

Nutrition Works Newsletter

March 2011

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

Nutrition Info

Whole Grain Nutrition Facts



Carbohydrates from whole grains provide the energy you need to play, learn, sleep and

keep your bodies running.

Half of the grains you eat each day should be whole grains.

Whole grains provide fiber and other nutrients that help keep your body healthy.

Whole grains contain antioxidants that help fight off disease.

Not all brown breads are whole wheat. The only way to tell if a food is a true whole grain is to read the label. The label should list "whole wheat flour" as the first ingredient.

Food Program Reminders

- * Remember you must always **keep current** on your food program record keeping requirements.



If your life becomes too busy/stressed and you do not feel up to do-

ing the food program, just call Barbara Wilson and let her know you will be taking a break. You will be listed as inactive until you are ready to start back.

- * Always **leave a message** on your food program reviewer's pager when not claiming a scheduled meal at your site and tell location of any off-site meal. This is an important federal regulation.

- * When doing pre-plated serving style, always have **all food components** set out on child's plate in required portion sizes (milk of course is in a glass/cup). The food must **match** your written menu (changes to menu must be made before scheduled meal-time).

Food Program Information

Food Stamp Participants

We are now able to do direct certification of food stamp participants. This means that from now on parents **receiving food stamps**, will **not** have to fill out a household income form. They will just need to write "**Food Stamp**" somewhere on their children's enrollment forms to identify their participation in the food stamp program.

We will then know to access the food stamp direct certification program and print off a form verifying their food stamp eligibility.

Parents will no longer need to look up their food stamp numbers.



This simplifies the income eligibility process for all food stamp participants on the food program.

Nutrition Works
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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!



Morning Glory Muffins

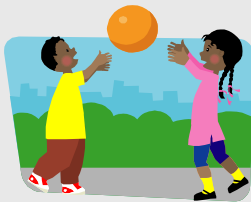
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|-----------------------------------|--------------------------------------|
| 1 cup whole-wheat flour | 1 medium apple, peeled & chopped |
| 1 cup enriched, all-purpose flour | 1/2 cup raisins |
| 1/2 cup sugar | 2 large eggs |
| 1 tablespoon cinnamon | 1/2 cup apple butter (or applesauce) |
| 1 teaspoon baking powder | 1/4 cup canola oil |
| 1 teaspoon baking soda | 1 tablespoon vanilla |
| 1/4 teaspoon salt | 2 tablespoons chopped walnuts |
| 2 cups grated carrots (4 medium) | 2 tablespoons toasted wheat germ |

1. Preheat oven to 375 degrees. Coat 12 muffin cups with cooking spray or use paper liners.
2. Whisk flours, sugar, cinnamon, baking powder, baking soda and salt in a large bowl. Stir in carrots, apple and raisins. Whisk eggs, apple butter (or applesauce), oil, and vanilla in a medium bowl.
3. Make a well in the dry ingredients and stir in the wet ingredients just until combined. Spoon batter into prepared muffin cups, filling them about 3/4 full. Combine walnuts and wheat germ in a small bowl; sprinkle over the muffin tops.
4. Bake muffins until the tops are golden brown, 15 to 20 minutes. Cool in pan for 5 minutes and then turn out onto a wire rack.

Makes 24 servings

Meal Component: 1/2 muffin = 1 bread alternate for 3-5 year old

Fun Physical Activities



Get Moving

What can you do to help young children be physically fit?

- *Encourage them to get moving. Make positive comments that focus on effort: "Wow, you zoomed down the slide!"
- *Provide time for active free play. Offer riding toys, balls, beanbags, climbers, balance beams and obstacle courses. Let children pedal, roll, throw, climb, run, skip and jump until they are tired.
- *Plan a structured physical activity each day to teach creative movement, dance, or game-playing skills. Focus on fun, skill and cooperation rather than winning.
- *Limit "screen time" to leave more time for active play.
- *Set a good example. Let children see you eating healthy food and being active.
- *Talk about being healthy and strong rather than "losing weight."
- *Share books that show the importance of fitness. Offer books about dancers, athletes, construction workers, farmers, and other physically active people.



Illinois Early Learning Project
 Illinois State Board of Education



March Buying Calendar for:



FRESH FRUITS

Apples
 Avocado
 Grapefruit
 Lemons
 Navel Oranges
 Winter Pears



FRESH VEGETABLES

Artichokes
 Asparagus
 Beets
 Broccoli
 Cabbage
 Carrots
 Cauliflower
 Celery
 Potatoes



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