

Nutrition Works Newsletter

July 2010


Mountain States Group, Inc.

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

Nutrition Information *Recommended Grain Guidelines*

- * Whole grains are preferred for all grains, pastas, and breads.
- * Brown rice is preferred for all rice dishes when possible.
- * A grain or bread should have no more than 35% of its calories from fat and no more than 10% of its calories from saturated fat.
- * All foods must have less than 0.5 grams of trans fat. Foods with no trans fats are ideal.
- * Choose foods that are higher in fiber (cereals, breads, pastas, etc.)
- * Try to offer items that have no more than 200 mg of sodium per serving.
- * Choose items that do not have sugar listed as the first, second or third ingredients. Choose cereals containing 6 grams or less of sugar.



Food Program Information

Income Eligibility Guidelines

(effective dates July 1, 2010 until further notice).

<u>Household Size</u>	<u>Annual Income</u>
1	\$20,036
2	\$26,955
3	\$33,874
4	\$40,793
5	\$47,712
6	\$54,631
7	\$61,550

For each additional family member +\$6,919

The income guidelines have not been changed from last year. The federal government is still in the process of deciding what the new income guidelines will be. Therefore, we are to use the old income guidelines in determining income eligibility until further notification.

Family child care providers who are income eligible (or have child care children who are income eligible) will be sent their FY11 free/reduce income form(s) the last week in September.

You will need to mail back the FY 2011 free/reduced income form before October 15, 2010. If you are an income eligible family child care provider, you will need to include a copy of your complete 2009 income tax records.

Food Program Reminders

Minute Menu WebKids

We are asking all Minute Menu providers to have all their **previous week's food program data** entered into the Minute Menu system **before they open each Monday** morning. If you prefer entering all your data each week on another day of the week (i.e. every Thursday), please give Barbara Wilson a call (x280) and let her know what day you have chosen.



Many of you are entering the data by the end of each day. That is known as **best practices**. These providers never have to worry about misplacing records or having helpers who can't find the data and being disallowed meals or determined to be serious deficient. And, their food program reviewer is able to complete their reviews in a very timely manner. Also, once you get used to entering your data daily/weekly, you will be surprised how **easy it is to do**.

Nutrition Related Website

www.teamnutrition.usda.gov— Find recipes for childcare, MyPyramid for Kids, and Nibbles for Health.

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: 895-6335
Tracy: 528-3479
Cheryl: 235-6613

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



RECIPE IDEAS!



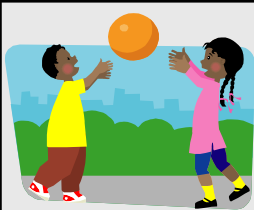
Mighty Zucchini Muffins

- | | |
|---------------------------|---|
| 1 cup enriched flour | 1/2 cup applesauce |
| 1/2 cup whole wheat flour | 2 egg whites |
| 1/4 cup sugar | 1 cup shredded zucchini |
| 1 teaspoon cinnamon | 1/2 cup crushed pineapple |
| 1/2 teaspoon baking soda | 1 teaspoon vanilla |
| 1/2 teaspoon salt | 1/2 cup nuts, finely chopped
(nuts are optional) |

1. Preheat oven to 325 degrees. Line an 8-cup muffin tin with paper liners or use non-stick cooking spray.
2. Combine flours, sugar, cinnamon, baking soda and salt in a large bowl.
3. Add the remaining ingredients and mix well.
4. Divide batter evenly among muffin cups and bake for 20 minutes.

Makes 8 muffins

Meal Component: 1 serving (1/2 muffin) = 1 bread/bread alternate for a 3-5 year old.



Fun Physical Activities

Milk Jug Toss

Materials needed:

- Two clean, one-gallon plastic milk jugs
- Small, soft ball or bean bag
- Craft or utility knife (adult use only)
- Masking tape

Directions:

This first part is for adults only! Cut the milk jugs in half using the utility knife. You will be using the top portion with the handle. Cover the cut edges with masking tape so there are no rough edges.

How to play:

One child tosses the ball (or bean bag) to his or her partner who will try to catch it with his or her milk jug and toss it back without handling the ball. The first child tries to catch the ball with his or her own milk jug.

Variation:

If a child wishes to play this game by himself or herself, have the child hold the milk jug in one hand (using the handle), toss the ball into the air with the other hand and try to catch the ball in the milk jug.




July Buying Calendar for:



FRESH FRUITS

-  Apricots
- Avocados
- Cantaloupes
- Grapefruit
- Honeydew melons
- Lemons
- Nectarines
- Peaches
- Pears
- Plums
- Strawberries

FRESH VEGETABLES

- Cabbage
- Carrots 
- Celery
- Cucumbers
- Eggplant
- Green snap beans
- Lettuce
- Onions
- Peppers
- Potatoes
- Squash
- Sweet corn

This institution is an equal opportunity provider.