

# Nutrition Works Newsletter

February 2011

Mountain States Group, Inc.

208-336-5533 x280

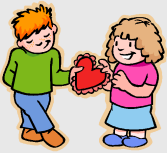
800-497-8220 x280

[bwilson@mtnstatesgroup.org](mailto:bwilson@mtnstatesgroup.org)

Fax: 208-336-0880



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



## Nutrition Info Fruit & Vegetable Tips

Add vegetables to pasta sauce.

Fill heated tortillas with vegetarian refried beans or black beans.

Fill an omelet with onions, zucchini and tomatoes.

Add vegetables to sandwiches.

Add fruit to your chicken or tuna salad.

Top pancakes with slices of fresh berries, peaches or banana.

Mix unsweetened applesauce or fresh chopped apple into cooked cereal.

Add fruits & vegetables to your favorite muffin, bread or cookie mix.

Make a fruit shake with fruit, yogurt and a small amount of milk.



## Food Program Information

### Food Program Reminders

*Cannot claim a child:*

- \* over 12 years of age.
- \* for more than three meals a day (with one being a snack)
- \* when child leaves at beginning of mealtime (i.e. breakfast starts at 8 a.m. & child leaves at 8 a.m.)
- \* when child arrives at end of mealtime (i.e. lunch ends at 1 p.m. & child arrives at 1 p.m.)
- \* when child's arrival time has not been entered at time of arrival.
- \* when not serving a creditable meal.
- \* when serving a meal off-site and your food program reviewer has not been notified in advance.
- \* without a current enrollment form.



## Food Program Information

### 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 meal-times.
- 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.*

### Envelopes

Envelopes are given out only at reviews. Always check your supply of envelopes before your reviewer leaves your site. We cannot mail envelopes.

### Nutrition Works Forms On-line

You can access our forms on-line at: [www.mtnstatesgroup.org/Resources.htm](http://www.mtnstatesgroup.org/Resources.htm). Click on Nutrition Works logo, scroll down and click on Home Forms & Brochure or Home Newsletters.

Nutrition Works  
1607 W. Jefferson  
Boise, ID 83702  
[bwilson@mtnstatesgroup.org](mailto:bwilson@mtnstatesgroup.org)

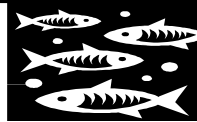
Remember to call your food program reviewer's pager **at least \*2 hours in advance** when you will be gone during meal times or not claiming meals.



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

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

# RECIPE IDEAS!



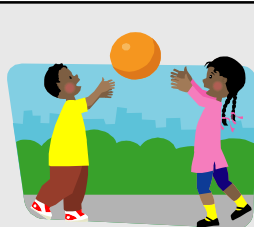
## Fresh Fish Fingers

- |  |                                  |
|--|----------------------------------|
| 1 cup crumbs, made from crushed whole-grain flake cereal | 1/4 teaspoon black pepper        |
| 2 egg whites, beaten until foamy                         | 1/4 teaspoon garlic powder       |
| 1/2 teaspoon onion powder                                | 1 tablespoon olive or canola oil |
| 1 1/2 pounds tilapia or cod                              | Non-stick cooking spray          |

1. Cut the fish into 24 sticks or "fingers."
2. Mix together the beaten egg whites and the oil.
3. In a separate dish, combine the crumbs and the seasonings.
4. Dip each fish finger into the egg mixture letting the excess drip off, then roll in seasoned crumbs and place on a baking sheet that has been sprayed with non-stick cooking spray.
5. Bake at 400 degrees for 10 - 15 minutes, turning once.

Makes 12 servings  
 Meal component: 2 fish fingers=1 meat alternate for a 3 - 5 year old.  
 This recipe *is not* creditable as a grain/bread component.

(Based on a recipe from Providers Voice)



## Fun Physical Activities

### Tape Shapes Balance Beams

Create balance "beams" of all shapes and sizes on the floor using painter's masking tape—a straight line, a square, an octagon, a rectangle, etc.—then let the children explore balance and follow directions for the following balance challenges:

\*Walk on the tape with one foot in front of the other.

\*Walk on the tape with one foot in front of the other and put your heel down first and then your toe—walk heel, toe, heel, toe, heel, toe.

\*Walk on the tape on your tip-toes.

\*Walk on the tape using giant steps.

\*Squat and walk on the tape like a duck.

\*Turn sideways and walk on the tape.

\*Walk backward on the tape.

\*Stand on your tip-toes and turn in the opposite direction.

\*Squat down and turn in the opposite direction



From PreschoolRock.com



## February Buying Calendar for:



### FRESH FRUITS

Apples  
 Avocado  
 Grapefruit  
 Lemons  
 Navel Oranges  
 Tangerines  
 Winter Pears



### FRESH VEGETABLES

Artichokes  
 Beets  
 Broccoli  
 Cabbage  
 Celery  
 Lettuce  
 Potatoes  
 Spinach



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