

# Heartland Child Nutrition

# HORIZONS

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

November/December 2019



## HCN Staff Updates

On September 30, Sharon Zempel retired from her position as an Administrative Assistant. Sharon had worked for Heartland Child Nutrition since 1984! We wish her the best as she enjoys her retirement.

Jennifer Eberle has joined Katie Moran, Ann Schuetzle and Dorleen Wolbaum in the HCN office in Bismarck.

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The HCN office is open 7:30 AM to 4:30 PM Monday through Thursday; 8:00 AM to Noon on Fridays. Phone messages may be left after hours and we will respond the following business day.

This institution is an equal opportunity provider.

## Important! KidKare and On-Paper Menus

Documentation on your menu record is needed if a 6 through 11 month infant is not receiving **all** the solid food components listed in the CACFP infant meal pattern.

Unless a reason is written in one of the KidKare comment boxes during the month, or recorded on your paper menu record, incomplete infant meals and snacks may be deducted. If receiving solid foods at meals, an infant must also be offered solids at snack unless there is a documented reason why the solids were not offered at snack.

The "0" in the amounts listed does not mean "optional." It means that less than 1 Tbsp, 1 ounce, or ½ slice may be offered when beginning to feed solids.

### 6 through 11 months

#### Breakfast/Lunch/Dinner

6-8 fl. oz. breastmilk of IFIF

**AND**  
0-4 Tbsp. IFIC, meat, fish, poultry, whole egg, or cooked dry beans/peas; OR 0-2 oz. cheese; 0-4 oz. cottage cheese or yogurt

**AND**  
0-2 Tbsp. vegetable and/or fruit

#### Snack

2-4 fl. oz. breastmilk or IFIF

**AND**  
0-½ slice bread; or 0-2 crackers; or 0-4 Tbsp. IFIC or ready-to-eat cereal

**AND**  
0-2 Tbsp. vegetable and/or fruit

For breastfed infants that regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum may be offered, with additional breastmilk offered at a later time if the infant will consume more.



## Reminders



Snow day? Teacher inservice? Winter break? When caring for school-aged children on a week-day during usual school hours, please document on the meal count record that there was no school on that date(s). In KidKare, click the "no sch" box when recording attendance.



### Open on a Holiday

If you plan to be caring and feeding enrolled children on an upcoming holiday, such as New Year's Day, but did not indicate that you would be open on that day when completing your annual CACFP Application, contact the Heartland office to amend your Application.

### Late Claim Deadline

With the holidays, the upcoming weeks have a way of slipping by quickly. Don't let the deadline pass for your submission of your claim. For timely payment, manual (paper) claims must be postmarked by the 4th of the following month.

Online submission deadline is the 5th. If this deadline is missed, your claim may need to wait until the following month to be paid. If received after 60 days, the claim may not be payable any more.

If you know that your claim will be late because due to reasons beyond your control such as illness/surgery or family emergency, please notify the HCN office.

## Your New Year's Resolution: Start Claiming Online!

Join the majority of Heartland child care providers that submit their monthly claim via KidKare.

- No worries that weather, holidays, or other delays will affect your mailed claim's timely payment.
- Increase accuracy in meeting the meal pattern requirements.
- Additional day to meet the submission deadline. (The 5th of the month for online claims.)
- Use your phone or tablet to record daily attendance.

## Welcome

to the Heartland Child  
Nutrition Food Program

|              |                                  |
|--------------|----------------------------------|
| Bismarck:    | April Kalis<br>Aimee Jo Martinek |
| Carson:      | Alexis Schroeder                 |
| Casselton:   | Shanna Hegstad                   |
| Fargo:       | Natalie Woloszyn                 |
| Grand Forks: | Nicole Goldade<br>Heather Raney  |
| Jamestown:   | Natasha Benson                   |
| Leeds:       | Gina Harkness                    |
| New Town:    | Bethany Fox                      |
| Oakes:       | Sarah Loeks                      |
| Wahpeton:    | Sydney Bertelsen                 |

## 7 Gifts of Involving a Child in Kitchen Activities

Simple cooking activities are super-stars in the learning world. What a gift you are giving a child when allowing them to participate in holiday food preparations!

### 1. Increases Language Development

- \*Learn ingredient names and cooking terms such as recipe, bake, cool
- \*Verbs such as sprinkle, whisk, mix, combine

### 2. Enhances Fine Motor Skills

- \*Stirring
- \*Pouring
- \*Spreading
- \*Cutting

### 3. Increases Math Ability

- \*Counting
- \*Adding
- \*Dividing

### 4. Introduces Scientific Concepts

- \*What ingredients are hot/cold, liquid/solid, soft/hard, etc.?
- \*What happens when two or more ingredients are mixed together?
- \*How does cooking a food change it?
- \*What foods should be in the refrigerator?

### 5. Encourages Problem-Solving & Creativity

- \*What should we use to stir this?
- \*How could we get this egg shell out of the bowl?
- \*How many spoons will you need to set the table?
- \*You can make any shape you'd like with this dough.

### 6. Increases Focus and Attention

- \*Watch what I am doing, then you do the same.
- \*We need to follow the directions in this recipe.
- \*If you stop now, there won't be a finished snack to eat.

### 7. Boosts Self-Confidence

- \*Child participates in a "grown-up" activity
- \*Pride in the results or skill learned
- \*Can eat and share results
- \*May share with parents what they did



## A Small Change May Lead to Vegetable Acceptance

In a recent daycare chat site, this question was raised to the participants: **“Have you ever served a disliked vegetable in a different way with positive results?”** Included in the responses were the following.

**Baby Carrots:** “My younger kids didn’t care much for baby carrots. They were hard for them to bite and chew. So I boiled some baby carrots for about half the time you normally would (so that there is still a little crunch in the carrot); dunked them in ice water; drained the water, and refrigerated them. The little ones eat baby carrots much better now than if totally raw.”

**Broccoli:** “Broccoli has never been popular at my childcare. One day I had broccoli slaw left over from a family meal and tried it as an extra vegetable. I didn’t put any dressing on it but let the kids dip the pieces into ranch dip. They liked the broccoli “straw!”

**Sweet Peppers:** “Try peppers cut in rings instead of sticks. For some reason, my kids like raw pepper rings but won’t touch them if cut into sticks”.



### Did you know?

Despite internet claims, the number of bumps (lobes) visible on the bottom of a bell pepper will not indicate whether one pepper is sweeter than another. This is an old wives tale. Ripeness will add to the sweetness, therefore a red bell pepper will be sweeter than a green bell pepper.

## Can You Ace this Five Question CACFP Snack Quiz?

1. Which of the following may be credited as one of the required components for a 6 through 11 months-old infant’s snack?



A.



B.



C.

2. What food pictured below is not creditable as a meal component in a 6 through 11 month-old snack?



A.



B.



C.

3. What is a minimum serving size of cheesy 1” square crackers to offer at snack to a 2-5 year old (1/2 oz. equivalent)?



A.



B.



C.

4. Which of the following foods would be considered one component in a reimbursable holiday snack?



A.



B.



C.

5. Which of the following could be a reimbursable food for a 4-year-old?



A.



B.



C.

### Answers

- C Graham crackers count. Pasta is a reimbursable grain for older children, but not part of the infant meal pattern. Yogurt is creditable as a meat alternate for infants at meal times, but not one of the infant snack options.
- C Juice is not a creditable food for an infant. Pancakes are an acceptable grain serving for an infant snack. Avocado qualifies as a vegetable.
- A One-half ounce equivalent is the minimum amount of a grains food to offer in this age group. 10 cheese-type crackers = 1/2 ounce.
- B Cheese is correct. Cookies and sweet snack mixes are considered grain-based desserts by the food program, and therefore are not reimbursable. They may be served as an extra, but avoid offering sweets as a “reward” for eating the creditable snack foods.
- A Popcorn is reimbursable. The minimum serving of popcorn for 2-5 year-olds is 1½ cups; for 6-12 year-olds it is 3 cups. Be cautious of the choking potential. Flavored milk (hot cocoa) is not creditable for 1-6 year olds. Lefse is no longer creditable as either a vegetable or grain but may be served as an extra food.

## Christmas Decor Inspires Gross Motor Activities

As you unpack your holiday home decorations, set aside a string of lights and several traditional Christmas symbols to make these fun gross motor activities.

### Bright Lights Tunnel

Using the photo below as a guide, string lights between two rows of chairs. Cover lights with a bed sheet to create a lighted tunnel.



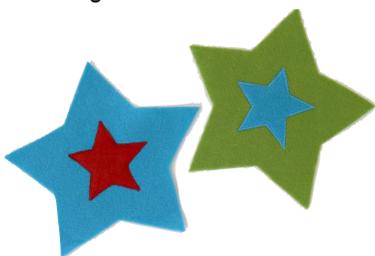
### Christmas Moves

Have the children form a circle. Place an ornament, decoration, or other holiday symbol in the center of the circle. To the tune of "Here We Go 'Round the Mulberry Bush," sing verses about the symbol while doing the actions.

*Marching around the Christmas star,  
Christmas star, Christmas star.  
Marching around the Christmas star  
with Christmas on its way.*

Other verse ideas:

- ★ Hopping around the jingle bells
- ★ Skipping around the brown reindeer
- ★ Twirling around the candy cane
- ★ Clapping around the happy elf
- ★ Dancing around Christmas wreath



## 100% Whole Wheat Pizza Crust

*Consider doubling this recipe to make two dough balls and freeze the extra for a second meal. Heartland tried this recipe and found it to be a very easy dough to handle, requiring little kneading, and resulted in a good tasting crust.*

- 1 c. warm water
- 1 Tbsp. honey
- 2¼ tsp. yeast
- 1 Tbsp. olive oil
- 2½ c. whole wheat flour
- 1 tsp. salt



In a medium bowl, dissolve yeast and honey in warm water (105°F-115°F). Let stand until foamy, about 10 minutes. Add flour, olive oil and salt into mixer or stir by hand until dough is well combined and will pull away from the sides to form a soft ball.

With floured hands, transfer dough to a floured counter-top. Knead with hands 3 or 4 times then roll into a ball. Place into an oiled bowl and cover with a clean towel until the dough has doubled in size.

When ready to bake, preheat oven to 350° F. and roll or pat dough into your desired shape. Spread with sauce and toppings of choice. Bake for 16-20 minutes until crust is baked through. Remove and let cool for 5 minutes before slicing.

Yield: If cut into 12 pieces, one slice provides 1½ ounces of WGR grain. Cheese and other added proteins will contribute to the meat/meat alternate component.

*Recipe source: CACFP provider Katie Molstad*



## IFIC Muffins

*One of these muffins could credit as 2 Tbsp. IFIC in an infant meal or as a grain in an infant snack. Pop a baked batch in the freezer and take out as needed. Toddlers would also like these highly nutritious muffins.*

- 1 egg(s)
- 1/2 c. flour
- 1 c. milk
- 1/4 c. sugar
- 1/4 c. oil
- 1 Tbsp. baking powder
- 2 c. iron fortified infant oatmeal or multigrain cereal



Heat oven to 400° F. Grease bottom of 15 medium muffin cups or use paper liners. It helps to lightly spray the inside of the liners.

Beat egg. Stir the milk and oil into the egg. Mix remaining ingredients just until flour is moistened. Batter should be lumpy. Fill muffin cups 2/3 full. Bake about 20 minutes.

Yield: 15 muffins.

These muffins would be a good option for those babies whose parents are requesting Baby Led Feeding.