

# Nutrition Works Newsletter

November 2010



Mountain States Group, Inc.

208-336-5533 x280

800-497-8220 x280

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

Fax: 208-336-0880

## Food Program Updates

### CERTIFICATE OF EXCELLENCE

We are awarding *FY10 Certificates of Excellence* to providers who have successfully fulfilled all the requirements of the food program for this past fiscal year. This is not an easy task and we are very proud to offer this award to the following providers:

Linda Adams  
Joy Bird  
Rachel Blackburn  
Karla Bloom  
Shelley Briley  
Pat Bronken  
Angela Brown  
Shana Campbell  
Joanne Cannon  
Tina Cole  
Amanda Collins  
Lorraine Culver  
Kirsten Davies  
Carol Duncan  
Jill Edwards  
Vivian Ege  
Bonna Fahey  
Sondra Fyfe  
Debi Gagne  
Trina Goulding  
Niki Gregg  
Aimee Harrigan  
Cheryl Hartley  
Marinda Hicks  
Linda Hope  
Charlotte Kinney  
Earline Kline  
Kim Koch  
Ronda Krasowski

Pam Landvatter  
Jana Lawler  
Wendy Mason  
Candi McFadden  
Regina Moore  
Amber Nelson  
Trina Olson  
Keann Peck  
ReNae Permann  
Deborah Pochardt  
Kathy Reynolds  
Taylina Rigoulot  
Tawna Ruiz  
Stacie Runyon  
Kathy Shipley  
Kimberly Shurtliff  
Svetlana Solovey  
Mary Sommers  
Trisha Speer  
Shellie Stoddard  
Krista Stone  
Sari Stucki  
KaDee Thomas  
Denise Thorne  
Roxann Van Orden  
Kerri Vaughn  
Brenda Weissenbach  
Jodi Werner  
Tami Wheeler

## Food Program Updates

### FY11 TRAINING REQUIREMENT



Every fiscal year all child care providers participating on the food program are required to complete **two hours of approved nutrition training.**

We are offering a two hour on-site food program training course. Everyone **must complete this two hour training within the one month deadline.** There will be no other training offered this fiscal year. This is a federal requirement for being on the food program.

Your food program reviewer will provide the assistance and informational material you will need to complete this required two hour course. This mandatory course is called **Sandwiches: Under Construction.**

***This training is IdahoSTARS certified. However, you must complete their evaluation in order to get your workshop certificate. Nutrition Works is no longer able to send out IdahoSTARS workshop certificates.***

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



## Nutrition Info KALE



Once regarded as "food for the poor," kale is now considered by many to be a "**super food**" because it is so nutritious.

Kale is a very good source of vitamin A, vitamin C, vitamin K, vitamin B6, calcium, potassium, copper, and magnesium. Kale is also a great source of dietary fiber.

Before cooking kale, be sure to remove and discard the plant's tough center stalks. Even without the stalks, kale is chewy. Thorough cooking is necessary to keep it from being too tough. Easy ways to prepare kale include boiling and sautéing. For both methods, start by washing the leaves and tearing them into bite-size pieces. Kale is often served with a splash of red wine vinegar and salt to taste.

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.

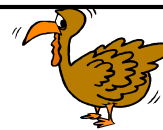


**Sue:** 860-3057  
**Tracy:** 569-9661  
**Cheryl:** 530-1799

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

# RECIPE IDEAS!

## Two-Bean Turkey "Chilly"



1 tablespoon olive oil  
 2 lbs. lean ground turkey  
 1 large onion, diced  
 1 large clove garlic, minced  
 1 tablespoon chili powder  
 2 teaspoons ground cumin  
 1/2 teaspoon black pepper

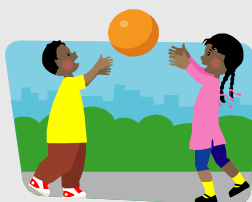
1 tablespoon paprika  
 1 (28 oz.) can diced tomatoes  
 1 (15 oz.) can kidney beans, rinsed and drained  
 1 (15 oz. can) black beans, rinsed and drained

1. In a large Dutch oven, brown the turkey in the oil until no longer pink and then drain off the fat.
2. Add the onion, garlic, chili powder, cumin, pepper and paprika to the pot and cook for 5 minutes.
3. Stir in the diced tomatoes (do not drain) and the rinsed and drained beans.
4. Bring to a boil. Reduce the heat and simmer for 30 to 40 minutes, or until the chili has reduced slightly.

Makes: 12 servings

Meal component: 1/2 cup provides 1.5 oz. meat and 1/4 cup of vegetable for a 3-5 year old.

## Fun Physical Activities



### Winter Action Songs

#### Dance Like Snowflakes

Sung to: "Frere Jacques"

Dance Like snowflakes  
 Dance like snowflakes  
 In the air  
 In the air  
 Whirling, twirling, snowflakes  
 Whirling, twirling snowflakes  
 Here and there  
 Here and there.

Preschool Education.com

#### I'm A Friendly Snowman

Sung to: "I'm A Little Teapot"

I'm a friendly snowman big and fat.  
 (stretch arms out to sides)  
 Hear is my tummy and here is my hat.  
 (point to tummy, then to top of head)  
 I'm a happy fellow, here's my nose.  
 (smile, then point to nose)  
 I'm all snow from my head to my toes.  
 (point to head, then to toes)  
 I have two bright eyes so I can see.  
 (point to eyes)  
 All the snow falling down on me.  
 (flutter fingers downward)  
 When the weather's cold I'm strong and tall.  
 (stand up tall)  
 But when it's warm I get very small.  
 (crouch down low)



Preschool Education.com

## November Buying Calendar for:



### FRESH FRUITS

Apples  
 Avocado  
 Dates  
 Grapes  
 Lemons  
 Persimmons  
 Walnuts



### FRESH VEGETABLES

Broccoli  
 Brussels sprouts  
 Lettuce



In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.