

# Nutrition Works Newsletter

May 2010

Mountain States Group, Inc.

208-336-5533 x280

800-497-8220 x 280

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Fax: 208-336-0880



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

## Nutrition Information

*Improving Nutrition Environment  
Suggestions*

- \*Menus are available and posted for parents.
- \*Children have opportunities to provide input on food and menus.
- \*Adults sit at the table and eat the same foods served to children.
- \*All foods are served family style within children's capabilities.
- \*Child-sized serving utensils are available and used.
- \*Children have ample time to eat and practice social interaction skills, such as having a conversation.
- \*Staff talk with children about trying & enjoying healthy foods.
- \*Staff gently encourage but do not force children to eat or taste foods.
- \*Food is not used as a punishment or reward at any time throughout the day.

## Food Program Information

### 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



### Civil Rights Complaint Policy

If you ever have a civil rights complaint regarding the food program, please call Nutrition Works director (Barbara Wilson: 336-5533 x280).

She will need the **name** of the complainant and a **phone number** where they can be contacted.

## Food Program Reminders

### Meal Notification Policy

Always leave a message on your food program reviewer's pager at least **two hours in advance** when not claiming or not home during a scheduled mealtime. If you are claiming a meal off site, let her know where you will be so she can review your off-site meal. **This is a federal regulation.**

### 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 mealtimes.
- 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.*

### 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!

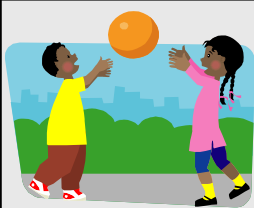


## Cool & Creamy Peaches

- 1 cup plain, nonfat yogurt
- 1 teaspoon apple pie spice (a combination of cinnamon, nutmeg and allspice)
- 6 cups sliced, fresh peaches (about 1 1/4 lbs.)
- 1 cup whole-grain cereal nuggets or flakes (optional)

Mix the yogurt with the apple pie spice. Spoon the peaches into 12 individual bowls. Drizzle each serving with some of the yogurt mixture. If using, sprinkle cereal over each serving.

Makes 12 (1/2 cup) servings  
 Meal Component: serving (1/2 cup) = 1 fruit/vegetable for a 3-5 year old.



## Fun Physical Activities

### Locomotor Challenges

Locomotor skills are those motor skills in which the feet move the body from one place to another, such as walking, running, hopping, jumping, skipping, galloping, sliding and leaping. Most children learn to walk around one year old and to run, hop and jump at two. They begin to master galloping, skipping, sliding and leaping at about age three. Children need some instruction to learn these skills and lots of opportunities to practice them.

Arrange children so they have room to move without bumping into one another.

Present the following challenges:

- \_ walk under control, not bumping or touching anyone else
- \_ walk forward and stop
- \_ walk backward and stop
- \_ walk and then balance on one foot
- \_ hop on one foot, now the other foot
- \_ run slowly, now hop
- \_ walk backward and hop
- \_ walk and then jump
- \_ run and then jump
- \_ walk and then hop
- \_ jump backward, then forward



Team Nutrition IOWA



## May Buying Calendar for:



### FRESH FRUITS

Avocados  
 Cherries  
 Grapefruit  
 Lemons  
 Navel Oranges  
 Valencia Oranges  
 Winter Pears



### FRESH VEGETABLES

Asparagus  
 Beets  
 Cabbage  
 Carrots  
 Celery  
 Lettuce  
 Onions  
 Peas  
 Potatoes  
 Spinach



*This institution is an equal opportunity provider.*