

Nutrition Works Newsletter

May 2010

Mountain States Group, Inc.

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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

*Improving Nutrition Environment
Suggestions*

- *Menus are available and posted for staff and parents.
- *Children have opportunities to provide input on food and menus.
- *Adults sit at the table and eat the same foods served to children.
- *All foods are served family style within children's capabilities.
- *Child-sized serving utensils are available and used.
- *Children have ample time to eat and practice social interaction skills, such as having a conversation.
- *Staff talk with children about trying & enjoying healthy foods.
- *Staff gently encourage but do not force children to eat or taste foods.
- *Food is not used as a punishment or reward at any time throughout the day.

Food Program Information

Non-creditable Infant Foods

The following foods are non-creditable for infants:

- * Home canned infant foods
- * Honey
- * Yogurt
- * Muffins
- * Doughnuts
- * Whole eggs, egg whites
- * Hot dogs
- * Vegetable juice
- * Nuts or seeds
- * Nut or seed butters
- * Ready-to-eat cold cereals
- * Commercial breaded products (fish sticks, corn dogs)
- * Cow's milk
- * Commercial baby food with DHA additive
- * Commercial baby food combination dinners
- * Commercial baby food desserts



Civil Rights Complaint Policy

If you ever have a civil rights complaint regarding the food program, please call Nutrition Works director (Barbara Wilson: 336-5533 x280).

She will need the **name** of the complainant and a **phone number** where they can be contacted.

Food Program Reminders

Meal Notification Policy

Always leave a message on your food program reviewer's pager at least **two hours in advance** when not claiming or not on-site during a scheduled mealtime. If you are claiming a meal off site, let her know where you will be so she can review your off-site meal. **This is a federal regulation.**

Change of Mealtimes

- 1.) Call Barbara (x280) or Patty (x293) and review proposed mealtime changes.
- 2.) Then leave message on your reviewer's pager with new mealtimes.
- 3.) Send in a completed "Request for Change of Meal Times" form to Nutrition Works.

All of the above steps must be followed in order to claim meals at a different time.

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

RECIPE IDEAS!

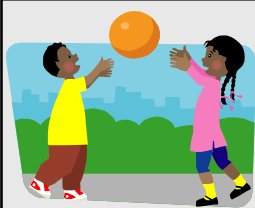


Cool & Creamy Peaches

- 2 cups plain, nonfat yogurt
- 2 teaspoons apple pie spice (a combination of cinnamon, nutmeg and allspice)
- 12 cups sliced, fresh peaches (about 2 1/2 lbs)
- 2 cups whole-grain cereal nuggets or flakes (optional)

Mix the yogurt with the apple pie spice. Spoon the peaches into 24 individual bowls. Drizzle each serving with some of the yogurt mixture. If using, sprinkle cereal over each serving.

Makes 24 (1/2 cup) servings
 Meal Component: serving (1/2 cup) = 1 fruit/vegetable for a 3-5 year old.



Fun Physical Activities

Locomotor Challenges

Locomotor skills are those motor skills in which the feet move the body from one place to another, such as walking, running, hopping, jumping, skipping, galloping, sliding and leaping. Most children learn to walk around one year old and to run, hop and jump at two. They begin to master galloping, skipping, sliding and leaping at about age three. Children need some instruction to learn these skills and lots of opportunities to practice them.

Arrange children so they have room to move without bumping into one another.

Present the following challenges:

- _walk under control, not bumping or touching anyone else
- _walk forward and stop
- _walk backward and stop
- _walk and then balance on one foot
- _hop on one foot, now the other foot
- _run slowly, now hop
- _walk backward and hop
- _walk and then jump
- _run and then jump
- _walk and then hop
- _jump backward, then forward



Team Nutrition IOWA



May Buying Calendar for:



FRESH FRUITS

- Avocados
- Cherries
- Grapefruit
- Lemons
- Navel Oranges
- Valencia Oranges
- Winter Pears



FRESH VEGETABLES

- Asparagus
- Beets
- Cabbage
- Carrots
- Celery
- Lettuce
- Onions
- Peas
- Potatoes
- Spinach



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