

# Nutrition Notes

Child Care Nutrition Program

# NEWS



## Program Updates

Oct/Nov 2014



### October 2014

Breast Cancer Awareness Month

Days to Remember...

- 1 -Mail In/Submit Your Claim
- 3-World Smile Day
- 5-Do something nice day
- 13- Columbus Day
- 31- HALLOWEEN



### November 2014

Days to Remember...

- 1 -Mail In/Submit Your Claim
- 2--Cookie Monster Day
- 4--Election Day
- 11-Veterans Day!
- 18- Mickey Mouse Day

### Remember...

- Remember: when children are out of school, to let us know by either writing it on their CIF or clicking the school out box. Do the same thing when school age children are served am snack and/ or lunch on school days.
- Please remember Claims are due in our office by the 5th of each month. This has become a problem. Claims submitted or mailed after the 5th of the month, will be considered late and will not be reimbursed until the end of the following month.
- If you have two meal times; remember to claim children for meals that their attendance time agrees with the meal time. Otherwise the meal will be disallowed
- Remember Thanksgiving is a day you cannot claim
- If you are closed; you need to call the office
- Menus need to be posted!!!!

### Note from Aunt Bee:

Thanks to Kate Palmer, one of our providers we discovered there is a Silk Soy Milk that has enough protein in it that it is credible. We have included the nutrition facts label and the chart that needs to be filled out and attached to the child's enrollment form along with the milk substitution request form. This form is found on our web site or you can call the office. It is the regular soy milk. If you have a child who needs soy milk, here is another option. But make sure you look at the food label and make sure you fill out the nutrient criteria using the form on the next page. Then you will need to send it to us for approval.



**YOU MAKE ROOM FOR CHILDREN TO BUILD DREAMS FOR TOMORROW AND TO LIVE LOVELY TODAYS!**

**THANK YOU!**

• USDA is an equal opportunity provider and employer.

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.

## Nutrient Criteria for Milk Substitutes (Minimum Required Nutrients)

Per 1 Cup Serving Size						
Brand name of substitute	<b>Silk Original</b>					
Nutrients ▼	Nutrient Values	Meets or exceeds	Daily Values	Meets or exceeds	% Daily Values	Meets or exceeds
Calcium	276 mg		1000 mg		30% DV	45%
Protein	8 g	8g	50 g		8 g	16%
Vitamin A	500 IU		5000 IU		10% DV	10%
Vitamin D	100 IU		400 IU		25% DV	30%
Magnesium	24 mg		400 mg		6% DV	15%
Phosphorus	222 mg		1000 mg		20% DV	25%
Potassium	349 mg	370 mg	3500 mg		350 mg or 10% DV	11%
Riboflavin	0.44 mg		1.7 mg		25% DV	30%
Vitamin B 12	1.1 mcg		6 mcg		20% DV	50%

This is a blank form that you will need to complete and send to the office to ensure the soy milk qualifies if it is not a soy milk brand that is listed in your Nutrition Program Binder. Remember you will also need to complete the milk substitution request form found on our web site or call the office for one.

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# Mealtime Memo

## for Child Care

Understanding the Meat Alternate Component  
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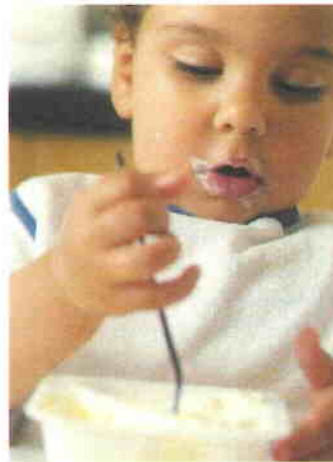
References **P.04**



## Understanding the Meat Alternate Component

Child Care Programs participating in the Child and Adult Care Food Program (CACFP) are required to have a meat or meat alternate component as a part of a meal in order to be considered a reimbursable meal. To qualify as a reimbursable meal, a meat or meat alternate must be served in the main dish or as the main dish to make sure children get adequate protein to help them grow. Meat and meat alternates are an important aspect of any meal served because they provide essential nutrients. This food

component typically provides appropriate amounts of protein, iron, and B vitamins including niacin, riboflavin, thiamin, and other important nutrients. These nutrients are important for energy, growth, and the formation of body tissues. When meat is not used as the source of these nutrients, it is important to serve the appropriate meat alternates.



Some meat alternates include:

- eggs,
- cheese,
- low-fat yogurt,
- beans and peas, and
- nuts or nut butters.

[Understanding the Meat Alternate Component](#) continued on page 2



## Understanding the Meat Alternate Component

For additional meat alternates, check out the USDA's Crediting Handbook for the Child and Adult Care Food Program: <http://www.fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program>.

When incorporating meat alternates into the menu, it is important to make sure it is a complete protein source because they are necessary for the body to function properly. So, what does it mean to be a complete protein source? It means that the menu item or the meal is made up of all the essential amino acids, which are the smallest forms of a protein. Animal sources of protein naturally contain complete amino acids with a few exceptions including many meat alternates. Cheese is an example of a meat alternate that provides complete protein. Other examples of complete proteins include eggs, low-fat milk, and other dairy products.



If a meat alternate is not a complete source of amino acids, it can be combined with another food to become a complete source. This combination is often referred to as a complementary protein. Some examples include pairing grains with legumes or grains with dairy. For instance, when beans and corn are incorporated into a menu item, it is a complete source of protein.

The meat portion can be the most expensive part of the meal cost. Using meat alternates can be a cost effective and healthy solution. Dry beans, for example, are high in protein and are inexpensive which make them a good option. Using meat alternates throughout a menu cycle can benefit food cost, while providing optimal nutrition for the meals served.





## Fruit of the Month: Sapotes

The unique fruit, sapote (sa•po•te) is sweet with a juicy and custard-like, creamy flesh. The flavor is mild and is similar to coconut, lemon, and vanilla. It is often used as an ingredient in ice cream because of its unique flavor and smooth texture. However, if picked or purchased overripe, the flavor can be bitter and unpleasant. It is a circular fruit that can range from green to yellow based on maturity. Sapotes are very nutritious being an excellent source of fiber, vitamins A, B<sub>3</sub>, C, copper, and magnesium. They are also a good source of vitamin B<sub>6</sub>, folate, pantothenic acid, iron, and potassium. Sapotes should be selected with no bruises or blemishes and stored at room temperature. They are grown mostly in California. Although, it is not a common fruit, it can be purchased in markets throughout the United States.

## Nutrition Tip

Sugar consumption is one of the largest contributors to childhood obesity. Many food products on the market have added sugar that may not be recognizable. It is important to read food labels and ingredient lists to guarantee excess sugar is not being consumed by children.

When selecting food for meals or snacks, make sure products are labeled with either “no added sugar,” “unsweetened,” or “no high-fructose corn syrup”. These foods include canned fruits, which can be packed in the fruits’ own juice or water. Other foods include applesauce, oatmeal, and bread products. So select food products that are either in their natural state with no added sugar or unsweetened.

## Nutrition Fact

Did you know a single egg has 13 essential vitamins and nutrients? It contains no saturated fat, and it is a high-quality protein source. The cholesterol in an egg does not increase cholesterol in the body after consumed. In fact there are only 185 mg of cholesterol in a large egg, so eggs are a part of a healthy diet. Although the average daily intake recommendation for cholesterol is 300 mg, dietary cholesterol does not contribute automatically to high levels in the blood.

The health benefits of eggs can be yours for a total of 70 calories per large egg. Eating an egg can help with body functions such as brain and eye development, muscle strength and repair, and even weight management by keeping you fuller longer. Being extremely versatile, eggs can be cooked and prepared in different ways. They can be boiled, scrambled, poached, or baked in many recipes. Try a new recipe for “egg-cellent” nutrition!



# References

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