

Nutrition Notes NEWS

Child Care Nutrition Program



Program Updates

Oct/Nov 2013



October 2013

Breast Cancer Awareness Month

Days to Remember...

1 -Mail In/Submit Your Claim

5-Do something nice day

14- Columbus Day

31- HALLOWEEN



November 2013

Days to Remember...

1 -Mail In/Submit Your Claim

5-Election Day

7- Hug a Bear Day

11-Veterans Day!

13-World Kindness Day

18- Mickey Mouse Day

27-Hanukkah Begins

Remember...

- 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!!!!
- Remember that you need at least 15 minutes to serve a meal for a child to be claimed
- When serving juice: remember it needs to be 100% juice. DO NOT dilute your juice with water!!!

Dear Aunt Bee,

Now that school started, is there anything special I need to remember to do???

Nervous Nellie

Dear Nervous Nellie:

Good question. Most importantly make sure you have meal times that accommodate school times and times they are actually in your care. Call the office if you need to change your meal times. Additionally remember if they are sick or out of school, to let us know. You do this on the CIF or on-line with checking the 'school out' or 'sick' box AND making sure their times indicate they were in your care during meal times.

This is really important for those children who have different school times one day a week. The computer only looks at the normal time, there isn't a place for one day a week. Just remember on those days to mark them out of school and make sure their in/out times say they are out of school that day!!!

Any other questions, give us a call! Enjoy the school year!

Aunt Bee



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 número para solicitar servicio de traducción (435) 797-2169 or 1-800-540-2169.



How will the government shut down affect you?????

The National CACFP Sponsors Association shared a memo from Cindy Long, Child Nutrition Director, FNS, USDA that was sent to State Agencies. We have also been in contact with the Utah State Office of Education. You will be paid for your September claim. We will keep you posted as we are given more information.

Pumpkin Custard

- 2 cups canned pumpkin
- ¾ cup sugar
- 2 eggs
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 1 can (12 ounces) evaporated non-fat milk

1. Combine the pumpkin, sugar, eggs, salt, and cinnamon together in a large bowl.
2. Add the milk and stir together. Beat the batter until smooth.
3. Pour batter into a baking dish that has been lightly sprayed with vegetable cooking spray.
4. Bake in a 350° oven for 50 to 60 minutes or until a knife comes out clean when inserted in the center.
5. Cool and eat!



This would make a great snack, serve it with a glass of milk. Yummy!!

Fall Activity Suggestions: Visit a local pumpkin patch:

- Find the perfect pumpkin with your children.
- Decorate small pumpkins – draw a kitty face or funny face, use yarn or straw for hair, put a hat on your pumpkin.
- Choose funny looking gourds to take home.
- Go to an orchard and pick apples from the tree.
- Meet new animals in a petting zoo.
- Run through the corn or grass maze.
- Go on a wagon ride.
- Walk through the woods or fields.
- Climb hay stacks.
- Roll in the leaves or hay.
- Talk to your child about the pumpkin or squash – how it grew, how you will cook it, what it tastes like.
- Buy a couple different types of squash to bake at home.
- Children like to eat what they help to cook.
- Enjoy the fall harvest with crisp apples or pumpkin custard.



with protein foods, variety is key



10 tips for choosing protein

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day.

1 vary your protein food choices
Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

2 choose seafood twice a week
Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.



3 make meat and poultry lean or low fat
Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

4 have an egg
One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

5 eat plant protein foods more often
Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.



6 nuts and seeds
Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 keep it tasty and healthy
Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 make a healthy sandwich
Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



9 think small when it comes to meat portions
Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a "petite" size steak.

10 check the sodium
Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

10 tips

Nutrition
Education Series

build a healthy meal

10 tips for healthy meals



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1 make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2 add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.



3 include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4 don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



5 avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7 use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8 take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9 try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



10 satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

healthy eating for vegetarians



10 tips for vegetarians

A vegetarian eating pattern can be a healthy option. The key is to consume a variety of foods and the right amount of foods to meet your calorie and nutrient needs.

1 think about protein

Your protein needs can easily be met by eating a variety of plant foods. Sources of protein for vegetarians include beans and peas, nuts, and soy products (such as tofu, tempeh). Lacto-ovo vegetarians also get protein from eggs and dairy foods.

2 bone up on sources of calcium

Calcium is used for building bones and teeth. Some vegetarians consume dairy products, which are excellent sources of calcium. Other sources of calcium for vegetarians include calcium-fortified soymilk (soy beverage), tofu made with calcium sulfate, calcium-fortified breakfast cereals and orange juice, and some dark-green leafy vegetables (collard, turnip, and mustard greens; and bok choy).



3 make simple changes

Many popular main dishes are or can be vegetarian—such as pasta primavera, pasta with marinara or pesto sauce, veggie pizza, vegetable lasagna, tofu-vegetable stir-fry, and bean burritos.

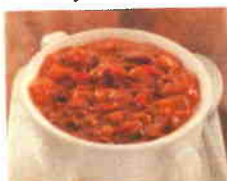
4 enjoy a cookout

For barbecues, try veggie or soy burgers, soy hot dogs, marinated tofu or tempeh, and fruit kabobs. Grilled veggies are great, too!

5 include beans and peas

Because of their high nutrient content, consuming beans and peas is recommended for everyone, vegetarians and non-vegetarians alike.

Enjoy some vegetarian chili, three bean salad, or split pea soup. Make a hummus-filled pita sandwich.



6 try different veggie versions

A variety of vegetarian products look—and may taste—like their non-vegetarian counterparts but are usually lower in saturated fat and contain no cholesterol. For breakfast, try soy-based sausage patties or links. For dinner, rather than hamburgers, try bean burgers or falafel (chickpea patties).

7 make some small changes at restaurants

Most restaurants can make vegetarian modifications to menu items by substituting meatless sauces or non-meat items, such as tofu and beans for meat, and adding vegetables or pasta in place of meat. Ask about available vegetarian options.



8 nuts make great snacks

Choose unsalted nuts as a snack and use them in salads or main dishes. Add almonds, walnuts, or pecans instead of cheese or meat to a green salad.

9 get your vitamin B₁₂

Vitamin B₁₂ is naturally found only in animal products. Vegetarians should choose fortified foods such as cereals or soy products, or take a vitamin B₁₂ supplement if they do not consume any animal products. Check the Nutrition Facts label for vitamin B₁₂ in fortified products.

10 find a vegetarian pattern for you

Go to www.dietaryguidelines.gov and check appendices 8 and 9 of the *Dietary Guidelines for Americans, 2010* for vegetarian adaptations of the USDA food patterns at 12 calorie levels.

smart shopping for veggies and fruits



10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.