

Heartland Child Nutrition

HORIZONS

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

January/February 2017

Weather and Late Mail

In the past two months, Heartland has received and sent mail that was delayed due to weather challenges. In an effort to avoid this problem, please consider a solution:

Submit Online Claims and Received Direct Deposit Reimbursement

Neither of the above is affected by the weather...and you will be assured of your claim being received on time and your reimbursement safely in your account.



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

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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.

USDA is an equal opportunity provider,
employer and lender.

Your Tax Information is Enclosed

As a courtesy to our providers, your CACFP 2016 Income Statement, to use when filing your taxes is enclosed with this newsletter, Whether claiming online or on paper, providers may print their own statement by logging into Minute Menu and selecting "Tax Report" from the homepage.

Food expenses to report on your business tax form may be determined by using the Tier I rates, even if you are receiving Tier II reimbursement.

Tom Copeland, an attorney and CPA from Minneapolis, offers valuable business guidance to family child care providers. His tax advice is priceless! If not already following his website and blog, check out www.tomcopelandblog.com.



Whole Wheat Pasta - Not a Fan?

Whole wheat pasta used to be hard to stomach. Sure, it was good for you - loaded with vitamins and minerals and containing two to three times as much fiber as refined-wheat pasta - but the texture ranged from brittle to gummy while flavor traveled from bland to earthy.

The good news is that in recent years the quality of whole-wheat pasta, which is made from flour that uses the entire grain seed, has improved considerably without sacrificing nutritional benefits.

If it's been a couple of years since your last try at whole wheat pasta give it a taste again. Use the following tricks to help persuade you to serve white pasta's healthier cousin.

1. **Know your brands.** Not all whole-wheat pasta is created equal. Good texture is dependent on high-gluten flour, which varies from brand to brand.
2. **Cook it correctly.** Whole-wheat pasta usually requires more cooking time than regular pasta, but don't overcook it. Whole-wheat pasta quickly loses its texture if overcooked, so follow package directions carefully. Use your kitchen timer.
3. **Serve it with a sauce when becoming accustomed to .** If the kids in your care don't love the color or the nutty taste, serve it with a spaghetti or cheese sauce. Once they become accustomed to the whole grain texture and taste, move onto serving it as just plain buttered pasta....a kid favorite.





VS



Kitchen sponges are among the germiest items in the house, and can act as incubators for E. coli, salmonella, yeast, and mold, according to the NSF (National Science Foundation.) That's why it recommends cleaning sponges every day in hot, soapy water, then microwaving them, soaking wet, for two minutes. (You need that extra moisture to produce germ-killing steam.)

An alternative is to wash the sponge to remove obvious food particles, then run it through the dishwasher (on the top rack) with the sanitizing cycle and the drying cycle turned on.

Note that these techniques just reduce germs but do not totally eliminate them. Better options for kitchen cleaning, and preferred by Heartland Child Nutrition, are to use dishcloths. That's because, every day or two, these items can be placed in the washing machine and washed on a sanitizing or hot cycle with bleach.

Welcome to Heartland Child Nutrition

The following providers joined the food program in November and December

Devils Lake: Holly Malheim
 Fargo: Katherine Skare
 Mandan: Carly Jandt
 Mapleton: Kristan Dutt
 Wishek: Carly Shilling

Do you know of someone caring for children in their home but not participating on a federal food program? If so, please let them know that they can benefit from the reimbursement and resources offered by the Heartland Child Nutrition Program. It's the choice of 475 child care providers in North Dakota!

National CACFP Week March 12-18, 2017

The purpose of the National CACFP Week is to educate parents and the community about how the CACFP helps child care providers serve well balanced, nutritious meals. The CACFP promotes proper nutrition for growing children which helps establish healthy eating habits for life.

Celebrate and promote National CACFP Week in your child care home together with the children you serve!

- ▶ Plan a nutrition activity with children. Take a picture of the children doing the activity and send it to us to share in this newsletter. If you have a Facebook page, post the activity.
- ▶ Take a photo of the children in your care eating a nutritious meal or snack. Send the picture to your U.S. Congressperson and Senators along with a short note about how the CACFP benefits children in your childcare home.
- ▶ Send home a parent flyer about the food program so parents realize the benefit you are giving their children through your participation in the CACFP.
- ▶ Talk with the children about how eating nutritious foods will help them stay healthy and strong.



Heartland will offer training about the **New CACFP Meal Pattern** in **MAY & JUNE**

at numerous locations in North Dakota.
(We are attending national training in mid April.)

Watch your mail and email in March for details. Application will be made to Growing Futures to accept the training as a 2-hour education credit. The new USDA Meal Patterns for the food program go into effect on October 1, 2017.



- ☑ Always check your Minute Menu Messages from Heartland telling you of the deadline date to make possible corrections on errors before payment.
- ☑ Each month, check your "Claim Summary and Error Letter." You may be able to correct a deduction due to an expired license, expired Child Enrollment, or with other documentation before the deadline. If you have any questions, call Dorleen or Theresa at the Heartland Office or your Regional Director. Thank You.

**SUPER
FOODS****High in Vitamin A**

Orange vegetables & fruits
Dark-green leafy vegetables
Eggs
Milk

High in Vitamin C

Citrus fruits
Kiwi
Cantaloupe
Bell Peppers
Broccoli & Cauliflower
Cabbage
Berries
Tomatoes
Papaya

High in Iron

Lean red meats
Dried beans & legumes
Nuts & seeds
Whole grains & fortified cereals
Green leafy vegetables

High in Calcium

Dairy products
Calcium-added orange juice
Canned salmon & sardines
Dark leafy vegetables

**What Would A Superhero Eat?**

Try this technique on your hesitant eaters

A Cornell University study shows that children can be primed to eat healthier food items merely by thinking about what their favorite superhero would eat.

The fact that cartoon characters are often used to make junk food more appealing to kids is no secret. However, the clever Cornell study shows that we can actually “exploit” popular cartoon characters in a similar way, effectively “priming” kids to make their own healthy food choices.

The research had kids decide whether they wanted French fries or sliced apples for lunch. The vast majority of the kids, of course, chose the French fries. But when kids were “primed,” by being asked whether a superhero character like Batman would choose French fries or apples, over 45% of the kids chose the apples for themselves. By contrast, simply asking kids which food was healthier or unhealthier had almost no effect, which suggests that it’s not just about tapping into their basic knowledge about what’s healthy – it’s about activating their “affective” knowledge about healthy foods by making the connection with what superheroes would eat.

Would you like a fun way to convince children to eat more healthy foods? Ask them what they think their favorite super-hero would eat!

CACFP Calendar Learn-At-Home Course Suggestion

If choosing to complete the Learn-At-Home course associated with the 2017 CACFP Calendar, an option for a course activity is to serve a week of snacks containing a fruit or vegetable. Here are some ideas:

- Apples & PB
- Banana & graham cracker
- White grape juice & toaster waffle
- Pineapple chunks & pretzels
- Applesauce & cinnamon toast
- Peaches & cottage cheese
- Pears & cereal mix
- Hummus & veggies to dip
- Oven fries & milk
- Celery/raisins & PB
- Oranges & vanilla wafers

The 2017 Calendar course credits as one training hour through Growing Futures and is valid to complete up to October 2017.

JUMP!

Is your daycare group suffering from cabin fever in this frigid weather? Make a new game that will get the preschoolers thinking and moving.

In this activity children will jump in attempt to reach a shape or color of paper that has been hung just a few inches higher than their reach.

You will need construction paper, yarn or string, tape and a doorway. Ask a child to stand in the doorway and reach high. This will be your guide for how long to cut string or yarn. If you have children of significant height difference, you may need a couple of doorways to hang appropriate lengths for each of their jumping ability.

Cut out shapes of various colors from construction paper, each about 3-inches high. and attach to one end of the yarn. The other end of the yarn is then taped to the top of the doorway.

Taking turns, give instructions to jump for the orange circle or the red triangle, for example. This is a double purpose activity about color and/or shape recognition as well as a physical movement activity.



Source: www.handsonaswegrow.com

Yogurt Jigglers

- 1 cup milk, divided
- 3 packets plain gelatin (Knox is a common brand)
- 1½ cups flavored yogurt (Two 6 oz. containers)

Place ½ cup COLD milk into a large bowl or a pan in which the milk has a large surface area. Sprinkle the gelatin evenly over the top to dissolve. Let sit for about 3 minutes. Then whisk to combine.

Microwave the remaining ½ cup milk in a heat-safe container, such as a glass measuring cup, until just about to boil, about 30-45 seconds. Stay close to avoid it boiling over. Whisk the warm milk into the cold milk/gelatin mixture for 1-2 minutes or until very smooth. Add the yogurt and whisk well to combine. If desired, sweeten with a tablespoon or two of sugar.

Pour into an 8x8-inch or 9x9-inch pan. Refrigerate for at least 1 hour or covered overnight. Cut into squares or into shapes with your favorite cutter. Store in the fridge for 3-5 days in an airtight container.

Yield: 6 servings of 2 oz. yogurt.
2 oz. yogurt is a snack-size meat alternate serving for 1-5 year old. For 6-12 year olds, 4 oz. yogurt is a snack serving.



Toddler Muffins

These muffins have few crumbs making for easy eating and clean up with toddlers...or any age. The fruit and vegetables in this recipe add a boost of nutrients, flavor, and moistness.

- ½ cup butter, softened
- 1/3 cup brown sugar
- 2 large bananas, mashed
- 2 raw carrots, grated
- 1 (4 oz.) container baby food squash, sweet potatoes, plums, or mango
- 2 eggs, beaten
- 1 cup all-purpose flour
- ½ cup uncooked oatmeal
- 1 tsp. baking soda
- ½ tsp. salt



Preheat an oven to 375° F. Grease 24 mini muffin cups or 12 standard muffin cups using paper liners.

In a mixing bowl, cream together the butter and brown sugar until smooth. Mix in the mashed bananas, carrots, squash (or alternate baby food), and eggs. Combine the flour, oatmeal, baking soda and salt; then stir into the first mixture until just combined. Overmixing causes toughness.

Spoon the batter equally into the prepared muffin cups. Bake in the preheated oven until a toothpick inserted into the center comes out clean, 15 to 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack. Store at room temperature for up to two days, or freeze.

Credit as: 1 mini-muffin or ½ standard muffin = a grains/bread serving for a 1-5 year old at any meal or snack. 6-12 year old serving = 2 mini or 1 whole muffin.