-4 tbsp infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-8 oz yogurt; or a combination*  0-2 tbsp vegetable, fruit or both*
<b>Lunch or Supper</b>	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula  0-3 tbsp infant cereal  0-3 tbsp vegetable, fruit or both	6-8 fl oz breastmilk or formula  2-4 tbsp infant cereal; and/or 1-4 tbsp meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½-2 oz cheese; or 1-4 oz (volume) cottage cheese; or 1-4 oz (weight) cheese food or cheese spread; or a combination  1-4 tbsp vegetable, fruit or both	4-6 fl oz breastmilk or formula	6-8 fl oz breastmilk or formula  0-4 tbsp infant cereal, meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-8 oz yogurt; or a combination*  0-2 tbsp vegetable, fruit or both*
<b>Snack</b>	4-6 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula	2-4 fl oz breastmilk, formula, or fruit juice  0-½ bread slice or 0-2 crackers	4-6 fl oz breastmilk or formula	2-4 fl oz breastmilk or formula  0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal*  0-2 tbsp vegetable, fruit or both*

\*Required when infant is developmentally ready.

All serving sizes are minimum quantities of the food components that are required to be served.

# Picnic Food Safety

By Alison Ventura

Warm weather and sunny skies mean picnic season is here! However, as fun as picnics may be, they are also a common source of foodborne illness. The Centers for Disease Control and Prevention estimate that foodborne microbes cause 76 million illnesses, 325,000 hospitalizations, and 5,000 deaths in the U.S. each year. In the U.S., most foodborne diseases are caused by pathogenic (disease-causing) microorganisms and can be prevented by cleaning hands and surfaces, cooking foods thoroughly, and refrigerating foods promptly.

What happens when foodborne illness hits? Nausea, vomiting, diarrhea or fever are the most common symptoms seen in response to foodborne pathogens. Symptoms range from fairly mild to quite severe, depending on which bacteria or virus was consumed. Additionally, certain people, such as pregnant women, infants, and the elderly, are at particular risk for foodborne illness and may experience more severe symptoms in response to foodborne pathogens.

Several conditions are characteristic of picnics that tend to foster foodborne pathogens. First, typical picnic foods (e.g. corn on the cob, watermelon, burgers, potato salad) require a lot of handling by nature of how they are prepared. Thus, these picnic foods can easily become contaminated by harmful bacteria if preparers fail to properly wash their hands. Second, picnic foods are often left out on a counter or picnic table in a warm environment, and proper equipment needed to keep hot food hot and cold food cold is not used. Additionally, these foods are often left out longer than they should be, and still eaten by hungry picnickers. Bacteria thrive in warm environments, which means that the longer picnic food is left at warm temperatures, the more likely



bacteria will flourish and cause sickness. Luckily, there are many precautions you can take to make sure your picnic foods stay safe. Help children learn these rules and make them a habit during any food preparation and eating session. Overall, a good rule of thumb is to keep hot food hot and cold food cold. Additionally, adopt these four practices:

**Clean:** Wash hands and surfaces often to prevent bacteria from thriving on dirty hands or countertops and infecting your food.

**Separate:** Avoid cross contamination by separating raw meats from cooked or ready-to-serve foods. Use separate cutting boards and knives for raw meats and raw veggies, and always wash hands and utensils thoroughly after handling raw food.

**Cook:** Cook foods to their proper temperatures to ensure foodborne pathogens are killed.

**Chill:** Refrigerate foods promptly and do not let foods sit on the picnic table for too long. Bacteria grow best between 40 and 140 degrees and most of the food at your picnic will only be safe on

the table for about two hours. Don't keep leftovers that have been sitting out for more than two hours – you might feel upset about having to throw them out, but you would feel far worse if you contracted a foodborne illness from eating them again the next day!

The key to following these rules is to come to your picnic prepared. Follow these tips to ensure your summer picnics don't leave everyone feeling queasy:

- Bring several coolers stocked with plenty of ice and designate one cooler for raw meat and the other for ready-to-serve foods and beverages.
- Bring a meat thermometer so you can ensure that chicken and burgers are cooked to an internal temperature of 165° F (73.8° C).
- Keep raw meat cold until you are ready to grill. Do not reuse marinade on other foods and never cook or eat off of a plate that once held raw meat.
- Wash fruits and vegetables thoroughly before using.
- Bring a separate box or bag to hold dishes that have held raw meats so you can wash these dishes thoroughly when you get home.
- Bring cleaning materials with you. Having spray cleaners, paper towels, and soap and water on hand will make it easy for everyone to clean up before and after the meal. ■

*Alison Ventura is currently a postdoctoral fellow at the Monell Chemical Senses Center where she conducts research focused on the prevention of childhood obesity. She has a Ph.D. in Human Development and Family Studies and a Master's degree in Nutritional Sciences.*

# Creative Ways to Serve Vegetables

Vegetables can be a challenging food to encourage children to eat. Many picky eaters refuse to try new vegetables. The nutrients that vegetables provide to growing bodies is often not encouragement enough to convince children to eat them. Mixing up the way vegetables are served may spark enough interest in children to encourage them to attempt a bite; maybe they'll even enjoy it. Some children may prefer vegetables raw while others prefer them cooked. Take a look at some ideas to serve vegetables as a nutritious treat and watch the children's interest change.

## Where to Find Nutrients in Vegetables

VITAMIN E AND VITAMIN A  
DARK GREEN OR ORANGE VEGETABLES



VITAMIN C AND MAGNESIUM  
GREEN VEGETABLES



CALCIUM, FOLIC ACID,  
RIBOFLAVIN, IRON, AND VITAMIN K  
LEAFY GREEN VEGETABLES

FIBER, POTASSIUM, AND MANGANESE  
ALL VEGETABLES



### Roasted Baby Carrots

1 ½ pounds baby carrots, washed  
1 small onion, peeled and cut into 8 wedges  
1 tablespoon fresh herbs or 1 teaspoon dried herbs  
(we recommend rosemary)  
2 tablespoons olive oil  
Garlic powder  
Salt and pepper (to taste)

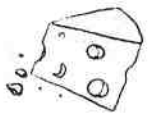
Preheat oven to 400°F. Gently toss together carrots, onion wedges, herbs, and olive oil. Spread on a rimmed baking pan. Sprinkle with garlic powder, salt, and pepper. Roast for 30 to 40 minutes on middle or bottom rack until well browned and tender.

### Broccoli, Cauliflower, and Mandarin Orange Salad

3 cups broccoli florets	3 tablespoons white vinegar
2 cups cauliflower florets	1 tablespoon sugar
2 - 11 oz. cans of mandarin orange sections, well drained	1 tablespoon olive oil
½ cup orange juice	Salt and pepper (optional)

Steam broccoli and cauliflower florets in covered saucepan for 3 minutes. Remove quickly and rinse with cold running water until vegetables are cool. *Do not cook further.* Place in serving bowl; cover and chill. In a medium bowl, combine mandarin oranges, orange juice, vinegar, sugar, and olive oil. Toss gently and allow to stand at room temperature for about 15-30 minutes. Before serving, pour marinated orange mixture on chilled vegetables and toss *very* gently. If desired, season with salt and pepper; serve.

# Serve Vegetables a New Way



- **BAKE.** Slice squash, drizzle with olive oil, and spice it up with a dash of nutmeg. Or bake a potato and top with broccoli and cheese.
- **BOIL.** Boil carrots in a saucepan until tender; drain and mix with butter, salt, and dried dill weed for a twist on tradition. Boil broccoli and cauliflower; drain, and top with cheddar cheese.
- **STEAM.** Steam artichokes for about an hour to get flavorful leaves that are perfect for dipping into plain yogurt. Add herbs when steaming or drop some citrus juice in the steaming water for some added flavor.
- **STIR FRY.** Try zucchini, yellow squash, diced tomatoes and mushrooms stir fried with olive oil and herbs. Frozen mixed vegetables tossed in soy sauce with rice noodles cooks up quickly.
- **SAUTÉ.** Pre-steam cauliflower and sauté with nutmeg and oil. A variety of colored peppers and onion serves as a tasty side dish.
- **ROAST.** Toss chopped cauliflower with minced garlic, a dash of lemon juice, olive oil, and grated Parmesan cheese; roast until tender. Slice sweet potatoes and roast until crisp.
- **GRILL.** Grilled corn on the cob adds a new twist to a traditional vegetable. Kabobs with mushrooms, onions, and bell peppers are a fun treat.
- **STEW.** Serve stewed cabbage with tomatoes, garlic, and rice. Corn, onions, peppers, and celery stewed in mild salsa is great any day.
- **BLANCH.** Carrots, cauliflower, green beans, asparagus, and broccoli, blanched, then marinated in a vinaigrette dressing are tasty when served cold as a vegetable salad. Blanch fresh beans from the garden for a crunchy treat.
- **MICROWAVE.** Beat an egg with peppers, onions and mushrooms; microwave until cooked through. Pierce some small potatoes and microwave until soft.



- **MIX WITH CHEESE.** Bake sliced tomatoes topped with grated Parmesan cheese and dusted with bread crumbs. Mix cauliflower florets with cubed cheddar cheese and toss with ranch dressing.
- **SPICE THEM UP.** Add a chopped jalapeno pepper to sliced yellow squash, mushrooms, onions, and diced tomatoes; sauté until tender. Blanch green beans; drain and toss with salsa.
- **DIPS.** Serve raw vegetables with a flavored vegetable dip. Mix frozen spinach, thinly sliced onion, sour cream, mayonnaise, and a few drops of lemon juice in a blender; keep refrigerated.
- **MIX WITH FRUIT.** Serve fresh raspberries over a lettuce salad; top with a raspberry vinaigrette dressing. Cube butternut squash and apples, mix with fresh cranberries, top with dots of butter, sprinkle with flour, salt and nutmeg; bake until tender.
- **MAKE A SOUP.** Purée cauliflower with vegetable or chicken stock, sour cream, butter, and salt and pepper to taste. Mix potatoes, carrots, corn, and peas with chicken stock and noodles.
- **DRINK YOUR VEGGIES.** Purée a variety of vegetables together for a nutritious juice.
- **RAW IS GOOD.** Split open and lightly toast English muffin halves; mix softened cream cheese and dry ranch dressing mix and spread on muffins; top with chopped raw vegetables for individual pizzas. Peel, slice, and quarter 1-2 cucumbers; try tossing with dill, vinegar, salt and pepper; or try plain yogurt instead of vinegar.
- **SANDWICHES.** Spread softened cream cheese on bread; top with sliced cucumbers and favorite spices. Add sliced tomatoes to grilled cheese sandwiches.
- **SHAPES.** Slice cucumbers, zucchini, or other vegetables and cut out with cookie cutters to make fun shapes.

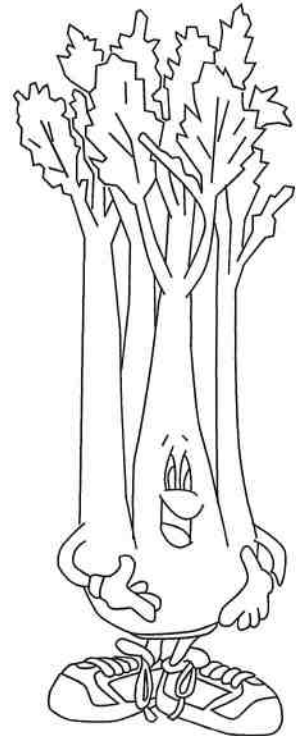
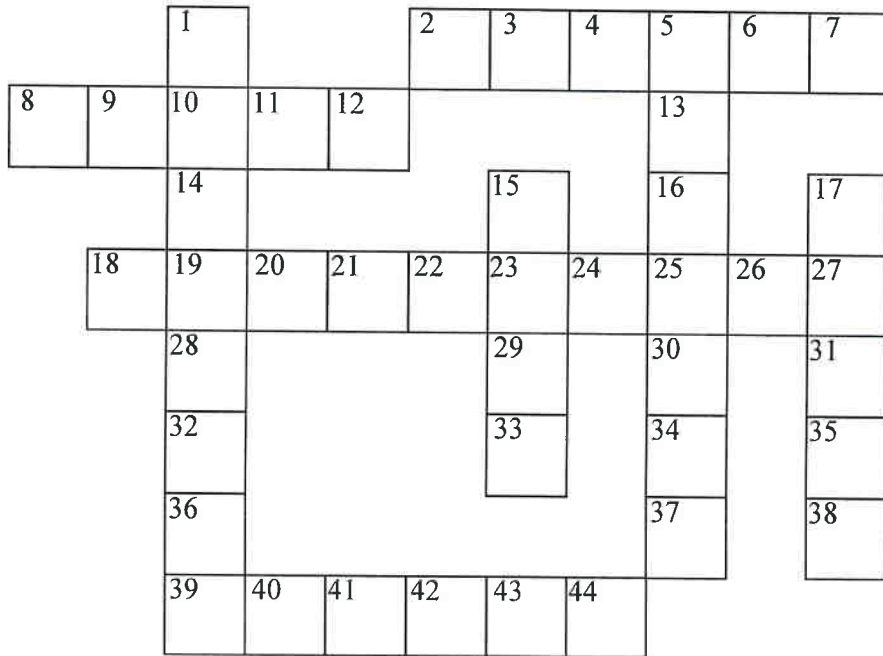


Although you may have picky eaters in your care, serving vegetables doesn't always have to be a struggle. The more frequently children are exposed to foods, the more likely they are to try them. Picky eaters also may be more likely to try new foods if they see other children enjoying them. If you have suggestions for serving vegetables or would like to share a great recipe, visit the Association for Child Development Facebook page and share your ideas.

*"Educating parents and caregivers about nutrition to promote the development of children and establish healthy eating habits to last a lifetime."*

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# Celery Crossword Fun



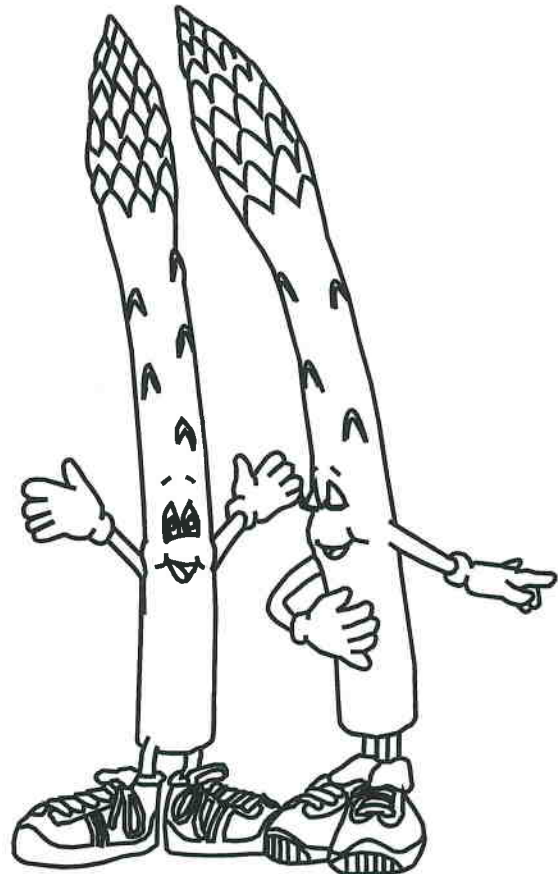
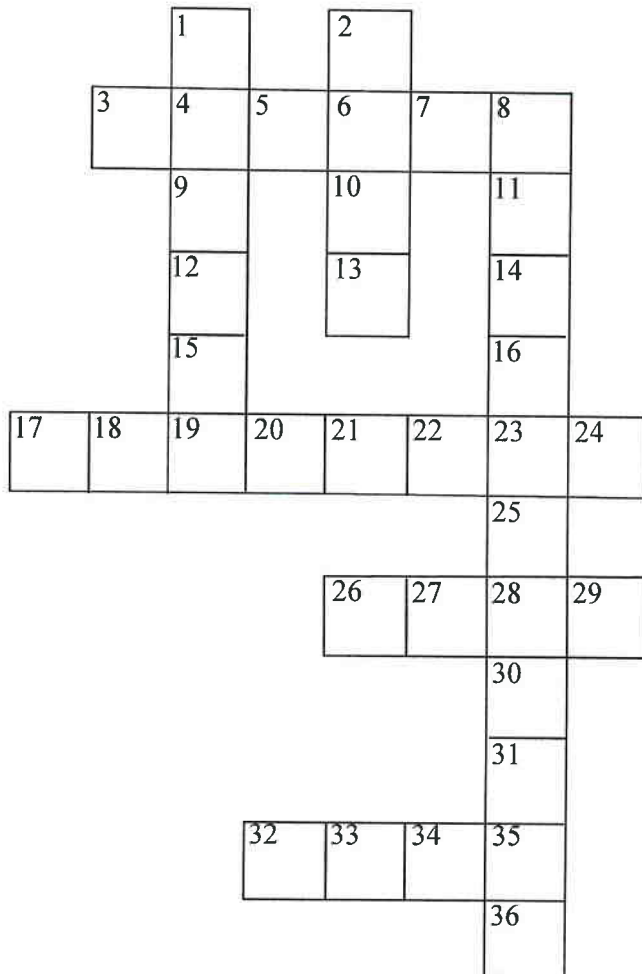
## ACROSS

2. Green celery is also known as \_\_\_\_\_ celery
8. When selecting celery, look for \_\_\_\_\_, thick stalks with fresh-looking leaves
18. In the US, \_\_\_\_\_ grows the most celery
39. \_\_\_\_\_ is a great snack

## DOWN

1. Celery is a good source of \_\_\_\_\_
5. Celery is \_\_\_\_\_ and sweet
15. Celery tastes great when added to \_\_\_\_\_ (soup), salad, and stir-fry dishes
17. Celery plants need a steady supply of \_\_\_\_\_ (water) and nutrients

# Asparagus Crossword Fun



## Across

3. Asparagus spears are harvested in \_\_\_\_\_.
17. Asparagus is a good source of \_\_\_\_\_.
26. After being harvested, asparagus continues to \_\_\_\_\_.
32. Asparagus is one way to get your \_\_\_\_\_ a day.

## Down

1. The name, asparagus, comes from the Greek language meaning " \_\_\_\_\_ " or "shoot".
2. Asparagus is a member of the \_\_\_\_\_ family.
8. King Louis XIV had gardeners grow asparagus in \_\_\_\_\_ so he could enjoy asparagus year round.