

# Nutrition Works Newsletter

September 2011

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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

*Tips to improve meals with  
Vegetables and Fruits*

- \* Mix vegetables such as sautéed onions, peas, pinto beans, or tomatoes into casseroles for extra flavor.
- \* Add some peppers, spinach, red beans, onions, or cherry tomatoes into your tomato sauce.
- \* Toss in shredded carrots, strawberries, spinach, watercress, orange segments, or sweet peas for a flavorful salad.
- \* Add sliced tomatoes, romaine lettuce or avocado to your sandwich or wrap.
- \* Add apples, bananas, blueberries, or pears to your favorite muffin recipe.
- \* Try combining different sautéed vegetables, such as mushrooms, spinach, onions, or bell peppers to liven up your omelet.
- \* Blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a frozen fruit smoothie.

## Food Program Information

### Enrollment Forms Renewal



All enrolled children will need new enrollment forms for the FY2012 starting on October 1, 2011. All renewing parents need to fill out and sign/date new enrollment forms in early October. Remember if you are not on Minute Menu, you will need to save all old enrollment forms for the past 3 fiscal years.

If you are on **Minute Menu** the renewal process is very simple. On the top menu bar click on:

Reports>>Child>>Enrollment Renewal Worksheet.

Print off enrollment renewal report (format Adobe works best). Have each parent sign and date it in early October.

**Then (both providers using paper records or the minute menu program) need to mail/fax /scan the signed & dated enrollment forms back by October 18th to Nutrition Works. Any enrollment forms that are renewing children for the new fiscal year missing the October date or not signed will not be valid.**

*All children in your program must have either a current **enrollment form** or a **current decline form** (even drop-ins). You are required to offer this program to all your child care children.*

## Food Program Updates

### **Fat-Free and Low-Fat Milk (1%)**

There is a new federal requirement regarding fluid milk starting October 1, 2011. All fluid milk served to children two years of age and older must be: **fat-free or low fat-milk (1%)**, fat-free or low-fat lactose reduced milk, fat-free or low-fat lactose free milk, fat-free or low-fat buttermilk, or fat-free or low-fat acidified milk.



Milk served must be pasteurized fluid milk that meets State and local standards, and may be flavored or unflavored. **Whole milk and reduced-fat (2%) milk may not be served to children over two years of age.**

Meals that do not meet this new milk requirement, starting Oct. 1, 2011, will **not be creditable** for children 2 years of age and older on the food program.

### **New Water Requirement**

Starting Oct. 1, 2011, **water** should be **made available** to children to drink **upon their request**, but does not have to be available for children to self-serve. While water must be available during meal times, it is not part of the reimbursable meal and may not be served in lieu of milk.

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.

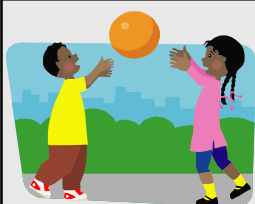


**Sue:** 860-3057

**Tracy:** 569-9661

**Cheryl:** 530-1799

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



## Fun Physical Activities

### Autumn Action Rhymes

Have the children stand in a circle but not too close together. Demonstrate the actions, if necessary.

#### "Five Little Leaves"

Five little leaves that loved to play, (Hold up five fingers.)  
 Were dancing about on a tree one day. (Dance in place.)  
 The wind came blowing through the town, (Sway with the wind.)  
 And one little leaf came tumbling down. (Gently tumble to the ground.)

Four little leaves...

#### "Raking Leaves"

I like to rake the leaves (Make raking motion with hands.)  
 Into a great big hump. (Pretend to pile leaves.)  
 Then I move back a bit, (Take a step or two back.)  
 Bend my knees and jump! (Bend knees,



# RECIPE IDEAS!

## Powered Up Pasta Sauce



- 1/8 cup extra-virgin olive oil
- 1/2 cup minced fresh onion
- 2 cloves of garlic, minced
- 1/2 cup squash puree (use frozen squash that has been thawed)
- 1 (28 oz.) can low-sodium diced tomatoes
- 2 tablespoons tomato paste
- 1/4 teaspoon salt
- 1 1/2 teaspoons Italian seasoning
- 1/8 teaspoon ground black pepper

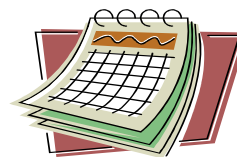
Heat oil over medium heat in a large saucepan. Add onions and garlic and cook until translucent but not brown. Mix in the rest of the ingredients and bring to a boil. Lower the heat and simmer for 20 to 30 minutes until sauce thickens. Serve with whole grain pasta.

Makes 8 (1/4 cup) servings

Meal Component: 1/4 cup sauce = 1/4 cup vegetable



## September Buying Calendar for:



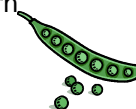
### FRESH FRUITS

Apples  
 Cantaloupes  
 Figs  
 Grapes  
 Grapefruit  
 Honeydew melons  
 Lemons  
 Peaches  
 Pears  
 Plums  
 Prunes



### FRESH VEGETABLES

Cabbage  
 Cucumbers  
 Eggplant  
 Green snap beans  
 Lettuce  
 Onions  
 Peas  
 Peppers  
 Squash  
 Sweet corn



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