



# Perspectives

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

## Very Important Program Pointers

Volume 18 Issue 206

September 2012



### Does It Count?

#### Apple Cider

-Yes- Be sure it is full strength juice. For health and safety reasons be sure all ciders are pasteurized.



#### Apple Pie

Yes - The apple may be counted as a fruit component when each portion provides 1/2 cup fruit.

Pie crust served in dessert pies, meat pies, and turnovers may be credited based on the amount of whole grain or enriched flour used.



Dessert pies may be credited for snack only. Remember, no more than two dessert-type items should be served per week.

#### Apple Cobbler

Yes - The bread portion of the cobbler is creditable for snack only based on the amount of whole grain or enriched flour or meal used in the recipe.

The apple may contribute toward the fruit/vegetable component if one serving contains at least 1/2 cup fruit.

### Time for Enrollment Renewal

You should have received the renewal packet in the mail last week. If you did not receive it please call us right away.

#### By September 17th you need to return:

- the Enrollment Renewal Worksheet, signed by parents
- the new child enrollments and
- the civil rights data.

Put the Appeal Procedures for Fiscal Year 2013 in your handbook in one of the clear sleeves. We look for this during home reviews.

Replace last years WIC information with the current information provided in the packet. Be sure to give it to all new families that enroll at your center.

Keep a copy of the parent signed Enrollment Renewal Report in your handbook. If you cannot make a copy let us know and we will send one to you.

### NEXT HOME REVIEW

As you know, you are required to keep food program records for 3 years plus the current fiscal year. We will be asking to see these records at the first review done after October 1st. Also will check the civil rights statement in your policies. The statement should read: "In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability." "To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer."

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- Recipes
- Ideas



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# NUTRITION NOTE



## For the Love of APPLES

Apples are very delicious fruits, liked by almost all kids as well as adults. A very common adage, 'An apple a day, keeps the doctor away, has been in use for centuries and aptly describes the benefits of eating the nutritious fruit. An apple accords a number of health benefits.

While you may enjoy them fresh, they are also delicious in pies, breads, crumbles and crisps! Shape is important - enjoyment of an apple can depend on the shape; try them quartered, cut in half, or bite around the core until all you have left is the core itself. If you like cheese or colored sugar crystals, sprinkle these on your apple for a different and delicious taste sensation. Here are some easy tips to help you get the most out of eating an apple.

### HOW TO EAT AN APPLE! HAVE FUN and ENJOY!!



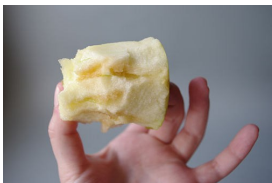
1. **Prepare your apple.** Scrub your apple under running water. Most commercially available apples tend to be covered in a pest-proof layer of wax, if it has been sprayed. (you can carve off the apple skin with a knife because most apple skins have wax on them. Be careful!)



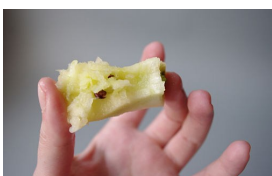
2. **Hold your apple ergonomically correct, gripping the top and bottom with your thumb and middle finger, using index finger for support and rotation.** Those with larger hands might prefer to use a knuckle. Use a grip that allows you to rotate your apple around its axis with relative ease.



3. **Take a bite from your apple.** Due to the waxy coating the first bite can be difficult to sink in, if you find this to be the case brace the heel of your palm against your chin and push your front teeth in, then resume a normal biting action. As you take the next bite, rotate the apple slightly so that you make the cavity larger with your bite. Work your way around the apple in this manner. Once you get back to the beginning, bite deeper. Juices may drip off, but you just have to lick them up or suck on the apple before they can drip. Your apple tastes sweeter the closer you get to its core so using this rotational approach allows you to eat the best part last.



4. **Eat away the top and bottom of the apple as needed.** Don't do this too early, or the apple will be harder to grip without getting apple juice on your hand.



5. **Bite off the core and top of the apple, leaving only the stalk.** The stalk is biodegradable so you can leave it in the bushes in a park or garden, for food for the birds.

Just a little humor from Horizons. Have fun with it.  
From [www.wikihow.com](http://www.wikihow.com)

# SEPTEMBER LUNCH IDEAS

VISIT [WWW.HORIZONSUNLIMITED.ORG](http://WWW.HORIZONSUNLIMITED.ORG) FOR MORE MENU IDEAS!

<p>1% Milk</p> <p><b>Hamburger</b></p> <p>Lettuce/tomato</p> <p><b>Raspberries</b></p> <p>Taco Shell</p>	<p>1% Milk</p> <p><b>Shredded Chicken</b></p> <p>Wax Beans</p> <p><b>Tomato</b></p> <p>WW Bun</p>	<p>1% Milk</p> <p><b>Egg Salad</b></p> <p>Carrot Sticks</p> <p><b>Apple</b></p> <p>WW Toast</p>	<p>1% Milk</p> <p><b>Cottage Cheese</b></p> <p>Sweet Potato</p> <p><b>Pineapple</b></p> <p>WW Bread</p>	<p>1% Milk</p> <p><b>Baked Fish</b></p> <p>Broccoli</p> <p><b>Cole Slaw</b></p> <p><b>*Apple Bread</b></p>
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## Recipe of the Month

### Ingredients

- 1/2 cup butter
- 1 cup sugar
- 2 eggs
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 2 apples - peeled, cored and chopped

### Apple Bread

#### Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x4 inch loaf pan.
2. In a bowl, mix the butter and sugar until smooth and creamy. Beat in the eggs.
3. In a separate bowl, sift together the flour, baking soda, salt, cinnamon, and cloves. Mix into the butter mixture until moistened. Fold in the apples. Transfer to the prepared loaf pan.
4. Bake 1 hour in the preheated oven, until a toothpick inserted in the center comes out clean. Cool in the pan for 15 minutes before removing to a wire rack to cool completely.

From allrecipes.com



## snack of the Month

### Ingredients

- Apple Cider, pasteurized

### Slushie Apple Cider

Pour about 1 quart of pasteurized apple cider in a 13x9 glass baking dish and pop it in the freezer until it's firm. About 6 hours. Then scrape the frozen cider with a fork until its fluffy.



# Word Search: Back to School

PENS FUN  
 PAPER LEARN  
 FOLDERS LUNCH  
 CLOTHES GLUE  
 FRIENDS BACK PACK  
 BUS PRINCIPLE  
 TEACHER LOCKERS

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

Mother: What would happen if you took the school bus home?



Child: The police would make me take it back!

# Let's Get Moving!

## PARACHUTE ACTIVITY

Materials: A parachute, sheet or blanket.

Space the children around the edge of the parachute or other sturdy fabric (for example a sheet). Everyone should stand facing the center and grasp the parachute with both hands.

First, hold the parachute still by not moving the hands or arms. Next wiggle the parachute using small arm and hand movements. Do this for 30 seconds and stop. Try big wiggles by moving the arm and shoulders up and down for 30 seconds then stop. Switch back and forth between big and little wiggles for 60 seconds. Raise the parachute above the children's heads, then lower it to waist height. Repeat this several times. Raise the parachute again, but lower it to the ground. Repeat several times.

When the parachute is raised high have a child you name run under and then back to his/her original position. Repeat until all children have had a turn. Expand by having the child run around the outside and back to her/his place.



CACFP -  
 where healthy eating  
 becomes a habit.

Perspectives is published monthly by Horizons Unlimited, Inc. a sponsor of the Child and Adult Care Food Program.  
 Phone: 920-826-7292 or 1-800-261-9176 Fax: 1-920-826-5308 E-mail: horizons@bayland.net  
 Linda Leindecker, Executive Director Jenna Van Den Wildenberg, Field Representative

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