

Nutrition Works Newsletter

June 2010

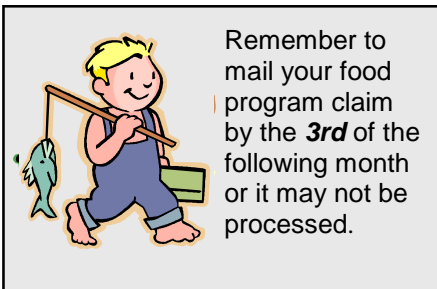
Mountain States Group, Inc.

208-336-5533 x280

800-497-8220 x280

bwilson@mtnstatesgroup.org

Fax: 208-336-0880



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

Nutrition Information *Recommendations for Healthy Meals*

- * **Grains:** Make most of your grains whole. Look on labels for the words whole wheat or whole oats, etc. These provide fiber to help digestion.
- * **Vegetables:** Vary your veggies. Consider new ways to serve them. Use to introduce different colors, shapes and textures.
- * **Fruits:** Try new colors. Choose fresh, frozen, canned or dried.
- * **Meat & Meat Alternatives:** Choose lowfat or lean meats and limit high fat products (hot dogs, chicken nuggets, etc.). Try different types of bean products.
- * **Milk:** Go lowfat (1%) or fat free for children 2 years and older. Limit flavored milks.
- * **Juice:** If you serve juice, only provide to children older than 12 months and limit to 4 oz. per day.

Food Program Information

Menus for Child Care



You should have received a booklet with menus called "**Menus for Child Care**" from your food program reviewer. New providers received it with their orientation material. This booklet is also on our website under Center Forms and Brochure.

Please use this wonderful resource in planning and preparing meals for your child care program. There are 16 weeks of menu ideas and there are many standardized recipes listed throughout the booklet.

Standardize recipes let you know the correct portion sizes to serve children on the food program. This is a requirement of the food program. You must always prepare and offer at least the minimum portion size required for the ages of your child care children. These recipes have the math already done for you.

Parent Contact Information

Please keep all your parent contact information current with us. If you are using the Minute Menu program, then just update parent info in it. If you use paper records, remember to add a note with your claim with the revised parent information.

Food Program Reminders

Trained Staff

Remember you need to have staff trained in operating the food program on site at all times when claiming on the food program. All food program records must be complete, accurate and **readily available** whenever a food program reviewer arrives on site.

Variety in Menu Planning

The food program stresses the importance of offering a variety of food items each week. No one food provides all the nutrients needed for good health, so providing a varied assortment of healthy foods is important. And food variety makes eating more interesting and fun. So check your menus to make sure you are offering a wide selection of foods.



Food Program Forms

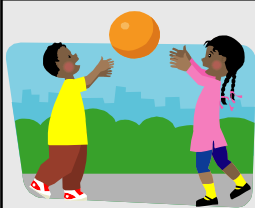
You can print off many of our forms on our website: www.mtnstatesgroup.org/Resources.htm

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

Simon Says Stretch

Have the children take off their shoes and sit on the floor for this activity. Select body parts that encourage stretching.

Simon says: Touch your toe to your chin."

Variations:

Touch your ear to your shoulder.
 Touch your toe to your elbow.
 Touch your ankle to your knee.
 Touch your knee to your elbow.
 Touch your nose to your knee.

Wall Push-ups

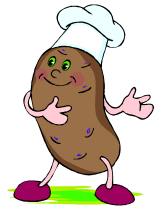
Have the children stand about an arm's distance away from a wall with their legs together. Ask them to place their hands on the wall just a little wider than their shoulders. Now have them lean forward and gently touch their noses to the wall and push back to the starting position. Encourage the children to keep their bodies in a straight line and their heels on the floor. (Demonstrate, if necessary.)

KIDS in Action, The President's Council on Physical Fitness and Sports, 1996

RECIPE IDEAS!

Mr. Potato Head's Scalloped Potatoes

- 3 teaspoons olive or canola oil (or use cooking spray)
- 9 cups peeled and sliced potatoes
- 3 cups chopped onions
- 1 1/2 cups non-fat or low-fat milk
- 1/2 teaspoon black pepper
- 3/4 cup shredded reduced-fat or regular cheddar cheese



1. Preheat oven to 350 degrees.
2. Use the oil to lightly coat two 9 x 13 inch baking dishes (or use cooking spray).
3. Layer 1/4 of the potatoes in each baking dish. Cover each dish with 1/2 of the onions. Divide the rest of the potatoes between the two baking dishes.
4. Pour 1/2 of the milk over the potato-onion mixture in each dish. Season with pepper and top each dish with 1/2 the cheddar cheese.
5. Cover with foil and bake for about 50 minutes. Uncover and bake for another 10 minutes, or until golden brown.

Makes 24 (1/2) cup servings.

Meal Component: serving (1/2 cup) = 1 fruit/vegetable component for a 3-5 year old.



June Buying Calendar for:



FRESH FRUITS



- Apricots
- Avocados
- Cantaloupes
- Cherries
- Grapefruit
- Honeydew melons
- Lemons
- Nectarines
- Peaches
- Strawberries
- Valencia Oranges
- Watermelon

FRESH VEGETABLES

- Carrots
- Celery
- Cucumbers
- Green snap beans
- Lettuce
- Onions
- Peppers
- Potatoes
- Squash
- Tomatoes



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