

NUTRITION FIRST NEWS



August, 2017



New Tier Reimbursement Rates Effective Now

The federal government has released the fiscal year 2017-2018 tier reimbursement rate for home child care providers. These rates took effect July 1st and last through June 30, 2018. You will see the new reimbursement rates with your July menu check, released in August 2017.

Hopefully you have sent your income proof to us. Do remember that you can still provide this proof at any time; however, tier changes only take place in the month in which we receive this proof. Please call with any questions you may have, or if you need additional forms.

Thanks

The Reimbursement Rates Are As Follows:

<i>Tier One</i>		<i>Tier Two</i>	
Breakfast	1.31	Breakfast	.48
Lunch/Dinner	2.46	Lunch/Dinner	1.48
Snacks	.73	Snacks	.20

New USDA Regulations Take Effect October 1st

We have begun our in-home training on the new regulations and are leaving behind packets of information. Some key things to remember:

- **There are no sweet treats claimable** (granola bars, nutrigrain bars, cookies, cakes, pies, etc.), but USDA reversed its stance on graham crackers and animal crackers – those items will continue to be claimable after October.
- **Flavored milk** is only creditable for children aged six and older – and it must be fat-free.
- **Children between the ages of one and two must be served whole milk.**
- **Yogurt** continues to be claimable as a protein – but it must contain less than 23 grams of sugar per 6 oz serving. You will receive guidance on the various brands of yogurt in your packet.
- **Yogurt and eggs** will now be claimable three times per week in the place of the bread/grain group at breakfast.
- **One whole grain item must be served once per day.** We are leaving you with information on whole grains, and are preparing a list of whole grain items. If you serve Cheerios or oatmeal for breakfast, the whole grain requirement would be fulfilled.
- **Two fruits at lunch or dinner** will not be creditable. You must serve one vegetable and one fruit, or two vegetables at these meals.
- **All cereals must contain no more than 6 grams of sugar** in order to be creditable. We will be giving you a list of the claimable cereals.
- **100% juice** will only be claimable once per day, and will not be claimable at all for infants under 12 months.
- **Deep-fat frying will not be allowable**, but of course you can serve baked items from the stores which were previously fried.
- **Infants have their own set of regulations which we will go over with you in your homes. In October, infants six months and older may be fed eggs and yogurt and even Cheerios (as a snack). Infants must be served a vegetable at snack, once they are developmentally ready for food.**

Apple (or Huckleberry) Pancakes

This recipe comes from Cassandra, a child care provider in Yachats - thanks Cassi!

- ✓ 1 ½ cups quick cook oats
- ✓ 1 cup whole wheat flour
- ✓ 1 cup all-purpose flour
- ✓ 1 tsp baking soda
- ✓ 1 tsp salt
- ✓ 1 tsp cinnamon
- ✓ 1 tsp vanilla extract
- ✓ 1/3 cup brown sugar
- ✓ 2 eggs (or substitute)
- ✓ ¼ cup canola oil
- ✓ 2 cups milk
- ✓ 2 apples finely diced or about 2 cups huckleberries



Mix all dry ingredients except sugar in a large bowl. Combine oil, sugar, beaten eggs, vanilla and milk in a smaller bowl. Add wet ingredients to dry and mix until just moistened. Fold in fruit. Cook on lightly greased griddle (about 375 F) until bubbles start to pop; then flip over. ****Cassi says these are a favorite in her house - and she's lucky enough to have lots of huckleberry bushes.**



Fruit Salsa w/Cinnamon Chips

Fruit Salsa

- ✓ 2 cups strawberries cut in chunks
- ✓ 2 kiwi, peeled and chopped
- ✓ 2 apples, peeled and diced
- ✓ Juice of one lemon
- ✓ Juice of one orange
- ✓ 2 tsp sugar

Cinnamon Chips

- ✓ 10 flour tortillas, 6-inch
- ✓ 1/3 cup melted butter
- ✓ 1/3 cup sugar
- ✓ 1 tsp cinnamon

Combine all but ¼ cup of strawberries, kiwi and apple in a bowl. In a blender, pulse the remaining ¼ cup of strawberries with lemon juice, orange juice and sugar. Pulse until liquefied and add to fruit. Preheat the oven to 350 degrees. Combine sugar and cinnamon. Brush tortillas with butter and sprinkle with cinnamon sugar on each side. Cut in triangles and place on baking sheets. Bake for 10-12 minutes or until lightly browned. Serve fruit salsa with chips. CCFP Roundtable

Tangy Jicama Slaw

- ✓ 1 jicama, peeled and chopped (about 2 cups)
- ✓ ¼ cup fresh cilantro leaves, minced
- ✓ 1 large lime, juiced
- ✓ 1 lemon, juiced
- ✓ 1 11-ounce can mandarin oranges in juice, drained, liquid reserved
- ✓ ¼ tsp salt (optional)

Combine the jicama, cilantro, lime and lemon juice and mandarin orange sections with a small amount of the reserved mandarin juice in a bowl. Allow mixture to sit for 10 minutes for flavors to combine. Season with salt just before serving, if desired.

**** Tip: Don't like cilantro? No problem. Try replacing cilantro with fresh mint or parsley leaves.**



Cauliflower Popcorn

Little florets of cauliflower look like popcorn and the turmeric lends a butter yellow color. Kids gobble this up just like regular popcorn!

- ✓ 1 head of cauliflower
- ✓ 4 Tbsp. olive oil
- ✓ 1 tsp salt
- ✓ ½ tsp turmeric

Pre-heat oven to 425 degrees. Line a baking sheet with foil or parchment paper. Trim the cauliflower and cut into small, even bite-sized florets. In a large mixing bowl, toss cauliflower with olive oil, salt and turmeric. Place cauliflower in a single layer on the baking sheet. Roast about 20 minutes or until cauliflower is browned and somewhat crunchy.

Homemade Muesli

Muesli is a healthy breakfast cereal that was created by a doctor in Switzerland as a hearty breakfast food. It is traditionally eaten at room temperature, but feel free to heat it in the microwave for 30 seconds or so. *And it counts as a whole grain cereal!*

- ✓ 3 Tbsp. rolled oats
- ✓ 6 Tbsp. water
- ✓ 1 apple
- ✓ 2 Tbsp. lemon juice
- ✓ 1 Tbsp. chopped nuts
- (if desired)
- ✓ 7 Tbsp. milk
- ✓ 2 tsp honey



This serves one adult or 2 children. It can be varied for each child, with or without nuts or honey. At night, before bed, put the rolled oats into a bowl and pour the water on top. In the morning, gently stir the chopped apple, raisins and nuts into the softened oats. Pour a small amount of milk on top of the oats, and then drizzle the honey on top of the milk. Yum!

Las nuevas normas de USDA toman efecto el 1 de Octubre



Hemos comenzado nuestros entrenamientos en el hogar con la información sobre las nuevas regulaciones y dejando un paquete de información sobre los cambios. Pero algunas cosas claves a recordar son:

- **Postres** – ningún postre será reclamable en el programa (barras de granola, barras nutrigain, barras de cereal, donas, churros, galletas, pasteles, empanadas, pan mexicano arroz con leche etc.), **pero USDA revirtió su postura sobre las Graham crackers y los cracker de animalito**
- **Leche con sabor**- es sólo acreditable para niños de seis años y mayores – y debe ser leche sin grasa.
- **Leche entera** - los niños de un año deben tomar leche entera.
- **Yogur** - sigue siendo reclamable como una proteína, pero debe contener menos de 23 gramos de azúcar por porción de 6 onzas. Usted recibirá orientación sobre las diversas marcas de yogur en su paquete.
- **Yogur y los blanquillos** - ahora será reclamable tres veces por semana en el lugar del grupo del pan/cereales en el desayuno.
- **Granos enteros** - Deben de servir un grano entero una vez por día. Ya sea en una comida fuerte o botana. Les tendremos una lista pronto.
- **Futas y verdura** – ya no podrá servir dos frutas en la comida o cena. Se tiene que servir una verdura y una fruta o dos vegetales para el lonche o cena. Y a la hora de la botana podrá servir una fruta y una verdura sin necesidad de otro componente.
- **Cereales** - todos los cereales deben contener menos de 6 gramos de azúcar, para que sea reclamables. **Y necesitan anotar el nombre del cereal.** Una lista estará disponible pronto.
- **Jugo 100%** - solo se podrá servir una ves por día, y nunca en el mismo día que un Smoothie o licuado de fruta o vegetal. **Y no puede servir jugo a un infante menor de un año.**
- **Comidas fritas** – ninguna comida frita en un baño de aceite o manteca - no serán reembolsables.

Новые Правила Питания Вступают в силу 1 октября 2017 года.

Мы уже начали обучение на дому по новым правилам. Некоторые важные моменты, которые нужно запомнить:

- **Нельзя сервировать сладости** (гранола, батончики с орехами, печенье, торты, пироги и т. д.), но Министерство Сельского Хозяйства США отменило изначальный запрет на крекеры (gram crackers и animal crackers) - эти крекеры можно будет сервировать.
- **Шоколадное и клубничное молоко** можно будет сервировать только детям с шести лет и старше - оно должно быть обезжиренным.
- **Детям в возрасте от одного** до двух лет должно быть предложено цельное молоко.
- **Йогурт** продолжает считаться белком, но он должен содержать 23 грамма сахара или меньше на 6 унций йогурта. Вы получите руководство по различным маркам йогурта в своем пакете.
- **Йогурт, яйца и другой белок** теперь можно будет сервировать три раза в неделю на завтрак заменяя хлеб.
- **Один раз в день** необходимо будет сервировать продукт из цельного зерна. Мы предоставили вам информацию о цельных зернах и готовим список цельнозерновых изделий. Если вы сервируете Cheerios или овсянку на завтрак считайте что вы выполнили это требование.
- **Нельзя сервировать два фрукта на обед и ужин.** Вы должны предлагать один овощ и один фрукт, или два овоща.
- **Все хлопья к завтраку должны содержать не более 6 грамм сахара** на порцию. Мы предоставим вам список хлопьев покрываемых программой.
- **100% -ный сок** можно будет сервировать только один раз в день и нельзя предлагать детям младше 12 месяцев.
- **Еда жаренная во фритюре** (deer fry) больше не будет покрываться программой.
- **В меню для младенцев есть** также изменения. Мы предоставим вам эту информацию во время визита. С 1 октября младенцам шести месяцев и старше можно будет предлагать яйца, йогурт и даже Cheerios (на перекуску). Младенцам необходимо будет сервировать овощ на перекуску как только они будут достаточно развиты и готовы к употреблению твердой пищи.

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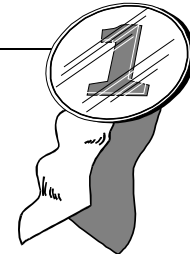
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Nutrition First USDA Child Care Food Program is a program of the Mid-Willamette Valley Community Action Agency



MENU WINNERS



- **The menu winners for May are: Cathy Bales of Keizer & Rita Robles Flores of Independence**
- **The menu winners for June are: Nancy Smock of Newport & Josefina Valencia of Eugene**
- **The menu winners for July are: Dawn Davis & Tracy Del Rio, both of Salem**
- **Keep those menus coming in on time – you might be next!**
- **Remember – to enter, menus need to be in an envelope with your name and address on the outside**

Thanks and Good Luck!!

"Good nutrition is the right of all children."

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- (1) mail: U.S. Department of Agriculture
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1400 Independence Avenue, SW
Washington, D.C. 20250-9410
- (2) fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov

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