

# Nutrition Works Newsletter

June 2010

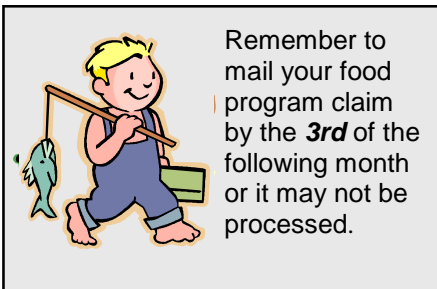
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Remember to mail your food program claim by the **3rd** of the following month or it may not be processed.

## Nutrition Information

*Recommendations for Healthy Meals*

- \* **Grains:** Make most of your grains whole. Look on labels for the words whole wheat or whole oats, etc. These provide fiber to help digestion.
- \* **Vegetables:** Vary your veggies. Consider new ways to serve them. Use to introduce different colors, shapes and textures.
- \* **Fruits:** Try new colors. Choose fresh, frozen, canned or dried.
- \* **Meat & Meat Alternatives:** Choose lowfat or lean meats and limit high fat products (hot dogs, chicken nuggets, etc.). Try different types of bean products.
- \* **Milk:** Go lowfat (1%) or fat free for children 2 years and older. Limit flavored milks.
- \* **Juice:** If you serve juice, only provide to children older than 12 months and limit to 4 oz. per day.

## Food Program Information

### Menus for Child Care



You should have received a booklet with menus called "**Menus for Child Care**" from your food program reviewer. New providers received it with their orientation material. This booklet is also on our website under Home Forms and Brochure.

Please use this wonderful resource in planning and preparing meals for your child care program. There are 16 weeks of menu ideas and there are many standardized recipes listed throughout the booklet.

**Standardize recipes** let you know the correct portion sizes to serve children on the food program. This is a requirement of the food program. You must always prepare and offer at least the minimum portion size required for the ages of your child care children. These recipes have the math already done for you.

### Parent Contact Information

Please keep all your parent contact information current with us. If you are using the Minute Menu program, then just update parent info in it. If you use paper records, remember to add it on your summary sheet before sending it in.

## Food Program Reminders

### Trained Staff

Remember you need to have staff trained in operating the food program on site at all times when claiming on the food program. All food program records must be complete, accurate and **readily available** whenever a food program reviewer arrives on site.

### Updated Eligible School List

All Tier 2 and Tier 1 income eligible providers are encouraged to check the updated eligible school list on our website (see *below*) to see if their local elementary school is now on the list. If it is, please call our office and let us know. We might be able to change your tiering classification.

### Food Program Forms



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

[www.mtnstatesgroup.org/Resources.htm](http://www.mtnstatesgroup.org/Resources.htm)

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!

## Mr. Potato Head's Scalloped Potatoes

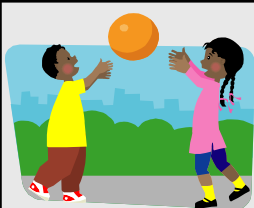
- 1 1/2 teaspoons olive or canola oil (or use cooking spray)
- 4 1/2 cups peeled and sliced potatoes
- 1 1/2 cups chopped onions
- 3/4 cup non-fat or low-fat milk
- 1/4 teaspoon black pepper
- 1/4 cup plus 2 tablespoons shredded reduced-fat or regular cheddar cheese



1. Preheat oven to 350 degrees.
2. Use the oil to lightly coat a 9 x 13 inch baking dish (or use cooking spray).
3. Layer half the potatoes in the baking dish. Cover with the onions. Add the rest of the potatoes.
4. Pour the milk over the potato-onion mixture. Season with pepper and top with cheddar cheese.
5. Cover and bake for about 50 minutes. Uncover and bake for another 10 minutes, or until golden brown.

Makes 12 (1/2) cup servings.

Meal Component: serving (1/2 cup) = 1 fruit/vegetable component for a 3-5 year old.



## Fun Physical Activities

### Simon Says Stretch

Have the children take off their shoes and sit on the floor for this activity. Select body parts that encourage stretching.

Simon says: Touch your toe to your chin."

Variations:

- Touch your ear to your shoulder.
- Touch your toe to your elbow.
- Touch your ankle to your knee.
- Touch your knee to your elbow.
- Touch your nose to your knee.

### Wall Push-ups

Have the children stand about an arm's distance away from a wall with their legs together. Ask them to place their hands on the wall just a little wider than their shoulders. Now have them lean forward and gently touch their noses to the wall and push back to the starting position. Encourage the children to keep their bodies in a straight line and their heels on the floor. (Demonstrate, if necessary.)

*KIDS in Action*, The President's Council on Physical Fitness and Sports, 1996



## June Buying Calendar for:



### FRESH FRUITS



- Apricots
- Avocados
- Cantaloupes
- Cherries
- Grapefruit
- Honeydew melons
- Lemons
- Nectarines
- Peaches
- Strawberries
- Valencia Oranges
- Watermelon

### FRESH VEGETABLES

- Carrots
- Celery
- Cucumbers
- Green snap beans
- Lettuce
- Onions
- Peppers
- Potatoes
- Squash
- Tomatoes



*This institution is an equal opportunity provider.*