

Nutrition Works Newsletter

January 2012



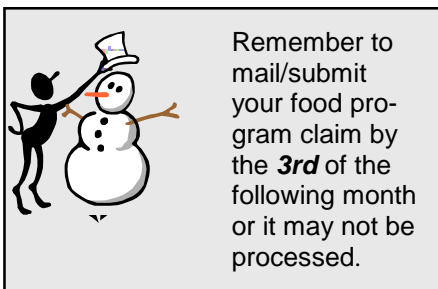
Mountain States Group, Inc.

208-336-5533 x280

800-497-8220 x280

bwilson@mtnstatesgroup.org

Fax: 208-336-0880



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

Nutrition Info

Cut back on Salt & Sodium

Salt plays a role in high blood pressure. Everyone, including children, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon).



- Eat highly processed foods less often and in smaller portions. That is where most of the sodium we eat is found.
- Prepare your own food so you can control amount of salt.
- Adjust your taste buds by cutting back on salt little by little. Your taste for salt will lessen over time.
- Replace salt with spices, herbs, garlic, vinegar, or lemon juice when cooking.
- Read the Nutrition Facts label and the ingredients statement to find packaged & canned foods lower in sodium.

Food Program Updates

Non-Creditable Foods

- * Jell-O
- * Pudding
- * Coconut
- * Pickle relish
- * Jam or jelly
- * Fruit roll-ups
- * Fruit punch
- * Fruit added to quick breads
- * Tomato catsup & chili sauce
- * Condiments
- * Tomato paste
- * Home canned products
- * Canned or frozen pasta, such as ravioli, is not creditable as a meat component.
- * Tofu
- * Pizza sauce on pizza
- * Beans are only creditable as a meat component or as a vegetable component at the same meal.
- * Snack foods made from vegetables or fruits, such as potato chips, banana chips and popcorn.
- * Canned soups are not creditable except for: clam chowder, minestrone, split pea, bean, lentil, tomato, tomato with vegetables, vegetable.



Food Program Updates



License Changes

You need to **notify** Barbara Wilson (336-5533x280) when any changes are made to your current license, such as new address, new name, different license capacity, etc. You will also need to **mail/fax** Nutrition Works a copy of your new updated license. If you move to another address, you may **not submit a claim** until you have had a preapproval review by Nutrition Works.

Fat-Free & Low-Fat Milk (1%)

All fluid milk served to children two years and older must be fat-free or low-fat milk in order to be creditable.

Infant Meals



Please call Patty (336-5533 x293) when you **start claiming** infants on the Food Program. She will send you an information packet about feeding infants.

Nutrition Works
1607 W. Jefferson
Boise, ID 83702
bwilson@mtnstatesgroup.org

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: 860-3057
Tracy: 569-9661
Cheryl: 530-1799

RECIPE IDEAS!



Banana Bread Oatmeal

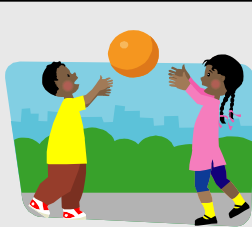
6 cups skim or 1% milk
 6 tablespoons brown sugar
 1/2 teaspoon salt (optional)
 1 1/2 teaspoons cinnamon
 1/2 teaspoon ground nutmeg
 4 cups oatmeal, uncooked

2 cups mashed ripe bananas
 4 tablespoons chopped pecans
 banana slices (optional)
 plain nonfat yogurt (optional)
 pecan halves (optional)

In large saucepan, bring milk, sugar, salt and spices to a gentle boil (watch carefully). Stir in oats. Return to boil; then reduce heat to medium. Cook 1—5 minutes or until most of the liquid is absorbed, stirring occasionally.

Remove oatmeal from heat. Stir in mashed bananas and chopped pecans. Spoon oatmeal into serving bowls. Serve with banana slices and toppings of yogurt and pecan halves, if desired.

Makes 24 (1/4 cup) servings.
 Meal Component: 1 servings = 1 bread/grain alternate for a 3—5 year old. Recipe source: Quaker Oats



Fun Physical Activities

Penguin Shuffle

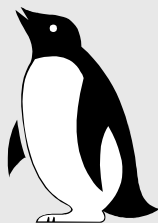
This is an amusing indoor activity that challenges the children's balancing skills, penguin style.

What you need:
 Penguin "egg" (small beanbag or Hacky Sack-style foot bag) for each child.

Instructions:

1. Have the children stand side by side with their "eggs" on top of their feet.
2. The children try to shuffle across the room without dropping their "eggs."

You may need to demonstrate the "shuffle" movement so the children understand how they are supposed to move.



January Buying Calendar for:



FRESH FRUITS

Apples
 Avocado
 Grapefruit
 Lemons
 Navel Oranges
 Tangerines
 Winter Pears



FRESH VEGETABLES

Beets
 Cabbage
 Cauliflower
 Celery
 Lettuce
 Potatoes
 Spinach



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