



Perspectives

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

Very Important Program Pointers

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COMING SOON! CACFP REQUIRED TRAINING

If you started claiming on the food program prior to October 1, 2012 you need to complete your annual food program training. Providers that began participating after October 1st are not required to complete the training but we recommend you do as a great refresher. There is a lot of useful information in the training that you may find valuable.

This training packet is being mailed this month. Please read through all the required elements in the packet carefully and complete the Required Record Keeping Questionnaire.

Don't forget to sign and date the signature page and return it to the Horizons office no later than August 31, 2013.

If you have any questions, please contact us at 800-261-9176 or by email at horizons@bayland.net.

Reminder: Infant Formula or Breast Milk Options

When recording the infant milk on your menus be careful that you are choosing the correct option.

- ⇒ If the parent chose to bring the IFIF/Breast Milk chose IFIF/Breast Milk Parent Supplied (13)
- ⇒ If you, the provider is supplying the IFIF chose IFIF Provider Supplied (11)
- ⇒ If the child requires a Diet Statement in regards to infant milk chose Non-Iron Fort. Infant Formula, Dr. statement

Check out our blog at <http://horizonsunlimited.org/blog/>

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"My green thumb came only as the result of the mistakes I made while learning to see things from the plants point of view."

H. Fred Dale

Does it Count:

Eggs: Colored Easter Eggs, Egg salad, Deviled Eggs: Yes, as a meat alternative if....

- The eggs are USDA graded. Fresh farm eggs that have not been graded are not creditable.
- The eggs are kept refrigerated. Colored Easter Eggs need to be refrigerated if eaten and if used to decorate and left out of the refrigerator, do not eat them.
- The eggs are cooked thoroughly.

Salisbury steak: Yes, if....

- The Commercially prepared Salisbury steak has a CN Label or product analysis sheet.
- The Salisbury steak is homemade and the serving requirements of ground meat are met.





NUTRITION NOTE

Fruits and Vegetables for our
Bodies
By Kristen Frie RD

Why should we eat fruits and vegetables?

Eating fruits and vegetables helps to keep our bodies working at their best. We can fight off sicknesses that we otherwise might get as children, and keep our bodies healthy as we grow older. Fruits and vegetables are filled with vitamins, minerals, and water, all of which our bodies need every day. Some make our hearts stronger, others help us see better, and some even give us smoother skin. The fruits and vegetables featured in the “Grow it, Try it, Like it” book have so much nutrition and fun facts to offer. Read on to learn more:

PEACHES

Did you know that peaches originally came from China? Peaches come from the same family as nectarines, plums, and almonds.

Nutritional Standouts: very low in fat, filled with vitamin C (fights against sickness)

Fun Uses: Peach Salsa, Cinnamon-Broiled Peaches, Peach Smoothie, Peaches and Cottage Cheese

STRAWBERRIES

Did you know that, on average, there are 200 tiny seeds on every strawberry? Strawberries are a member of the rose family.

Nutritional Standouts: no fat, filled with vitamin C (fights against sickness), fiber (keeps our bellies full), potassium (helps our bodies grow stronger), and folate (helps us be healthier as we grow older)

Fun Uses: Strawberry-Topped Pancakes, Strawberry-Rhubarb Muffins, Strawberry-Yogurt Parfait

CANTALOUPE

Did you know that cantaloupes grow on the ground as a vine? Cantaloupe is also called “muskmelon.”

Nutritional Standouts: no fat, filled with vitamin A (helps us see better in the dark and gives us healthy skin and teeth), vitamin C (fights against sickness), and folate (helps us be healthier as we grow older)

Fun Uses: Chilled Melon Soup, Cantaloupe Wedge Smiles, Cantaloupe Popsicles

SPINACH

Did you know that spinach was first grown more than 2,000 years ago? And Popeye the Sailor loves to eat spinach.

Nutritional Standouts: no fat, filled with fiber (keeps our bellies full), vitamin A (helps us see better in the dark and gives us healthy skin and teeth), vitamin C (fights against sickness), iron (makes healthy blood)

Fun Uses: Strawberry Spinach Salad, Spinach Pesto, Spinach-Cheese Dip

SWEET POTATOES

Did you know that sweet potatoes and yams are different? Sweet potatoes are not part of the potato family.

Nutritional Standouts: no fat, filled with fiber (keeps our bellies full), vitamin A (helps us see better in the dark and gives us healthy skin and teeth), vitamin C (fights against sickness), and potassium (helps our bodies grow stronger)

Fun Uses: Maple Syrup-Drizzled Sweet Potatoes, Sweet Potato Pancakes, Sweet Potato Fries, Mashed Sweet Potatoes

CROOKNECK SQUASH

Did you know that Presidents George Washington and Thomas Jefferson liked to grow squash?

Nutritional Standouts: no fat, filled with vitamin C (fights against sickness), fiber (keeps our bellies full)

Fun Uses: Squash Spaghetti Sauce, Parmesan Squash, Grilled Squash

APRIL LUNCH IDEAS

VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

<p>1% Milk</p> <p>Pulled Pork</p> <p>Applesauce</p> <p>*Roasted Asparagus</p> <p>WW bun</p>	<p>1% Milk</p> <p>Ham</p> <p>Mixed Raw Veggies</p> <p>Oranges</p> <p>WW Crackers</p>	<p>1% Milk</p> <p>Cottage Cheese</p> <p>Peaches</p> <p>Banana</p> <p>Crackers</p>	<p>1% Milk</p> <p>Refried Beans</p> <p>Lettuce/tomato</p> <p>Mango</p> <p>Taco Shell</p>	<p>1% Milk</p> <p>Baked Chicken</p> <p>*Carrot Radish Salad</p> <p>Grapes</p> <p>WW Bread</p>
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Roasted Asparagus with Shallots

2 bunches of fresh asparagus spears, trimmed
 4 medium shallots, thinly sliced
 4 Tbsp extra virgin olive oil
 Salt and pepper to taste

Directions:

1. Preheat oven to 400 degrees
2. Place asparagus, shallots in a large bowl and pour the olive oil and . Season to taste with salt and pepper. Toss to evenly coat.
3. Spread the asparagus in a single layer on a baking sheet.
4. Bake 20 minutes or until tender and bright green. Shake the baking sheet half way through baking to roll the asparagus and so they bake evenly. Remove from the oven. Toss lightly to coat and serve.



From: allrecipes.com

Carrot Radish Salad

Ingredients:

3 cups shredded carrots
 7 radishes, sliced and cut into strips
 1/4 cup raisins

LIME VINAIGRETTE:

2 tablespoons lime juice
 2 tablespoons olive oil
 1/2 tsp sugar
 1/2 teaspoon salt
 1/2 teaspoon grated lime peel
 1/4 teaspoon pepper
 Lettuce leaves, optional

Directions:

- In a small bowl, combine the carrots, radishes and raisins.
- In a jar with a tight-fitting lid, combine vinaigrette ingredients; shake well.

Drizzle over carrot mixture and toss to coat.
 Serve in a lettuce-lined bowl if desired.



Word Search: Spring Veggies

ASPARAGUS
PEACHES
STRAWBERRY
CANTALOUPE
CUCUMBER
RADISH
CARROT

SNAP PEAS
RHUBARB
SPINACH
GREEN BEANS
ORANGES
SWEET POTATO

What flowers grow on faces?



Tulips (two-lips)

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

Let's Get Moving!

Empty the Milk Jug

Empty the Milk Jug is a fun, yet challenging physical activity for toddlers. Children will fill the jug with milk (white clothespins) and shake the jug until it is empty.

Materials: White clothespins (10-15) and 3-5 empty milk jugs

Books to Read: *Moo, Moo Brown Cow!* By: Jakki Wood
Have You Any Milk? By Phillis Gershator

Directions: Demonstrate this activity by placing 10-15 clothespins inside an empty milk jug, shaking the jug until a clothespin falls out.



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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