

# Nutrition Works Newsletter

March 2010

Mountain States Group, Inc.

208-336-5533 x280

800-497-8220 x 280

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

*Creating More Healthy Meals*

- \* Only **cereals** that have no more than 9 grams of sugar and at least 1 gram of fiber per servings are offered.
- \* **Whole grain** food are offered at least once a day.
- \* **Fresh (raw)** fruits or vegetables are served three or more times per week.
- \* Only **low fat** (1% or 1/2%) or skim milk is served daily.
- \* Two or more snacks per week **contain** a meat/meat alternate.
- \* 100% fruit **juice** is served **no more than three times** per week, or less.
- \* **Dark green or orange fruits or vegetables** are served at least three times per week.
- \* No food containing **artificial sweeteners** are served.
- \* Fresh fruit, applesauce and other fruit toppings (unsweetened) are used **in place of** syrups and added sugars.

## Food Program Information

### Non-Creditable Foods

- \* Pickle relish
- \* Jam or jelly
- \* Fruit roll-ups
- \* Fruit punch
- \* Fruit added to quick breads
- \* Jell-O
- \* Pudding
- \* Coconut
- \* 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 Reminders

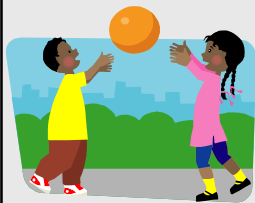
- \* Remember you must always **keep current** on your food program record keeping requirements. If your life becomes too busy/stressed and you do not feel up to doing the food program, just call Barbara Wilson and let her know you will be taking a break. You will be listed as inactive until you are ready to start back.
- \* Always **leave a message** on your food program reviewer's pager when not claiming a scheduled meal at your home 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 mealtime).

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

Get the children moving to these songs about eating healthy foods.

### "Healthy Eating Hokey Pokey" (Tune: Hokey Pokey)

#### Movements:

1. Right hand
2. Right leg
3. Left arm
4. Left leg
5. Whole self

#### Verse 1:

I put my fruit in  
I put my fruit out  
I put my fruit in  
And shake it all about.  
I do the Good Eating bop  
And turn myself around.  
That's what it's all about.

Verse 2: veggie

Verse 3: meat

Verse 4: milk

Verse 5: bread

### "Today We're Going Shopping" (Tune: Have You Ever Seen a Lassie)

Today we're going shopping,  
shopping, shopping,  
Today we're going shopping for good food to eat,  
To stay full of energy, to keep us feeling healthy,  
Today we're going shopping for good food to eat.

# RECIPE IDEAS!

## Oven-Baked Chicken Nuggets

- 1 1/2 cups dry (whole-wheat preferred) bread crumbs
- 1/4 cup Parmesan cheese, grated
- 1 1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 3 lbs. boneless, skinless chicken, cut into 48 one-ounce pieces
- 4 egg whites, lightly whisked with a fork or, if desired, use 2/3 cup low-fat, plain yogurt
- Non-stick cooking spray

Preheat the oven to 450 degrees. Lightly coat two 9 X 13 inch sheet pans with non-stick cooking spray. In a small bowl, combine the bread crumbs, cheese, salt and pepper. In another bowl, coat the chicken pieces with egg whites or yogurt. Roll the chicken in the bread crumb mixture to coat. Place the chicken pieces in a single layer on each of the sheet pans. Bake 18-20 minutes, turning once, until no signs of pink remain.

Makes: 24 servings

Meal component: 1 serving (2 nuggets) = 1 meat component for a 3-5 year old for lunch or dinner



## 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



*This institution is an equal opportunity provider.*