

Nutrition Works Newsletter

August 2010

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Remember to mail your food program claim by the **3rd** of the following month or it may not be processed.

Nutrition Information

*Teaching Healthy Attitudes
about Food*

- * Make mealtime a happy time for you and your children. Encourage conversation and avoid criticism, negativity, and stressful conversations at the table.
- * Encourage children to try new foods. Try serving a small portion of a new, unfamiliar food along with a recognizable well-liked food.
- * Do not make any foods "taboo." Let them know that foods like sweets and fast food are only to be eaten occasionally, not every day.
- * Do not use food as a way to reward children. They may associate doing a good job with sugary, fattening foods and may use these foods as a way to feel better about themselves. This can result in being overweight or obese, which can lead to a host of other health problems.



Food Program Information

Starting on July 1, 2010, the new CACFP reimbursement rates for child care centers are:



Breakfast

Paid: \$.26
Reduced Price: \$ 1.18
Free: \$1.48



Lunch/Dinner

Paid: \$.26
Reduced Price: \$2.32
Free: \$2.72



Snacks

Paid: \$.06
Reduced Price: \$.37
Free: \$.74

Food Program Reminders

Phone Messages on Pager

When you leave a message on your food program reviewer's pager, please remember the following:

- * Leave your first and last name.
- * Tell what meals you will not be claiming.
- * Tell what date you will not be claiming those meals.
- * If claiming meals off-site, leave complete address for off-site location so your reviewer will know where to go to observe off-site meals.

Holiday Policy

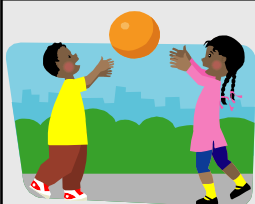
Labor Day is celebrated this year on Monday, September 6th. We assume everyone is closed that day unless you call Nutrition Works' director and your food program reviewer by Sunday, September 5th and inform them of what meals you will be claiming. And have the parents of all children in attendance on September 6th write a note saying their children were in child care that day and send it to Nutrition Works before or with that month's claim.

Nutrition Works
1607 W. Jefferson
Boise, ID 83702

Remember to call your food program reviewer's pager **at least 2 hours in advance** when you will be gone during meal times or not claiming meals.



Sue: 895-6335
Tracy: 528-3479
Cheryl: 235-6613



Fun Physical Activities

Warm Weather Fun

Get Moving!

- *Create sidewalk art. "Paint" with water and brushes.
- *Chase shadows in the summer sun.
- *Play hopscotch. Draw a hopscotch game on the patio. Young children can jump from square to square. Older kids can hop, stoop and bend.
- *Fly a kite.
- *Blow bubbles.
- *Enjoy a neighborhood playground, if it's equipped for young children.
- *Work in a garden.
- *Go on a neighborhood nature hike. Look for wild flowers, insects, bird nests, rocks, leaves, butterflies, etc.

Play it Safe Outdoors!

- *Always stay with the children for safety's sake. You also have the fun of playing together.
- *Protect the children's skin with sunscreen and perhaps a hat—even on a cloudy day.
- *Make sure there is always plenty of water available to drink.

Teach the children to:

- *Play with balls in a safe place, away from the street.
- *Stay safely away from swings and other moving play equipment.
- *Use tricycles and other toys with wheels on the sidewalk, not in the street.

Based on Nibbles for Health 39

RECIPE IDEAS!

Corny Black Bean Salad



- | | |
|---|---|
| 2 (15 oz.) cans black beans, rinsed and drained | 1 clove garlic, minced |
| 1 1/2 cups frozen corn kernels | 1/2 teaspoon ground cumin |
| 1 cup red or orange bell pepper, seeded and chopped | 1/2 teaspoon ground coriander |
| 1/2 cup onion, finely chopped | 1/2 teaspoon ground cumin |
| 1 cup fresh tomato, chopped | 1/4 cup olive oil |
| 1/4 cup fresh lime juice | 1 small jalapeno pepper, seeded and minced (optional) |

Place all the ingredients in a large bowl. Fold gently to mix well. Chill before serving.

This recipe can be served as a salad or served as a dip with whole grain corn tortillas that have been sliced into wedges and baked until crisp.

Makes 24 servings

Meal Component: 1/4 cup provides 1/4 cup vegetable



August Buying Calendar for:



FRESH FRUITS



Avocados
 Cantaloupes
 Figs
 Grapes
 Grapefruit
 Honeydew melons
 Lemons
 Nectarines
 Peaches
 Pears
 Plums
 Valencia Oranges

FRESH VEGETABLES

Cabbage
 Celery
 Cucumbers
 Eggplant
 Green snap beans
 Lettuce
 Okra
 Onions
 Peppers
 Potatoes
 Squash
 Sweet corn
 Tomatoes



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