

Nutrition Works Newsletter

April 2011

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

Food Safety: Separate

Separate Foods When Shopping

- * Place raw seafood, meat, and poultry in plastic bags. Separate them from other foods in your grocery cart and bag.
- * Store raw seafood, meat, and poultry below ready-to-eat foods in your refrigerator.
- * Clean reusable grocery bags regularly. Wash canvas and cloth bags in the washing machine and wash plastic reusable bags with hot soapy water.

Separate Foods When Preparing and Serving Food



- * Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry.
- * Always use a clean plate to serve and eat food.
- * Never place cooked food back on the same plate or cutting board that previously held raw foods.

Food Program Information

Infant Care



When you start taking care of infants on the food program for the first time or when it has been a while since you cared for infants, **please call** our office and ask for Barbara or Patty.

We have specially designed **infant packets** that provide you with information you need to claim infants on the food program. Infants have their own requirements on the food program. These requirements encompass meal-times (feed on demand), menu components (based on age of infant), creditable infant formula list, and non-creditable foods of infants.

Remember you are required to offer the food program to all enrolled children 12 years old and younger. It is the parents' choice to have their children participate or not participate on the food program.

Commercially Prepared Combination Foods

You can only claim commercially prepared combination foods that have a *Child Nutrition (CN) label or a *Manufacturer's Product Analysis Sheet that certifies the amount of creditable ingredients in the product.

* You must keep a copy of the CN label and/or Manufacturer's Product Analysis Sheet on site.

Food Program Reminders

Food Program Forms:

You can print off many of our forms on our website:

www.mtnstatesgroup.org/

Resources. Then click on the Nutrition Works logo. Scroll down and click on Home Newsletters or Home Forms and Brochure.



Direct Deposit:

If you would like your monthly claim reimbursement to be directly deposited into your checking account, print off direct deposit form on our website or call Patty (336-5533 x293) and ask her to send it. Then fill it out and mail it to Nutrition Works. It will take two months before we can switch you from check payment to direct deposit.



Monthly Reimbursement

Money: All claim checks and direct deposit funds are **mailed/deposited on the 3rd Friday** of the month.



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

*Salmon providers must call at least one day in advance.

RECIPE IDEAS!

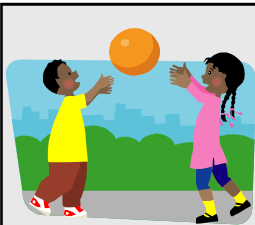
Frisky Veggie Frittata

8 eggs	1 lbs frozen mixed vegetables, thawed
1 cup low-fat milk	1/2 cup low-fat cheddar cheese, shredded
1/2 teaspoon salt	1 1/2 teaspoons olive oil
1/4 teaspoon pepper	1/2 cup low-fat cheddar cheese, shredded (for topping)
1/2 lb potatoes, peeled and grated	
Non-stick cooking spray	

1. In a large bowl, combine the eggs, milk, salt, pepper, potatoes, vegetables, and cheese; mixing well.
2. Pour into a 9" x 13" x 2" pan that has been sprayed with non-stick cooking spray.
3. Bake at 375 degrees for 35 minutes or until eggs are thoroughly cooked. (A knife inserted in the center will come out clean when eggs are cooked.)
4. Sprinkle 1/2 cup cheese over egg mixture and bake for an additional 5 minutes to melt the cheese. Cut into 12 pieces.

Makes 12 servings

Meal component: 1 serving provides the equivalent of 1.5 oz of meat alternate and 1/4 cup of vegetables.



Fun Physical Activities

Read and Move!

Here is a list of delightful books you can read to children to encourage them get up and *move*.

**Bend and Stretch: Learning About Your Bones and Muscles*, by Pamela Hill Nettleton

**Bug Dance*, by Stuart Murphy

**Clap Your Hands*, by Lorinda Bryan Cauley

**Dinosaurumpus!*, by Tony Mitton

**How Can You Dance?*, by Rick Walton

I Can Skip, Hop, Jump, by P. Wingate

**Giraffes Can't Dance*, by Giles Andreae

**The Bouncing, Dancing, Galloping ABC*, by Charlotte Doyle



April Buying Calendar for:



FRESH FRUITS

Apples
 Avocados
 Grapefruit
 Lemons
 Navel Oranges
 Strawberries
 Winter Pears



FRESH VEGETABLES

Artichokes
 Asparagus
 Beets
 Broccoli
 Carrots
 Cauliflower
 Lettuce
 Peas
 Spinach



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