



Perspectives

Horizons Unlimited Inc.—Sponsor of the Child and Adult Care Food Program

Very Important Program Pointers

Volume 19 Issue 208

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Child Enrollment Forms

We have a new child enrollment form for this fiscal year. This is the form that must be used. DO NOT use last years child enrollment forms.

If you do not have a signed copy of the child enrollment worksheet please let us know and we will send you a copy.

Next Review:

Remember, records must be available for the current and prior 3 years. Jenna will be checking on your next review.

The nondiscrimination statement and complaint procedures must be in your policies. This will be checked as well.

RECORD "HOLIDAY CARE" IF DOING CHILD CARE ON HOLIDAYS

- If you do child care on Thanksgiving or Christmas Day, be sure to record "holiday care provided" on your menus or in the provider calendar if you claim online. To access the provider calendar to inform us of days closed, holiday care, etc. go to tools > manage calendar.
- If you do not specifically indicate holiday care was provided, we will need to disallow all meals on Thanksgiving and Christmas Day.

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"Thanksgiving after all is a word of action.."

W.J. Cameron

DOES IT COUNT?

- **Apple Cider:** Yes. It must be pasteurized and full-strength juice.
- **Hot Chocolate:** Yes, if made with fluid milk. Remember, for 2 years and above it must be 1% or skim.
- **Pumpkin Pie:** Yes. Must be homemade with canned pumpkin (not pumpkin pie filling).
- **Pizza Sauce:** Yes if used for dipping. Pizza sauce on a slice of pizza does not meet the quantity requirements.





NUTRITION NOTE

**Together at
Mealtime**
By Kristen Frie RD

Meals are sometimes overlooked as an opportunity to spend time together with others. Everyone needs to eat so why not arrange a meal around each other. Turn off the television, computer, video games, and other distractions, and enjoy one another's company.

Why Eat Meals Together:

- Provides an opportunity to spend time with others and have meaningful conversations.
- Allows a group to build traditions, such as "Noodle Day" or "Silly Snacktime."
- Offers time to teach manners and an opportunity to practice them.
- Provides yet another reason to serve a high-quality, nutritious meal.
- Gives children an opportunity to eat a larger variety of foods, supplying necessary nutrients to their bodies.
- Allows children to assist with food preparation and learn new kitchen skills.
- Provides a choice to try new foods.

Where to Begin:

- ♦ Spend an hour each week planning meals. Older children may even be able to assist in meal planning.
- ♦ Create a shopping list to take with you to the grocery store to ensure that you have all necessary ingredients on hand to prepare the recipes.
- ♦ If you don't feel like a natural chef in the kitchen, look for easy yet nutritious recipes.
- ♦ Make mealtime fun by trying new things like a potato bar, burrito buffet, or pita party, where everyone can add their own toppings. Be sure to include a variety of vegetables as options.
- ♦ Use a slow cooker to spend less time in the kitchen and more time enjoying the meal.
- ♦ Double recipes that can be frozen so you have a quick meal ready to go.

Adapted from Montana State University Extension

10 Topic Starters for the Table:

1. Where is your favorite place in the world? Why?
2. Who do you think is happier – a dog or a bird, and why?
3. How can you show someone that they are special to you?
4. What is your favorite book and why?
5. Why do we dream?
6. Can you name your five senses?
7. How do you know when you're grown up?
8. What makes a family?
9. How do you think the belly button got its name?
10. What is your favorite toy and why?



NOVEMBER LUNCH IDEAS

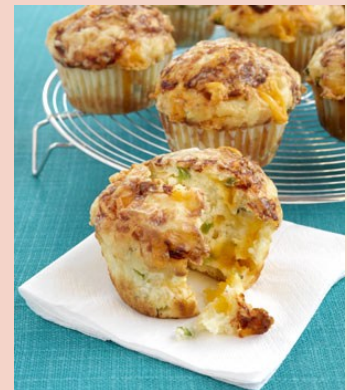
VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

<p>1% Milk</p> <p>Canadian Bacon</p> <p>Hash Browns</p> <p>Pineapple</p> <p>*Wicked Good</p> <p>Pizza Muffin</p>	<p>1% Milk</p> <p>HM Chicken</p> <p>Nuggets</p> <p>Banana</p> <p>Squash</p> <p>WW Bread</p>	<p>1% Milk</p> <p>Ground Beef</p> <p>Lettuce/tomato</p> <p>Apple Slices</p> <p>WW Bun</p>	<p>1% Milk</p> <p>Turkey</p> <p>Mashed Potato</p> <p>Green Beans</p> <p>Dinner Roll</p>	<p>1% Milk</p> <p>Split Pea Soup</p> <p>Applesauce</p> <p>Potato</p> <p>WW Crackers</p>
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Ingredients

- 2 cups all-purpose flour
- ¼ cup granulated sugar
- 1 Tbsp baking powder
- 1 tsp each salt and dried basil
- ½ tsp baking soda
- 1 cup tiny cubes cheddar
- 1 cup plain yogurt
- 2 eggs
- ¼ cup butter, melted
- ½ cup finely chopped red or green sweet pepper (optional)
- ¼ cup pizza sauce
- ½ cup shredded mozzarella

WICKED GOOD PIZZA MUFFINS



Directions

1. Preheat oven to 400 F. Line 12 muffin cups with paper liners. In a large bowl, whisk together flour, sugar, baking powder, salt, basil and baking soda until combined. Stir in cheddar cubes.
2. In a medium bowl, whisk together yogurt, eggs and butter until smooth. Stir into flour mixture just until well combined and no dry spots remain; stir in sweet pepper (batter will be very thick). Spoon batter into muffin cups, dividing evenly. Spoon 1 tsp pizza sauce on top of each muffin; sprinkle each with shredded mozzarella.
3. Bake about 20 minutes, until golden and a toothpick inserted in centre of one of middle muffins comes out clean. Let muffins cool in pan at least 5 minutes before removing, then let cool completely on a wire rack. (Freeze muffins in an airtight container for up to 1 month; defrost at room temperature.)

Word Search: Thanksgiving

TURKEY
DRESSING
GREEN BEANS
CRANBERRIES
PUMPKIN PIE
ROLLS
JELLO

THANKS
PILGRIMS
INDIAN
SHARE
KINDNESS
FAMILY
CELEBRATE

Why was the turkey the drummer in the band?



Because he had the drumsticks!

C	E	L	E	B	R	A	T	E	N	S	K
U	G	F	A	M	I	L	Y	A	A	E	I
Y	R	T	T	U	R	K	E	Y	I	I	N
J	E	L	L	O	O	P	I	S	D	R	D
P	E	R	Y	G	L	I	P	C	N	R	N
I	N	R	T	R	L	E	N	V	I	E	E
L	B	D	R	E	S	S	I	N	G	B	S
G	E	J	E	L	O	K	K	B	N	N	S
R	A	R	E	S	S	N	P	N	I	A	W
A	N	T	H	A	N	A	M	U	R	R	E
M	S	H	A	R	E	H	U	P	A	C	R
S	D	F	H	L	E	T	P	I	H	T	T

Let's Get Moving!

I'm a Little Turkey (to the tune of I'm a Little Teapot)

I'm a little turkey
Fluffy and brown (Rub Tummy)

My wings flip-flop
When I turn around (Flap arms)

I have lots of feathers,
On my back (Bend down and wave hands over back)

And a big orange beak (Use hands to clap)
That goes "click clack"



CACFP -
where healthy eating
becomes a habit.

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