



Working Together for a Healthy Kentucky

Child and Adult Care Food Program

CACFP Nutrition News

May-June 2015

Want some new meal ideas??



This awesome USDA website makes it easy and fun to search for recipe ideas for your programs. There are "Large Quantity Recipes", "Recetas in Espanol" and "Household Recipes". When you find a recipe you are interested in, the site gives you nutritional information and you can even create a personalized cookbook with your favorite recipes. The recipe below was given several stars by folks who tried it out.

www.whatscooking.fns.usda.gov



Apple and Celery Salad

Ingredients

- 1 tablespoon orange juice
- 2 tablespoons light mayonnaise
- 2 cups apples (diced)
- 1 cup celery (diced)
- 1/2 cup raisins
- 1/2 cup peanuts

Rating:
Makes: 6 servings



Directions:

1. In a large bowl, mix orange juice with mayonnaise.
2. Add apples, celery, raisins and peanuts to the dressing mix and stir well.
3. Serve at room temperature or chilled.

Recipe adapted from SNAP-ED Connection Recipe Finder.

Note: If there are peanut allergies in your center or your home, this is still a great salad without the nuts!



Why do we need vegetables and fruits?

- ◆ Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- ◆ Eating a diet rich in vegetables and fruits as part of an overall healthy diet may also protect against certain types of cancers.
- ◆ Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.
- ◆ Eating vegetables and fruits rich in potassium as part of an overall healthy diet may lower blood pressure, reduce the risk of developing kidney stones and help to decrease bone loss.
- ◆ Eating foods such as fruits that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.

How many times do you serve something fresh at your center each week?

Source: <http://www.choosemyplate.gov/food-groups/fruits-why.html>



Helpful Hints: Infant Menu

Center Name: "Our Imaginary Center" Date: Today! 4/2/15 **EXAMPLE**

INFANT MENU

Circle, Highlight or List Food to specify component served. Incomplete Menus will be disallowed

	0-3 months	4-7 months	8-11 months	Total #
Breakfast	Milk 4-6 Fl. Oz. Iron Fortified Infant Formula OR 4-6 Fl. Oz. Breast milk	4-8 Fl. Oz. Iron Fortified Infant Formula OR 4-8 Fl. Oz. Breast milk	6-8 Fl. Oz. Iron Fortified Infant Formula OR 6-8 Fl. Oz. Breast milk	6
	Meat/Meat Alt	0-3 Tbsp. Iron Fortified Cereal	2-4 Tbsp. Iron Fortified Cereal	
	Fruit/Veg		4 Tbsp. Vegetable/Fruit (List food served) green beans, applesauce	
Lunch	Milk 4-6 Fl. Oz. Iron Fortified Infant Formula OR 4-6 Fl. Oz. Breast milk	4-8 Fl. Oz. Iron Fortified Infant Formula OR 4-8 Fl. Oz. Breast milk	6-8 Fl. Oz. Iron Fortified Infant Formula OR 6-8 Fl. Oz. Breast milk	7
	Meat/Meat Alt	0-3 Tbsp. Iron Fortified Cereal	2-4 Tbsp. Iron Fortified Cereal OR 1-4 Tbsp. (Meat/Meal alternate) (List food served) Baked chicken	
	Fruit/Veg	0-3 Tbsp. Vegetable/Fruit (List food served) peaches	1-4 Tbsp. Vegetable/Fruit (List food served) Sweet potatoes	
Snack	Milk 4-6 Fl. Oz. Iron Fortified Infant Formula OR 4-6 Fl. Oz. Breast milk	4-6 Fl. Oz. Iron Fortified Infant Formula OR 4-6 Fl. Oz. Breast milk	2-4 Fl. Oz. Iron Fortified Infant Formula OR 2-4 Fl. Oz. Breast milk OR 100% Fruit Juice 6-1/2 slice of bread or 0-2 crackers	7
	Fruit			
	Grain			

Example

Sample Infant Menu

Please look closely at how this infant menu is filled out. It is very important that you circle (or highlight) what is served to the infants. Be sure to also write what food the infants were served in the areas that say "list food served." Refer to your CACFP Training Handbook for further instructions.

Although this is an example, it can guide you as you work on filling out your infant menus.

Breakfast:

- ◆ 2 infants (2 months old)- each had a bottle of formula (4-6 oz.)
- ◆ 1 infant (6 months old) had a bottle of formula (4-8 oz.) and 3 Tbsp. of Iron Fortified Cereal
- ◆ 3 infants (one 8 month old and two 11 month olds)-
 - * 8 month old is breastfed and had a bottle of Breast milk + 2 Tbsp. of Iron Fortified Cereal + 1 Tbsp. applesauce
 - * Two 11 month olds had bottles of formula (6-8 oz.), 3 Tbsp. Iron fortified Cereal +2 Tbsp. green beans
- ◆ Lunch & Snack: Continue with the same procedure, being sure to list all vegetables, fruit or meat (or meat alternate) and circle what you served in each box.
- ◆ Feel free to contact Suzanne Bullock-Ray if you have questions at traci.bullock-ray@education.ky.gov.

CACFP Updates & Reminders!

◆ Questions re: Justice for All Poster

We understand that a revised nondiscrimination statement is included in a USDA Departmental Regulation that is pending signature, and that States should not be printing bulk copies of the current poster. We also understand that if an organization is not able to print 11 x 17, the poster can be printed 11 x 14, or as a last resort, 8 ½ x 11. We hope this will allow organizations that need posters to print them easily from the FNS website <http://www.fns.usda.gov/cr/and-justice-all-posters> until the poster with the new nondiscrimination statement is printed and distributed.

◆ What does "Kinship" mean???

When you ask participants/parents to fill out the Income Applications, it would be a great idea to explain what "Kinship" means. This term refers to children that are living with family members (ex. Grandparents) and are involved with the "Kinship Care Program." This is the only reason the box should be checked.

◆ National CACFP Sponsor Association

This great association has a Facebook page that will provide you will lots of great ideas for meals, snacks and "Get Moving" ideas. <https://www.facebook.com/NationalCACFP?ref=ts>

◆ Policy Changes!

Be sure to check regularly for emails regarding policy changes from the USDA. Please keep these policy memos in a folder on your desktop or print out and keep in a paper folder, so you can access them as needed.

◆ Annual Training Dates/Sites: Check Your Email!

Dates and sites have been set for Annual Trainings, and you will be receiving registration information soon.

***August 19-20** University of Louisville/Shelby Campus, Louisville

***August 25-26th** Morehead Conference Center, Morehead

***August 27** Eastern KY University, Perkins Building, Richmond

***September 2-3rd** Holiday Inn/Sloane Convention Center, Bowling Green

◆ Family Day Care Home Sponsor Annual Training

Training will be held at 500 Mero St, 23rd Floor, Frankfort, and you will be receiving registration information soon.

◆ ACQR Reminder

Remember to work on completing your 2nd Quarter ACQR!

Fruit of the Month: Strawberries



Are fresh strawberries one of your favorite fruits? Strawberries are in season from April to July and have tons of health benefits for us. They are high in Vitamin C, potassium, and fiber and are also a great snack because they are fat, cholesterol, and sodium free. Most strawberries are grown in California and there are over seventy varieties grown there.

Strawberries come in a variety of shapes. Some of us like small strawberries, while others like larger strawberries. Typically smaller strawberries have a sweeter taste. When picking your strawberries look for those that are free of marks and blemishes. Find strawberries that are dry, firm, and fully ripe. Look for caps that are green and fresh looking. Strawberries are best if consumed one week after being purchased.

Strawberries can be stored right after purchasing in the refrigerator or can be frozen for up to 6-8 months. Strawberries are easy to freeze. You can use a dry-sugar pack. The dry-sugar pack is especially easy and gives the best flavor and color for sliced or crushed berries. To make a dry sugar pack halve, quarter, or slice clean berries into a bowl or shallow pan. Sprinkle sugar over berries, using 1/3 to 3/4 cup sugar for each quart of fruit. Gently turn berries over and over until the sugar is thoroughly dissolved. Package and freeze in a zip tight container or freezer bag, leaving room for the strawberries to expand.

Ways to Eat Strawberries:

Raw- Typically strawberries are eaten raw and added to a variety of foods such as salads, cereals, waffles, and ice cream. You can add them to whatever you think they mix well with.

Smoothies- Strawberry smoothies are popular. Mix together your favorite fruits in a blender with yogurt and frozen bananas and enjoy a healthy treat.

Jams and Jellies- Making your own homemade jams and jellies are a great way to use strawberries and a treat to enjoy year round. There are a variety of recipes out there to use.



Recipe of the Month: Strawberry Freezer Jam

Ingredients:

- 3 cups fresh strawberries, crushed
- 5 cups sugar (**can be reduced to 2 cups sugar**)
- 1 package powdered pectin
- 1 cup water

Directions:

- Sort and wash fully ripened berries. Drain. Remove caps and stems.
- Crush berries and place into a large mixing bowl.
- Add sugar, mix well, and let stand for 20 minutes, stirring occasionally.
- Dissolve the pectin in the water; bring to a boil for 1 minute.
- Add pectin solution to the fruit and sugar mixture and stir for 2 minutes.
- Ladle the jam into jelly jars or suitable freezer containers, leaving 1/2-inch headspace.
- Cover the containers and let stand for 24 hours or until jam is set.

Yield: nine 6-ounce jars. Jam can be held in the refrigerator for three weeks and frozen in freezer containers for up to one year.

This is a fun recipe to make with children too!
They can help mash the strawberries and may-
be ladle the jam too!

Source: Prepared by Sarah Ball Brandl, Family and Consumer Sciences, Limited Resource Audience Coordinator. Adapted from Kentucky Strawberries (FSHE-2). Reviewed by Dr. Terry Jones, Extension Specialist for Horticulture, and Charles Tyron Back, Extension Associate for Horticulture, University of Kentucky

Snack Ideas for Centers

For more snack ideas, try this website: <http://www.choosemyplate.gov/preschoolers/healthy-habits/snack-ideas.html>

Monday

Veggie & Cheese Quesadillas/Water

Quesadillas are easy to make and it is very easy to include some seasonal vegetables(ex. green peppers, squash). After you cook them, slice into triangles. Salsa is good with them too!

Tuesday

Cauliflower Popcorn/ WW crackers/ Water

Chop cauliflower in small popcorn size pieces. Arrange on a baking sheet in a single layer. Drizzle with olive oil. Sprinkle with salt and parmesan cheese. Bake at 425 for about 20 minutes, or until tops begin to get toasty.

Wednesday

"Ants on a Log" /Milk/ WW Crackers

Spread peanut butter or cream cheese on celery sticks. Add raisins for the "ants" or let the children arrange the raisins on the celery sticks.

Thursday

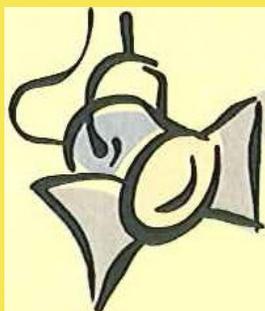
Pinwheels/ Sliced Bananas/ Water

Use whole grain flour tortillas, spread with reduced-fat cream cheese, use turkey, and any vegetables you choose, like lettuce or shredded carrots. Roll up and slice, secure with a toothpick if you like!

Friday

Mini-Bagel with Cheese/Apple slices/ Water

Toast ½ a mini bagel with ½ ounce reduced fat cheddar cheese.



Spotlight on Great Ideas!



Healthy Food Activity from Bluegrass Academy

Nutrition Coordinator Julie shares a chart that was recently used in a great “Healthy Food” tasting activity that was done with 1-2 year olds. The children were able to taste a variety of fruits and teachers helped them put a sticker showing whether they liked it or didn’t like it. What a great way to help children try new foods!

“Farm to Preschool” at Growing Together Preschool



Left: One of the children at the preschool enjoying a pepper grown in their gardens. She helped grow it too!

Right: A typical healthy meal based on what is “in season.” The strawberries and spinach are from Lazy Eight Stock Farm, one of the center’s partners in their Farm to School Grant.



Thoughts from Cerise Bouchard, (Executive Director and Parent)

As a parent, I'm thrilled to see initiatives for improving meal offerings in the K-12 setting. However, those efforts are coming a little late in the child's life because their palate is formed in early childhood. We found that our infants and toddlers will eat anything, but our preschoolers and pre-kindergarteners are our "picky eaters." The early childhood setting is also ideal because we have close relationships with families and often have the opportunity to educate them on a variety of topics concerning their children.

We do it not only because we know that healthy bodies equal healthy minds, but because we view our role as educating and caring for the whole child.

That includes support for the child's physical and mental health. The gardens are an extension of our focus on physical health because we want the children to understand where their food comes from and the work that goes into producing it. We also want to instill an early love for healthy foods and gardening that will be with them for their entire life. (for more info on Growing together Preschool’s programs, go to their Facebook page [Facebook.com/GrowingTogetherPreschool](https://www.facebook.com/GrowingTogetherPreschool))

“In the summer of 2014 we also became the first preschool in the state of Kentucky to launch a Kentucky Proud Farm to Preschool Program.”

Cerise Bouchard, Director

Wellness Corner

“Healthy Eating with Quick and Easy Meals”

The biggest issue that many adults face with being healthy is eating healthy meals. We all live very busy lives and many times put our eating habits to the side as we go through the drive thru. Eating healthy can be quick and painless with a little bit of planning and preparation. Here are some tips and recipes to get you cooking healthy and quick meals on a regular basis.

- ◆ Plan your grocery shopping for the same day of the week every week. This will get you in a routine of going to the store consistently.
- ◆ Prep your meals in advance so all you have to do is cook them when you are ready to eat them.
- ◆ Plan meals that are realistic to you and your lifestyle. If it is too complicated, you won't make it. If you are on the go a lot, find meals that are easy to transport.
- ◆ Keep canned goods and other longer shelf life products on hand. Stock up on these during sales and remember they can last a few years.
- ◆ Prepare meals that include all 5 of the food groups. This will give you a variety and more nutrients.
- ◆ Remember if you can't buy fresh, frozen is the next best when it comes to vegetables and fruits.

Easy Tortilla Soup Makes 4, 1-cup servings

2 cups water
 2 chicken bouillon cubes
 1 14.5-ounce can diced tomatoes
 1 cup frozen or canned corn
 1 tablespoon minced dried onion (or 2 tablespoons raw diced onion)
 ½ teaspoon garlic powder
 ½ cup shredded cheese
 4 flour tortillas, cut in 1-inch strips

Put all ingredients EXCEPT cheese and tortilla strips in saucepan. Heat until mixture comes to a boil, and then reduce heat. Add tortilla strips and simmer about 15 to 20 minutes. Top each serving with 2 tablespoons cheese. Serve with low fat or nonfat milk and fresh or canned fruit (packed in light syrup or its own juices).

*Optional additions: 1 cup chopped cooked chicken or turkey.
 1 15-ounce can black or red beans, drained; 1 to 2 cups chopped or frozen vegetables (carrots, celery, green pepper, or zucchini);

Source: http://lib.dr.iastate.edu/cgi/viewcontent.cgi?article=1006&context=extension_families_pubs

Marinated Tomato Salad

Yield: 4 servings

4 cups cherry tomatoes, halved
 3 tbsp. minced fresh Basil
 Italian dressing, to taste
 2 cup crumbled Feta Cheese
 1/2 cup chopped red pepper (optional)

Gently toss together all ingredients, except Feta cheese. Just before serving, add Feta cheese.

Source: http://kenton.ca.uky.edu/sites/kenton.ca.uky.edu/files/FCS/Speedy_Suppers_recipes.pdf



CHICKEN AND RICE DINNER Makes 4 servings

4 boneless, skinless chicken breast halves
 1 teaspoon cooking oil
 1 can (10.75-ounce) condensed cream of chicken soup
 ¼ teaspoon pepper
 ¼ teaspoon paprika
 1½ cups water
 2 cups instant brown rice
 2 cups fresh or frozen broccoli or vegetable mix

Rinse chicken pieces and pat dry. Heat oil in nonstick skillet on medium high heat. Add chicken; brown lightly on each side. Cover and cook 4 minutes on each side or until cooked through. Remove chicken. In skillet combine soup, water, pepper, and paprika. Bring to boil. Stir in rice and broccoli or vegetables. Place chicken on top. Cover and cook on low heat for 5 minutes. Serve with lowfat or fat-free milk, bread sticks, and grapes.

Source: http://lib.dr.iastate.edu/cgi/viewcontent.cgi?article=1006&context=extension_families_pubs

Asian Inspired Pork Chops

Yield: 4 servings

4 pork loin chops, 1/2 inch thick (about 1¼ lbs.)
 3 tbsp. reduced-sodium soy sauce
 3 tbsp. ketchup
 2 tsp. honey

Heat oven to 350°F. Remove fat from pork. Place pork in ungreased square baking dish, 8x8x2 inches. Mix remaining ingredients; pour over pork. Cover and bake about 45 minutes or until pork is slightly pink when cut near bone. Uncover and bake 5 minutes longer

Source: http://kenton.ca.uky.edu/sites/kenton.ca.uky.edu/files/FCS/Speedy_Suppers_recipes.pdf

“(To make healthy foods with simple ingredients), you need a pantry stocked with things you can make a good meal with. Frozen vegetables are incredibly convenient and inexpensive. I always have whole-wheat pasta and cans of wild salmon. But the point is, it has to be there.”

Michael Pollan, “Healthy Hero” in Chop Chop, The Fun Cooking Magazine For Families, Fall 2014, UK Extension Publication

Contact Information

Child And Adult Care Food Program
School and Community Nutrition

Community Nutrition Branch

500 Mero St., 23rd Floor

Frankfort, KY 40601

Phone number: 502/564-5625

Fax number: 502/564-5519

New Website Address:

<http://education.ky.gov/federal/SCN/Pages/Child-and-Adult-Care-Food-Program.aspx>

Staff/Extensions

Kelia Benningfield	Ext. 4906
Brett Ellis, Programmatic Supervisor	Ext. 4917
Debra Galloway	Ext 4947
Mernia Hill	Ext 4905
Elaine Jett	Ext. 4910
Annalisa Ochs	Ext. 4901
Rene' Poitra	Ext. 4904
Suzanne Ray	Ext. 4914
Christina Schenk	Ext. 4902
Tim Simpson	Ext. 4900
Bart Spears	Ext. 4941

Questions Regarding Claims and Online System

Mike Sullivan	Ext. 4930
Kara Carter	Ext. 4920

COT Help Desk: 502/564-7576

(SCN staff are unable to reset passwords)

SCN Main Office (CACFP) 502/564-5625

Applications, Approval, Policies or Regulations

WANTED!!!

Please continue to send us your great ideas for healthy meals, celebrations and fun physical activities you have used successfully in your programs! We plan to share your success stories with sponsors throughout the state: from healthy cookies that the kids loved to active games that everyone enjoyed. Please send them to: debra.galloway@education.ky.gov

Fun Food and Health Days

May & June

May is National Egg Month
June is National Dairy Month

May 4	National Orange Juice Day
May 13	National Apple Pie Day
May 15	National Hummus Day
May 20	Pick Strawberries Day
May 28	National Hamburger Day
June 3	National Egg Day
June 4	National Cheese Day
June 12	National Peanut Butter Cookie Day
June 17	Eat All Your Veggies Day
June 25	National Strawberry Parfait Day

Date We Are Closed in May/June

Memorial Day

May 25

USDA Statement of Non-Discrimination

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish).

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**MONTHLY
MESSAGE:**

Curbing Childhood **O**BESITY

Did you know health and physical well-being are part of your child's kindergarten readiness? Eating a balanced diet and being active are signs of school readiness. But in Kentucky, one in three children is obese or overweight before they enter kindergarten. This matters because childhood obesity tends to follow children into adulthood and can bring a lot of health challenges along with it. As your child's first and best teacher, you can help your child curb childhood obesity and live a healthy lifestyle from an early age.



Childhood obesity is caused by a combination of habits that are established from an early age, such as eating too much junk food or fast food and not getting enough physical activity throughout the day. Children likely take in more calories than they are burning. The consequences of obesity range from unwelcome teasing to potential health risks later in life such as:

- ✘ Type 2 diabetes
- ✘ Heart Disease
- ✘ Cardiovascular Disease (high blood pressure and high cholesterol)
- ✘ Stroke
- ✘ Cancer

So what can you do to help? A lot! You are the biggest influencer on your child and he/she tends to model what he/she sees you do. Show him/her how to swap soda for water or choose healthy foods as snacks. Eating dinner together at the table is a great way to do that. What if your child isn't a fan of vegetables? Don't give up. It can take 10-15 tries before a child learns to like a new food. Their taste preferences change over time and the food they reject now might be the one they love later. Breastfeeding introduces them to a variety of flavors mom eats and breastfed babies are less likely to be obese.



Childhood obesity is preventable and reversible! Prevention starts in the womb. Pregnant women should strive to maintain a healthy weight gain during pregnancy and avoid smoking. High weight is a risk factor for gestational diabetes which studies show increases the risk of the child being overweight. Remember to consider your child's environment. If you use child care, choosing one with a high stars rating usually means they provide nutritious food, physical activity and limit screen time.

5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES

5-2-1-0 is an initiative of the Kentucky Department for Public Health Obesity Prevention Program and the Partnership for a Fit Kentucky to promote healthy eating and physical activity in child care settings. Check out these tips to try out in your home. For early childhood professionals, visit <http://chfs.ky.gov/dph/mch/hp/5210/>



- 🍏 Aim for 5 palm sized servings of fruits and vegetables each day.
- 🍏 Wash and chop fruits and veggies so they're portable and ready to eat.
- 🍏 Use low-fat ranch, yogurt or peanut butter to jazz up fruits and vegetables.
- 🍏 Model good eating. Children are more likely to eat fruits and vegetables if they see their parents eating them too.
- 🍏 Try the three-bite rule when introducing new fruits and veggies - take three bites each time. Remember, it can take up to 10 tries before liking a new food.



- 📺 Limit screen time to no more than 2 hours for children 2-5 years. Avoid screen time for children under 2 years (e.g., TV, computers, video games).
- 📺 Watching TV is associated with more snacking and increased obesity.
- 📺 Don't leave the TV on as background noise. Screens can get in the way of exploring, playing and interacting with others.



- 🏃 Spend 1 hour of moderate activity when child is breathing hard (e.g., dancing or running).
- 🏃 Teach your children the games you played as a kid.
- 🏃 Let children play outside so they can run, jump, skip and explore.
- 🏃 Give gifts that require physical activity (e.g., jump rope, hula hoops)
- 🏃 Model physical activity by being active yourself.



- 🚫 Avoid sugary drinks and choose to drink water with meals.
- 🚫 If you choose to serve juice, buy 100% juice. Avoid drinks labeled "ade," "drink" or "punch."
- 🚫 Juice should be limited to:

Age	0-6 months	1-6 years	7-18
Serving Size	No juice	4-6 ounces	8-12 ounces