

# Nutrition Works Newsletter

March 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

### Whole Grain Nutrition Facts



Carbohydrates from whole grains provide the energy you need to play, learn, sleep and

keep your bodies running.

Half of the grains you eat each day should be whole grains.

Whole grains provide fiber and other nutrients that help keep your body healthy.

Whole grains contain antioxidants that help fight off disease.

Not all brown breads are whole wheat. The only way to tell if a food is a true whole grain is to read the label. The label should list "whole wheat flour" as the first ingredient.

## Food Program Reminders

- \* Remember you must always **keep current** on your food program record keeping requirements.



If your life becomes too busy/stressed and you do not feel up to do-

ing the food program, just call Barbara Wilson and let her know you will be taking a break. You will be listed as inactive until you are ready to start back.

- \* Always **leave a message** on your food program reviewer's pager when not claiming a scheduled meal at your home and tell location of any off-site meal. This is an important federal regulation.
- \* When doing pre-plated serving style, always have **all food components** set out on child's plate in required portion sizes (milk of course is in a glass/cup). The food must **match** your written menu (changes to menu must be made before scheduled mealtime).

## Food Program Information

### Food Stamp Participants

We are now able to do direct certification of food stamp participants. This means that from now on parents **receiving food stamps**, will **not** have to fill out a household income form. They will just need to write "**Food Stamp**" somewhere on their children's enrollment forms to identify their participation in the food stamp program.

We will then know to access the food stamp direct certification program and print off a form verifying their food stamp eligibility.

Parents will no longer need to look up their food stamp numbers.



This simplifies the income eligibility process for all food stamp participants on the food program.

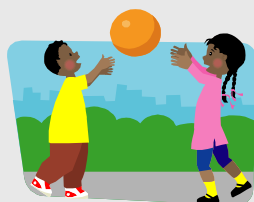
Nutrition Works  
1607 W. Jefferson  
Boise, ID 83702

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.



## Fun Physical Activities

### Get Moving

What can you do to help young children be physically fit?

\*Encourage them to get moving. Make positive comments that focus on effort: "Wow, you zoomed down the slide!"

\*Provide time for active free play. Offer riding toys, balls, beanbags, climbers, balance beams and obstacle courses. Let children pedal, roll, throw, climb, run, skip and jump until they are tired.

\*Plan a structured physical activity each day to teach creative movement, dance, or game-playing skills. Focus on fun, skill and cooperation rather than winning.

\*Limit "screen time" to leave more time for active play.

\*Set a good example. Let children see you eating healthy food and being active.

\*Talk about being healthy and strong rather than "losing weight."

\*Share books that show the importance of fitness. Offer books about dancers, athletes, construction workers, farmers, and other physically active people.



Illinois Early Learning Project  
 Illinois State Board of Education

# RECIPE IDEAS!



## Morning Glory Muffins

1/2 cup whole-wheat flour	1 small apple, peeled & chopped
1/2 cup enriched, all-purpose flour	1/4 cup raisins
1/4 cup sugar	1 large egg
1 1/2 teaspoons cinnamon	1/4 cup apple butter (or applesauce)
1/2 teaspoon baking powder	1/8 cup canola oil
1/2 teaspoon baking soda	1 1/2 teaspoons vanilla
1/8 teaspoon salt	1 tablespoon chopped walnuts
1 cup grated carrots (2 medium)	1 tablespoon toasted wheat germ

1. Preheat oven to 375 degrees. Coat 6 muffin cups with cooking spray or use paper liners.
2. Whisk flours, sugar, cinnamon, baking powder, baking soda and salt in a large bowl. Stir in carrots, apple and raisins. Whisk eggs, apple butter (or applesauce), oil, and vanilla in a medium bowl.
3. Make a well in the dry ingredients and stir in the wet ingredients just until combined. Spoon batter into prepared muffin cups, filling them about 3/4 full. Combine walnuts and wheat germ in a small bowl; sprinkle over the muffin tops.
4. Bake muffins until the tops are golden brown, 15 to 20 minutes. Cool in pan for 5 minutes and then turn out onto a wire rack.

Makes 12 servings

Meal Component: 1/2 muffin = 1 bread alternate for 3-5 year old



## March Buying Calendar for:



### FRESH FRUITS

Apples  
 Avocado  
 Grapefruit  
 Lemons  
 Navel Oranges  
 Winter Pears



### FRESH VEGETABLES

Artichokes  
 Asparagus  
 Beets  
 Broccoli  
 Cabbage  
 Carrots  
 Cauliflower  
 Celery  
 Potatoes



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