

## Heartland Child Nutrition

# HORIZONS

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

March/April 2019

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## REMINDERS

2019 Compliance Training - At the end of January all providers were mailed a 4-page food program policy review with a short true/false quiz. If you haven't done so, please review the materials and complete the quiz. Your HCN Regional Representative will collect your quiz at her next visit.

Creditable Yogurts and Cereals Lists - If you have misplaced these two helpful lists, they may be printed from [www.heartlandnutrition.org](http://www.heartlandnutrition.org). Choose Current Provider > New Meal Pattern Assistance.

 **Heartland Child Nutrition, Inc.**  
Sponsor of the USDA Child & Adult Care Food Program

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[www.heartlandnutrition.org](http://www.heartlandnutrition.org)

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.

## Please Use the KidKare Calendar Feature

Use the Provider Calendar in KidKare to document days you are closed for business, open on holidays, or serving meals away from home. It is important to document this information prior to the affected days so your Heartland Regional Rep is informed. Documentation on the KidKare Calendar will also prevent a deduction in situations when you are serving a meal or snack away from home. If you did not inform Heartland that you intended to claim a meal or snack served elsewhere, and your Regional Rep visits your home with no one there, the meal/snack cannot be reimbursed.



### To access and use the KidKare Provider Calendar:

- ▶ Click on **Get Help** from the list on the left side of the home screen.
- ▶ On the next screen, choose **Home Providers**.
- ▶ Click on **Calendar** to see a selection of topics that instruct you on how to record on the Provider Calendar.
- ▶ There is the option to view videos directions.

These same steps will also access instructions and a video on how to use the **Childs Calendar** to document children who are in your care when their school was out, are present on a holiday, or are in your care because they were too sick to go to school.



## Let's be a Firefighter, a Mail Carrier, a Construction Worker Physical Activity Inspired by CACFP Calender

It has been a joy to read the activity reports on the submitted 2019 CACFP Calendar Learn-At-Home courses. Our providers are doing a super job! Below are a few excerpts from the many great movement activity reports that relate to the actions of a "community helper" from the calendar. The CACFP Calendar course is available until Sept. 30, 2019.

### Firefighter Movements

*We used our "snow gear" as fire suits and raced to see how fast we could dress if we were firefighters. Used jump ropes as hoses and rolled/unrolled them. I tied one end of the rope to a door knob to pretend it was attached to a fire truck; they ran back and forth and used the "hose" to put out fires. It was a work out!* from Melissa S.

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# HELLO

## Welcome to Heartland Child Nutrition

Beulah: Tammy Murphy  
Dickinson: Candice Burgard  
Grand Forks: Alexa Gemmill  
Killdeer: Wendy Bugos  
Kulm: Paige Johnson  
Renae Ost  
Minto: Sarah Johnson  
Stanley: Alisha Gaughan  
Wahpeton: Tawnya Taylor

*Thank you to the Heartland providers who have passed the word on the benefits of participating in the CACFP.*



photo from funfamilycrafts.com

## Water is Not a Substitute for Milk at Meals

Having water available during the day for children to drink is a food program requirement. However, at breakfast, lunch or dinner, water should not be served instead of milk. Water may be served if a child requests water at a meal or wants more to drink in addition to milk.

USDA recommends serving water with snacks when no other beverage is being served.

Calendar (continued from page 1)

### Firefighter Movements

*We used real ladders to climb and I actually got a hold of some old fire hoses to roll up and pretend to put out fires. We used fire hats and large coats and rain boots to dress like firefighters. Beverly B.*

*The kids rolled up a blanket to use as a fire hose. We used pool noodles for axes to chop down doors. Their favorite part was crawling low to keep from the "smoke" as I sprayed water from a bottle into the air. Julie S.*

### Construction Worker Movements

*The kids wore hats and work belts and used chairs for driving equipment. They picked up and moved heavy objects pretending they were rocks. They used arm movements for starting and stopping traffic. The kids had fun! Mindy S.*

### Military Movements

*We started out pretending to steer a jet, but ended up with arms out pretending to be the plane. We ran from one end of the room to the other as fast as we could, and then "army crawled" back. The kids loved this activity so much, we did every occupation in the calendar. Tara J.*

*The kids filled backpacks to carry on their backs. Climbed over things and through tunnels. "Army crawled" through the swamp (the ball pit.) It was also a lesson in following directions. Bibi M.*

*We did push-ups, jumping jacks, etc. as if we were in boot camp. Pretended to scoop sand into bags and stack them. We moved around the room with arms outstretched like a plane. Mariah K.*

## Support Breastfeeding Mothers

USDA's Team Nutrition (the nutrition education division of the CACFP) offers resources to CACFP operators that can be used to communicate ways the child care provider supports a mother's decision to breastfeed her baby. Materials include:



- A mother's guide
- Poster to place on a bulletin board or entrance
- A graphic that can be copied and placed in your childcare's promotional materials

All materials are available online at:

[www.fns.usda.gov/tn/breastfedbabies-welcome-here](http://www.fns.usda.gov/tn/breastfedbabies-welcome-here)





### Kinder-Gardens

Are you planning a seed or garden project with the children in your care this Spring? Heartland offers the option of a FREE one-hour training credit for completing our Learn-At-Home course "Kinder-Gardens." Find it at: [www.heartlandnutrition.org](http://www.heartlandnutrition.org) > current providers > training opportunities. Password: children



### Bonus Learn-At-Home Course Facts on Fats and Child Nutrition

At each home visit, your HCN Regional Rep introduces a new Learn-At-Home course that you have the option of completing for licensing training credit.

In addition to those delivered at home visits, a new Learn-At-Home course is available from our website. The "Facts on Fats and Child Nutrition" has been approved for 1-hour training by ND Growing Futures.

In the course, the different types of dietary fats and their affects on children's health is covered. Learn how to choose the healthy fats and avoid the bad fats. Current facts on trendy topics such as coconut oil are included.

If you do not have access to a computer, contact Ann at our main office for the course.

## There's an App for That

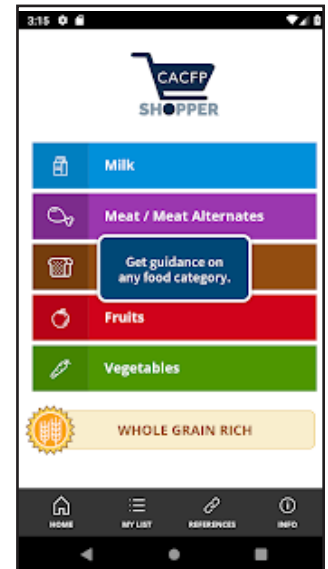
### CACFP Shopper App



The CACFP Shopper app is a tool built by the Iowa Department of Education to determine creditable items while shopping in the store. It can be used by individuals in any US state.

In this app, follow a series of questions about a food product and the CACFP Shopper will tell you whether the item is creditable or whole grain rich. Some other notable features:

- Enter a few numbers from the Nutrition Facts Label and find out whether a breakfast cereal or yogurt meets the sugar requirements.
- Use the 'My List' feature to store information on items you have selected.
- Keep the list for your next trip or share it with someone else who will be doing the shopping.



### USDA Food Buying Guide App



The Food Buying Guide is the resource for food yield information for all Child Nutrition Programs. This USDA Guide app assists in purchasing the correct amounts of foods to meet the meal pattern requirements. For example, if you want to know how much raw chicken to yield 16 (1½ oz.) servings of cooked chicken, this guide will provide the answer.

### Grocery Shopping Lists



There's a lot of grocery shopping list apps out there. The "Out of Milk" app gets good ratings from it's Android users. "Grocery Pal" is another app with iPhone and Android versions.

However, if you use Siri on your iPhone it's simple to use Apple's built-in Reminders app. This general purpose app isn't designed specifically to keep track of groceries, but it has all of the list-building features you need to build a simple shopping list.

The Reminders icon should already be on your iPhone. To build a Siri friendly grocery list, make a new list in Reminders. Open the app and click + in the upper right corner. Name your list "Shopping," and then all you have to do to add items to your list is fire up Siri and say "Add cheese to shopping reminder."

Lists can be shared with other Apple users, too. Click Edit on your newly created list, then Sharing, then Add Person..

## DID YOU KNOW?

# COMPARED TO ENRICHED WHEAT, WHOLE WHEAT HAS...

**28%  
more  
Protein**

Protein helps build and repair muscles, and is important for every cell in our body.

**3X  
more  
Potassium**

Potassium helps offset sodium's effect on blood pressure, and is needed for nerve muscles function.

**3X  
more  
Zinc**

Zinc keeps our immune system healthy and helps kids grow.

**4X  
more  
Fiber**

Fiber feeds our friendly gut bacteria, and supports a healthy digestive system..

**6X  
more  
Potassium**

Magnesium helps normalize our blood pressure and helps muscles relax after exercise.

## Menu Ideas

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oatmeal Peaches 1%/Wh Milk <b>WGR</b>	Eggs Hash-browns 1%/Wh Milk	Toast Blueberries 1%/Wh Milk <b>WGR</b>	Pancakes Applesauce 1%/Wh Milk	Kix Cereal OJ 1%/Wh Milk <b>WGR</b>
Lunch	Chicken Strips/Yogurt Oven Fries Diced Tropical Fruit mixed with yogurt Bread 1%/Wh Milk	HM Cheese Mini Pizzas on English Muffins Pizza Sauce Snap Peas with dip Pears 1%/Wh Milk	Ham Baked Beans Grapes Bread 1%/Wh Milk	Shredded Chicken with BBQ sauce Green Beans Pineapple Mac and Cheese 1%/Wh Milk	Wheels on the Bus Pasta <i>(recipe below)</i> Ground Beef Spaghetti Sauce Carrots/Celery Macaroni & Bread Stick 1%/Wh Milk
Snack	Toaster Waffle with jam 1%/Wh Milk	PB Chex Nibbles <i>(recipe below)</i> OJ <b>WGR</b>	Shredded Cheese Soft Shell <b>WGR</b> Water	Cinnamon Toast Strawberries <b>WGR</b> Water	Choc. Graham Crackers PB Banana Slices Water

### PB Chex Nibbles

1/2 cup peanut butter  
2 Tbsp. butter  
6 cups Chex or mixture of Chex and Cheerios

- 1) Heat oven to 250° F.
- 2) Put PB and butter in a 9"x13" pan. Place pan in the oven for 5 minutes or until peanut butter and butter are melted. Remove from oven and stir until smooth.
- 3) Add cereal, stirring until all pieces are coated.
- 4) Bake 1 hour, stirring every 15 minutes.
- 5) Spread on paper towels to cool. Store in airtight container.

Yield: 6 cups.

Credit as: 1/3 cup cereal = minimum grains serving at snack for ages 3-5; 3/4 cup for ages 6-12. Not enough PB per serving to count as a 1/2 oz. meat alternate.

### Wheels on the Bus Pasta

3 cups dry wheel-shaped pasta  
1 lb. ground beef  
2 1/2 cups spaghetti sauce  
1 cup shredded cheddar cheese

- 1) Cook pasta according to directions; drain.
- 2) Brown ground beef; drain.
- 3) Stir together pasta, ground beef, sauce, and cheese. Heat until cheese melts.

Yield: 10 servings

Credit as: Each serving is 1 1/2 oz. meat/meat alternate (gr. beef & cheese); 1/4 cup vegetable; and 1 serving grains.

