

Heartland HORIZONS



A Bimonthly Newsletter for Child Care Providers Participating in the Heartland Child Nutrition CACFP Food Program

March/April
2011

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Last Call
For Spring
Workshop
Registration:
See Page 2.



Heartland Child Nutrition operates the Child and Adult Care Food Program (CACFP) in accordance with USDA policy and is an equal opportunity employer. Heartland Horizons is published bimonthly by Heartland Child Nutrition.

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Awesome Door Prize At All Heartland Workshops!



The Rockn' on the Ridge Rock Music Festival has generously donated two 3-day passes (\$250 value) for each upcoming Heartland Child Nutrition workshop. Some lucky providers may have a fun summer weekend to look forward to!

Rockn' on the Ridge is held near Sawyer, ND on July 7, 8 & 9. Nationally known bands, along with local bands, will perform on two stages. Look for details at www.rocknontheridge.com.

There are still chairs available for some of the "Knock, Knock, Who's There?" workshops. We would love to have you participate. The main topic of discussion is CACFP Provider Reviews, with fun "extras" thrown in. Schedule and registration information is on page 2 and on our website.

March: Nutrition Month Salute Family Child Care Providers Make a Difference

Family child care providers have a great impact on the eating habits and diet of the children in their care. They can help children learn about nutrition, and expose them to a variety of nutrient-rich foods. Providers on our program teach children to have healthy eating habits that last a lifetime!

A child's diet has an influence on brain development. We know that a child's brain grows rapidly in the first three years of life. What a child eats during this time is so important! A new study, recently published in the Journal of Epidemiology and Community Health, found that if a child's diet was high in processed food (high in fats and sugars) at the age of 3, that child had a lower IQ in subsequent years. The authors of the study suggest that these findings were due to the fact that "good nutrition during the first three years of life may encourage optimal brain growth."

Congratulations to all of our providers who are participating in the Child and Adult Care Food Program. It helps to remind ourselves that while it may take a little more effort to prepare a healthy snack or meal, rather than just serving a processed food, it is worth it for our kids' health and quality of life. You are making a difference every day!

**National CACFP Week is
March 21 - 25, 2011**



“Knock, Knock, Who’s There?” Workshop

A Workshop About CACFP Home Review Visits

Some Highlights:

- ▶ Regulation for family style meal service
 - ▶ Portion sizes for meals & snacks
 - ▶ Provider obligation for requested food substitutes
 - ▶ Kitchen sanitation expectations
 - ▶ Tasty 2 & 3 ingredient recipes (Yum!)
 - ▶ Ideas for handprint keepsakes (Cute!)
- Plus more.

Thank you to the 300+ people who have already registered to attend, “Knock, Knock, Who’s There?”

Late registrations may be made at
www.heartlandnutrition.org
or by calling our office at 701-250-0140.

The workshop is free and will count as 1½ credit hours in Competency Area VI: Health, Safety & Nutrition and ½ hour in Area VII: Program Planning & Evaluation.

By attending, you may be one of the 16 winners of **two tickets to the rock music festival** in Sawyer on July 7, 8, and 9, 2011. Win the tickets for yourself, your kids, or your grandkids!



Minot

Bethel Free Lutheran Church,
530 22nd Ave NW

1 Sat, April 2, 9:30-11:30 am

Dickinson

Public Library Meeting Room, 139 3rd St W

2 Tues, April 29, 6:30-8:30 pm (MT)

3 Wed, April 30, 6:30-8:30 pm

Hettinger

Senior Center, 204 S 4th St.

4 Thurs, March 31, 7-9 pm (MT)

Bismarck/Mandan

Bismarck Public Library, 515 N 5th S

7 Thurs, March 24, 6:30-8:30 pm

Morton County Court House, 210 2nd Ave NW
Main Entrance, Commissioners' Mtg Room

8 Thurs, April 7, 7-9 pm

9 Sat, April 9, 9:30-11:30 am

Grand Forks

4000 Valley Square, 4000 24th Ave S

#10 Sat, April 16, 9:30-11:30 am

Fargo

Gethsemane Cathedral, 3600 25th St S

#12 Mon, April 11, 7-9 pm

Valley City

Senior Center, 139 2nd Ave SE

#13 Tues, March 22, 7-9 pm

Jamestown

Senior Center, 502 10th Ave SE

#14 Wed, April 13, 7-9 pm

Linton

KEM Electric, 107 S Broadway

#16 Monday, April 18, 7-9 pm

Wahpeton

Bethel Lutheran Church, 607 6th St N

Thurs, April 14, 7 pm

(Wahpeton topic is a variation of above workshops. Theme will be “Spring has Sprung.”)

Reduced-Fat Skippy PB Recall



A shipment to North Dakota of *Reduced-Fat Skippy Peanut Butter* has been recalled due to possible salmonella contamination. No illnesses have been reported thus far. The recalled product has UPC codes 048001006812

or 048001006782 (found on the jar's label below the bar code) and will have use by dates of MAY1612LR1, MAY1712LR1, MAY1812LR1, MAY1912LR1, MAY2012LR1, or MAY2112LR1 (stamped on the lid of the jar). Contact the company at 1-800-453-3432.

Facebook Friend



Find us on Facebook.com by searching “Heartland Child Nutrition.” Click “like” to view fun links, interesting info, recipes, and program updates.

How Clean is Clean Enough?

We live in a fairly sanitized world with all sorts of antibacterial products available to consumers. In fact, some medical researchers have questioned whether we might be a little too clean. Antibacterial products are linked by some researchers to the development of "superbugs" resistant to antibiotics.

About 20 years ago, the British Medical Journal published an article by D.P. Strachen discussing a "hygiene hypothesis." According to the theory, exposure to bacteria and viruses early in life may strengthen your immune system and make you less likely to develop asthma and allergies in childhood and into adulthood. Strachen also noted a link between the increase in allergies and the increased use of antibiotics, among other things.

According to other researchers, children who spend their early years in daycare may be less likely to develop asthma later in life. Kids with more siblings and pets in their households also tend to have a stronger immune system because they are exposed to more germs.

On the other hand, exposure to bacteria and viruses can make us very sick, so some precautions need to be taken. **We need to strike a balance between "super-clean" and "clean enough."** This is where common sense needs to enter the picture.

Since food can be a vehicle that transfers bacteria and viruses to people, kitchen food safety advice will not go away anytime soon.

- Be sure to wash your hands frequently when preparing food, especially after handling raw meat.
- Just use regular soap. Anti-bacterial soap is not more effective and could pose issues in the long run.
- Rinse fresh fruits and vegetables with cool, running water - even the ones with skins that you don't plan to eat.
- Be sure to wash your cutting boards, knives and other utensils with hot, soapy water after each use. Follow with a hot-water rinse. Many food safety experts recommend using a mild bleach solution (1Tbsp. chlorine bleach per gallon of water) to sanitize cutting boards. Let them soak for a couple of minutes in the solution and then air-dry.
- Cook meat to a safe internal temperature, but don't overcook meat to the point of quality loss. Use a food thermometer to avoid overcooking as well as undercooking.



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**Welcome
these providers
to Heartland
Child Nutrition**

Bismarck:	Theresa Meidinger
Bowbells:	Sara Esterby
Hazen:	Karen Bohrer
Grand Forks:	Michelle Anderson
Jamestown:	April Dullum
Killdeer:	Sarah Penor
Milnor:	Sandra Hesse
Minot:	Antonia Ouedraogo
Napoleon:	Bridget Piatz
New Rockford:	Jamie Haley
Park River:	Jodie Witmer
Thompson:	Amanda Jewell
Valley City:	Jennifer Aufenkamp
West Fargo:	Denise Masset
Wishek:	Linda Rohr

Welcome back to:
Jennifer Eback, Devils Lake

Serve Calcium Rich Foods

- ★ Dairy foods are a good source of calcium, vitamins A & D, protein, carbohydrates and some B vitamins.
- ★ Choose to serve reduced-fat or low-fat dairy foods after the age of 2 years.
- ★ Drink milk yourself, or if you can't consume milk, choose other calcium sources, such as calcium fortified orange juice.
- ★ Flavoring milk is fine for kids, but it's best to choose the low fat or skim. The flavoring will add sugar and calories so take that into consideration when pairing it with other foods.



Easy Meatless Lasagna

- | | |
|---|---------------------------------------|
| 16 oz. uncooked lasagna noodles | 8 oz. shredded skim mozzarella cheese |
| 1 (26 oz.) can spaghetti sauce | 8 oz. shredded cheddar cheese |
| 1 pound low fat cottage cheese (2 cups) | 1 cup grated Parmesan cheese |



Preheat oven to 375°F. Cook pasta in a pot of lightly salted boiling water for 8 to 10 minutes or until al dente; drain. In a blender or with an electric mixer, blend spaghetti sauce and cottage cheese together until smooth. Spoon a little of the sauce mixture in the bottom of a greased 9x13 baking dish. Place a layer of cooked noodles over the sauce, and sprinkle a portion of the mozzarella, cheddar and Parmesan cheese over the noodles. Repeat layering of sauce, noodles and cheese; finish with a cheese layer. Bake 30 to 45 minutes, until cheese is bubbly and golden. Allow to sit for 10 minutes before cutting. Cut into 16 pieces. **Credit as:** Each piece = 2 oz. meat alternate; 2 grains/bread servings; and 1/8 cup vegetable.

Recipe: allrecipes.com

Mozzarella Bites

- 1 block (8 oz.) part skim Mozzarella cheese
- 60 round snack crackers
- 1 cup pizza or spaghetti sauce

Heat oven to 325°F. Cut cheese crosswise into 15 slices, then cut each slice crosswise in half. Fill crackers with cheese to make 30 sandwiches. Place on large cookie sheet that is lined with foil for easy cleanup. Bake 8 min. or until cheese begins to melt. Meanwhile, heat pasta sauce until warm in microwave. Serve cracker sandwiches with sauce.

Credit as: 2 Mozzarella Bites = ½ oz. meat alternate for snack; 1 grains/bread serving for 2-5 year olds. Serve 4 for 6-12 year olds.

Not enough spaghetti sauce to credit.

Recipe: Kraft



Oatmeal Yogurt Muffins

- 1 cup all-purpose flour
- 1 cup old-fashioned rolled oats
- ½ cup firmly packed brown sugar
- 1½ tsp. double-acting baking powder
- ½ tsp. salt
- ¼ tsp. cinnamon
- 1 cup vanilla, cherry vanilla, or cherry nonfat yogurt
- 1 large egg, beaten lightly
- 2 Tbsp. canola oil

Preheat oven to 375°F. Lightly grease 10 cup muffin tins or use paper liners. In bowl stir together flour, oats, brown sugar, baking powder, salt, and cinnamon. In another bowl whisk together yogurt, egg and oil. Stir the yogurt mixture into the flour mixture; stir just until the two mixtures are wet. Divide the batter among 10 muffin holders and bake the muffins on the middle oven rack for 22-25 minutes. **Credit as:** ½ muffin = serving for 2-5 year old; 1 whole muffin = grains/bread serving for 6-12 year olds.

Recipe: Dannon Yogurt

Printing of this page is supported by a Team Nutrition grant to promote MyPyramid principles. Information is from "Nutrition Buzz for Busy Bodies," a curriculum for ND childcare providers.