

Nutrition Works Newsletter

December 2011

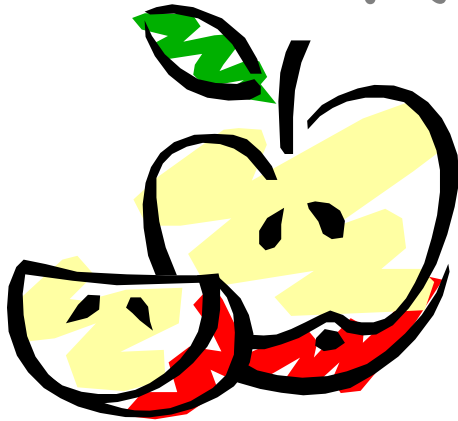
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Remember to mail/submit your food program claim by the **3rd** of the following month or it may not be processed.

Nutrition Info Adding Vegetables

- * Brighten your plate with vegetables that are red, orange or dark green. They are full of vitamins and minerals.
- * Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies.
- * Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, and mushrooms. Select those labeled as "reduced sodium," "low sodium," or "no salt added."
- * Buy vegetables in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys.
- * Choose a new vegetable and add it to your recipe or look up how to fix it online.



Food Program Updates

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



Holiday Policy

We assume everyone is **closed** on **Dec. 25th and Jan. 1st** unless you call Nutrition Works' director and your food program reviewer informing them that you will be open. Remember to send to Nutrition Works, before or with that month's claim, a **holiday attendance form** (form on resource page on MSG website).

Food Program Updates

FY12 Training



All child care providers **must complete** "That's Menu-tainment! A Nutrition Production" training. Your food program reviewer is giving them out during her reviews. Any provider not completing this training by their one month **due date** will be serious deficient on the food program. The training is posted on our resource page (www.mtnstatesgroup.org/Resources.htm) if you want to complete it early.

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

All fluid milk served to children two years and older must be fat-free or low-fat milk in order to be creditable.

Happy Holidays!



The Nutrition Works' staff would like to wish each of you an **enjoyable** holiday season.

We would also like to take this opportunity to **thank you** for another year of feeding healthy meals to the children in your care.

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.

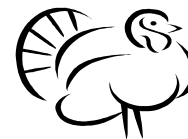


Sue: 860-3057
Tracy: 569-9661
Cheryl: 530-1799

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

RECIPE IDEAS!

Tiny Tim Turkey Loaves



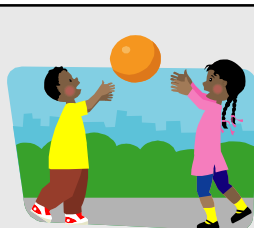
8 oz. low-sodium tomato sauce
 1/8 cup brown sugar
 1 teaspoon prepared mustard
 2 eggs, lightly beaten
 1 cup rolled oats

1 1/4 lbs. lean ground turkey
 1/2 teaspoon salt
 1/4 teaspoon black pepper
 1/2 cup finely chopped onion
 non-stick cooking spray

1. In a medium bowl, combine the tomato sauce, brown sugar and mustard.
2. In a larger bowl, combine eggs, onion, rolled oats, ground turkey, salt and pepper. Add 1/2 cup of the tomato mixture and stir thoroughly.
3. Spray a 12-cup muffin tin with non-stick cooking spray. Divide the meat mixture evenly among the cups. Top each with a spoonful of the remaining tomato mixture.
4. Bake at 350 degrees for 45 minutes to an hour.

Makes 12 servings

Meal Component: One tiny turkey loaf is a 1.5 oz serving of meat.



Fun Physical Activities

Mixed Up Mittens

This game works well with a large group of children but can also work with just a few.

Make a large pile of mittens at one end of the room. Try to use mittens that are different colors and/or patterns. Mix the mittens up so the pairs aren't together.

Arrange the children in a line facing the pile of mittens. Set a kitchen timer for 5 or 10 minutes—you can always set it for more or less time depending on the number of children. One at a time, the children race to the pile and dig through to find a matching pair of mittens. They put on the pair and race back to tag the next child in line.

Continue until each child has found a pair of mittens.



Credit: Disney Family Fun



December Buying Calendar for:



FRESH FRUITS

Apples
 Avocado
 Dates
 Grapefruit
 Lemons
 Navel Oranges
 Walnuts



FRESH VEGETABLES

Brussels sprouts
 Carrots
 Cauliflower
 Celery
 Potatoes
 Spinach
 Sweet Potatoes
 Winter Squash



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