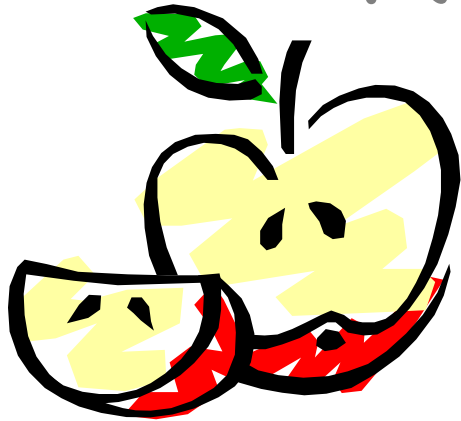


Nutrition Works Newsletter

November 2010



Mountain States Group, Inc.

208-336-5533 x280

800-497-8220 x280

bwilson@mtnstatesgroup.org

Fax: 208-336-0880

Food Program Updates

CERTIFICATE OF EXCELLENCE

We are awarding *FY10 Certificates of Excellence* to child care centers who have successfully fulfilled all the requirements of the food program for this past fiscal year. This is not an easy task and we are very proud to offer this award to the following centers:



ABC/123 Pre-School, Malad
Anna's Kinderland Daycare, Idaho Falls
Deb's n Rienna's Daycare, Idaho Falls
Diane's Early Care & Education, Iona
Jelliebeane Jungle, Pocatello
Jiminey Cricket, Idaho Falls
Nana's Daycare & Preschool, Ammon
Sandy's Early Childhood Preschool & Child Care, Idaho Falls
Sherri's Preschool 2, Montpelier
Still Waters Counseling, Blackfoot
Tic Tac Tots Daycare & Preschool, Idaho Falls
Tiny Tots Hotel Daycare, Nampa
TLC for Tots, Nampa



This is an annual award and we hope to increase the number of qualified recipients next year.

Thank you for all the hard work you do each year in providing healthy, nutritious meals to all the children in your program. You are making a positive impact on their lives.

Food Program Updates

FY11 TRAINING REQUIREMENT



Every fiscal year all child care providers participating on the food program are required to complete **two hours of approved nutrition training.**

We are offering a two hour on-site food program training course. Everyone must complete this two hour training within the one month deadline. There will be no other training offered this fiscal year. This is a federal requirement for being on the food program.

Your food program reviewer will provide the assistance and informational material you will need to complete this required two hour course. This mandatory course is called **Sandwiches: Under Construction.**

This training is IdahoSTARS certified. However, you must complete their evaluation in order to get your workshop certificate. Nutrition Works is no longer able to send out IdahoSTARS workshop certificates.

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

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



Nutrition Info KALE



Once regarded as "food for the poor," kale is now considered by many to be a "**super food**" because it is so nutritious.

Kale is a very good source of vitamin A, vitamin C, vitamin K, vitamin B6, calcium, potassium, copper, and magnesium. Kale is also a great source of dietary fiber.

Before cooking kale, be sure to remove and discard the plant's tough center stalks. Even without the stalks, kale is chewy. Thorough cooking is necessary to keep it from being too tough. Easy ways to prepare kale include boiling and sautéing. For both methods, start by washing the leaves and tearing them into bite-size pieces. Kale is often served with a splash of red wine vinegar and salt to taste.

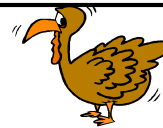
Remember to call your food program reviewer's pager **at least 2 hours in advance** when you will be off-site during meal times or not claiming meals.



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

RECIPE IDEAS!

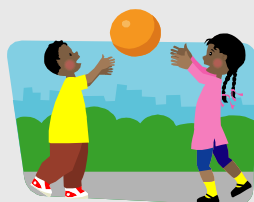
Two-Bean Turkey "Chilly"



2 tablespoons olive oil	2 tablespoons paprika
4 lbs. lean ground turkey	2 (28 oz.) cans diced tomatoes
2 large onions, diced	2 (15 oz.) cans kidney beans, rinsed and drained
2 large cloves garlic, minced	2 (15 oz.) cans black beans, rinsed and drained
2 tablespoons chili powder	
4 teaspoons ground cumin	
1 teaspoon black pepper	

1. In a very large Dutch oven, brown the turkey in the oil until no longer pink and then drain off the fat.
2. Add the onions, garlic, chili powder, cumin, pepper and paprika to the pot and cook for 5 minutes.
3. Stir in the diced tomatoes (do not drain) and the rinsed and drained beans.
4. Bring to a boil. Reduce the heat and simmer for 40 to 60 minutes, or until the chili has reduced slightly.

Makes: 24 servings
 Meal component: 1/2 cup provides 1.5 oz. meat and 1/4 cup of vegetable for a 3-5 year old.



Fun Physical Activities

Winter Action Songs

Dance Like Snowflakes
 Sung to: "Frere Jacques"

Dance Like snowflakes
 Dance like snowflakes
 In the air
 In the air
 Whirling, twirling, snowflakes
 Whirling, twirling snowflakes
 Here and there
 Here and there.

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I'm A Friendly Snowman
 Sung to: "I'm A Little Teapot"

I'm a friendly snowman big and fat.
 (stretch arms out to sides)
 Hear is my tummy and here is my hat.
 (point to tummy, then to top of head)
 I'm a happy fellow, here's my nose.
 (smile, then point to nose)
 I'm all snow from my head to my toes.
 (point to head, then to toes)
 I have two bright eyes so I can see.
 (point to eyes)
 All the snow falling down on me.
 (flutter fingers downward)
 When the weather's cold I'm strong and tall.
 (stand up tall)
 But when it's warm I get very small.
 (crouch down low)



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November Buying Calendar for:



FRESH FRUITS

Apples
 Avocado
 Dates
 Grapes
 Lemons
 Persimmons
 Walnuts



FRESH VEGETABLES

Broccoli
 Brussels sprouts
 Lettuce



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