

# HORIZONS

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

March/April 2017

## Required Training: Options Ahead

### Mandatory

All providers participating on the Heartland food program are required to complete one of the two training options.

You have been hearing about it for months....on October 1 a new CACFP Meal Pattern goes into effect. While a majority of the requirements are the same as before, there are some significant changes that Heartland Child Nutrition wants to make sure all providers know. We don't want anyone missing their full reimbursement on claims starting in October. **Because of the importance of this information, all providers are REQUIRED to complete one of these two options:**

**A** Attend a two-hour free workshop filled with everything you need to know about the meal pattern changes. You will definitely say this training is worthwhile. The schedules and registration information are on the back of this page. Two hours Growing Futures training credit will be awarded.

**B** Complete a one-hour Learn-At-Home free course before Sept. 20, 2017. Heartland is offering this option because we know that not everyone may be able to attend an in-person training at the scheduled nearest location and time. One hour Growing Futures credit will be awarded. The course will be available starting in June.

In addition to the new meal pattern information, completing either option A or B above will also fulfill each provider's annual mandatory CACFP Compliance Training and USDA Civil Rights/Non-Discrimination Review. (As you may recall, in past years these annual trainings have consisted of reviewing information in the blue HCN Provider Book and successfully completing a quiz.)

The training presenter, Ann Schuetzle, is looking forward to seeing you at the training sessions!

### You will learn about:

- More flexibility in infant breakfasts and changed age categories.
- Changes in juice limitations.
- How to choose whole grain-rich foods for the new daily requirement.
- More flexibility in the breakfast meal pattern.
- Separation of the fruit and vegetable components.
- Sugar limitations in cereals and yogurt.
- Sweet grains/breads no longer in the meal pattern.
- **Our suggestions for stress-free ways to follow the new meal pattern. We know you can do it!**

### Doorprize!

A basket of whole grain foods given away at each training session!



Doorprize is courtesy of the ND Nutrition Council



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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.

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## CACFP New Meal Pattern Training Schedule for Heartland Child Nutrition Providers

### Directions to register (no phone calls, please):

- 1) Visit [www.heartlandnutrition.org](http://www.heartlandnutrition.org)
- 2) On the top bar, click on **Simpl-e-Schedule**. It will be the last option listed on the bar.
- 3) Pick the date and location and register. It's pretty simple.

- ▶ Registration closes two weeks before the date of the training to allow time for training supplies to be organized.
- ▶ Some sessions have capacity limits so if you register and cannot come, please call to cancel so another can attend.
- ▶ Be aware that Growing Futures rules state that no credit can be given if the participant misses more than 10 minutes.

Town/City	Date & Time	Location
<b>Bismarck</b>	Wednesday, <b>May 10</b> 7 - 9 pm	Great River Energy 1611 E Century Ave Fort Union Room  (also see listing in Mandan)
	Thursday, <b>May 11</b> 7 - 9 pm	
<b>Bottineau</b>	Monday, <b>May 15</b> 7 - 9 pm	Cobblestone Inn 1109 11th Street East Nelson Room
<b>Devils Lake</b>	Tuesday, <b>May 16</b> 7 - 9 pm	Ramsey County Courthouse 524 4th Ave NE Downstairs meeting room Use west main door
<b>Dickinson</b>	Saturday, <b>April 29</b> 10 am - noon	West River Community Center 2004 Fairway Street Committee Room 1
	Tuesday, <b>May 2</b> 7 - 9 pm	
<b>Fargo</b>	Wednesday, <b>May 24</b> 7 - 9 pm	Dakota Medical Foundation 4141 28th Ave South Event Center Meeting Room
	Thursday, <b>May 25</b> 7 - 9 pm	
<b>Grand Forks</b>	Saturday, <b>May 6</b> 10 am - noon	4000 Valley Square Community Room (Assisted Living Center) 4000 24th Ave South Use east door under the canopy
<b>Jamestown</b>	Thursday, <b>May 18</b> 7 - 9 pm	Trinity Lutheran Church 523 N 4th Ave SE North parking lot; use nearest door to lot
<b>Linton</b>	Tuesday, <b>May 23</b> 7 - 9 pm	KEM Community Room 107 S Broadway
<b>Mandan</b>	Thursday, <b>May 4</b> 7 - 9 pm	Church of Christ 211 2nd Ave NW
<b>Minot</b>	Saturday, <b>May 13</b> 10 - noon	The Vegas Hotel 2315 N Broadway Monte Carlo Room
<b>Oakes</b>	Tuesday, <b>May 9</b> 7 - 9 pm	Oakes City Hall 124 S 5th Street Use side door

### Please Read



You must know your Growing Futures ID Number to register so you can receive education credit. HCN does not know your number; you can find the number on your Growing Futures account.

An email address is required to register. If you don't have one, use a friend's or relative's address. The registration program does not allow an email address to be used more than once.

HCN provider staff members are welcome to attend but limited to no more than 3 extra participants per license-holder in order to allow seats for all.

Please do not bring children, except for nursing babies.

### Welcome to Heartland Child Nutrition

Bismarck: Krista Peterson  
Bernice Schmidt  
Fargo: Amanda Lang  
Grand Forks: Kasandra Liddige  
Hazen: Angel Kilber  
Minot: Jessi Nies  
Wishek: Clarissa Volk

### Crazy Good Cauliflower

On a provider review visit to Lois Mongeon's home, our regional director was blown away by the tasty roasted cauliflower that Lois was serving. The kids were eating it like popcorn! We asked for the recipe. Thank you, Lois.

1 head of cauliflower  
1/2 red onion, minced  
1 tsp. salt  
Minced garlic to taste  
3 Tbsp. olive oil

Cut cauliflower apart into small bite-sized pieces. Combine the remaining ingredients; pour over the cauliflower. Toss ingredients so all cauliflower is coated. Bake at 400° F for 20 minutes, stir and bake another 20 minutes. Roasting time may differ depending on size of cauliflower pieces.

### Not All Hot Dogs and Bologna are Creditable



If you are serving hot dogs and bologna are you checking ingredient lists before purchasing? Highly processed meats, especially inexpensive ones, tend to have added grain ingredients, therefore lowering the percentage of actual meat in the frank or sliced bologna.

Frankfurters (including turkey franks), bologna, Vienna sausages, knockwurst, corn dogs and similar meats that do not contain binders or extenders may be credited ounce for ounce for the CACFP. These products may state "All Meat" on their front label.

Ingredients that are considered binders or extenders, and therefore **not creditable**, include:

- Cereal
- Modified food starch
- Sodium caseinate
- Wheat gluten
- Tapioca dextrin
- Soy flour, soy protein concentrate, soy protein\*
- Dried milk or dried whey
- Modified vegetable starch
- Starchy vegetable flour
- Whey protein concentrate
- Vegetable protein product\*

*\*If the label indicates that this ingredient is fortified with vitamins, without any additional extenders, then the product is creditable.*

#### This is an ingredient list for a creditable frankfurter.

Ingredients: Beef, water, pork, corn syrup, salt, dextrose, flavorings, sodium phosphate, sodium erythorbate, sodium nitrate.

#### This is an ingredient list for a non-creditable frankfurter.

Ingredients: Beef, water, pork, modified food starch, nonfat dried milk, corn syrup, flavoring, sodium phosphate, sodium erythorbate, sodium nitrate.

### Bunny Biscuits

These bunny biscuits would be a cute breakfast or snack... and so easy to make. You can tell by the picture that the ears are made of refrigerated biscuit dough, cut in half, and pinched to attach to a round biscuit before baking. Push the raisin face into the dough before baking or glaze baked biscuits with a very thin icing of powdered sugar and water. Place raisins in place while glaze is still soft.

### Happy Easter!

Photo & idea: kaseytrenum.com blog



# March: National Nutrition Month<sup>®</sup>

Talk with your children about the grains/breads served at their nutritious meals and snacks.  
Copies of this activity sheet may be made for each child and then completed together.



Count each food item then match it to the number.

