

Nutrition Works Newsletter

September 2011

Mountain States Group, Inc.

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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

*Tips to improve meals with
Vegetables and Fruits*

- * Mix vegetables such as sautéed onions, peas, pinto beans, or tomatoes into casseroles for extra flavor.
- * Add some peppers, spinach, red beans, onions, or cherry tomatoes into your tomato sauce.
- * Toss in shredded carrots, strawberries, spinach, watercress, orange segments, or sweet peas for a flavorful salad.
- * Add sliced tomatoes, romaine lettuce or avocado to your sandwich or wrap.
- * Add apples, bananas, blueberries, or pears to your favorite muffin recipe.
- * Try combining different sautéed vegetables, such as mushrooms, spinach, onions, or bell peppers to liven up your omelet.
- * Blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a frozen fruit smoothie.

Food Program Information

Child Care License

Remember to send a copy of your **new current license** when your old one expires. Nutrition Works needs to have your current license on file. You will not be able to claim any month without a valid license for your site.



Please **notify in advance** Barbara Wilson (336-5533x280) when any changes are going to be made to your current license, such as: new address, new name, different license capacity, etc.

Need a Break



The food program does require daily paperwork. If you ever feel **overwhelmed** (for a day/week/month), just call your reviewer and let her know **in advance the day(s) you will not be claiming** on the food program. This will help relieve some of your workload. When life gets less stressful, call your reviewer and let her know you are starting back on the food program.

Food Program Reimbursement

Your food program check/direct deposit for the previous month are sent out/deposited the **third Friday** of each month.

Food Program Updates

Fat-Free and Low-Fat Milk (1%)

There is a new federal requirement regarding fluid milk starting October 1, 2011. All fluid milk served to children two years of age and older must be: **fat-free or low fat-milk (1%)**, fat-free or low-fat lactose reduced milk, fat-free or low-fat lactose free milk, fat-free or low-fat buttermilk, or fat-free or low-fat acidified milk.



Milk served must be pasteurized fluid milk that meets State and local standards, and may be flavored or unflavored. **Whole milk and reduced-fat (2%) milk may not be served to children over two years of age.**

Meals that do not meet this new milk requirement, starting Oct. 1, 2011, will **not be creditable** for children 2 years of age and older on the food program.

New Water Requirement

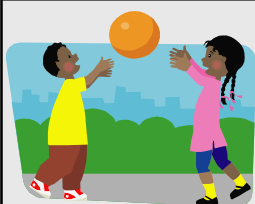
Starting Oct. 1, 2011, **water** should be **made available** to children to drink **upon their request**, but does not have to be available for children to self-serve. While water must be available during meal times, it is not part of the reimbursable meal and may not be served in lieu of milk.

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



Fun Physical Activities

Autumn Action Rhymes

Have the children stand in a circle but not too close together. Demonstrate the actions, if necessary.

"Five Little Leaves"

Five little leaves that loved to play, (Hold up five fingers.)
 Were dancing about on a tree one day. (Dance in place.)
 The wind came blowing through the town, (Sway with the wind.)
 And one little leaf came tumbling down. (Gently tumble to the ground.)

Four little leaves...

"Raking Leaves"

I like to rake the leaves (Make raking motion with hands.)
 Into a great big hump. (Pretend to pile leaves.)
 Then I move back a bit, (Take a step or two back.)
 Bend my knees and jump! (Bend knees, then jump.)



RECIPE IDEAS!

Powered Up Pasta Sauce



- 1/4 cup extra-virgin olive oil
- 1 cup minced fresh onion
- 4 cloves of garlic, minced
- 1 cup squash puree (use frozen squash that has been thawed)
- 2 (28 oz.) cans low-sodium diced tomatoes
- 4 tablespoons tomato paste
- 1/2 teaspoon salt
- 1 tablespoon Italian seasoning
- 1/4 teaspoon ground black pepper

Heat oil over medium heat in a large saucepan. Add onions and garlic and cook until translucent but not brown. Mix in the rest of the ingredients and bring to a boil. Lower the heat and simmer for 20 to 30 minutes until sauce thickens. Serve with whole grain pasta.

Makes 16 (1/4 cup) servings

Meal Component: 1/4 cup sauce = 1/4 cup vegetable



September Buying Calendar for:



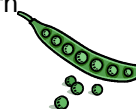
FRESH FRUITS

Apples
 Cantaloupes
 Figs
 Grapes
 Grapefruit
 Honeydew melons
 Lemons
 Peaches
 Pears
 Plums
 Prunes



FRESH VEGETABLES

Cabbage
 Cucumbers
 Eggplant
 Green snap beans
 Lettuce
 Onions
 Peas
 Peppers
 Squash
 Sweet corn



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