

Perspectives

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

Very Important Program Pointers

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Non-Dairy Milk Substitutions

If a parent does not want their child on cow's milk they can request an approved non-dairy milk substitute for a child age one and over without a diet statement. The non-dairy substitute **must** be a nutritional equivalent to cow's milk, the request by the parent must be made in writing and specify the reason/need for the substitution and indicate the approved non-dairy milk equivalent they want served. You can refer to the blog posted on Horizons website titled Non-Dairy Substitutions for more information and a list of Wisconsin approved products.



Area Eligibility by School

The Department of Public Instruction has issued the list for Tier I qualifying schools. If you live within the boundaries of a qualifying school your day care can receive reimbursement at the higher tier rate. A school qualifies if 50% or more of its students are eligible for free or reduced price meals. You can see what schools qualify on our website. <http://www.horizonsunlimited.org/>. Give us a call if you want us to re-determine your Tier status.

You can request a change of your tier status at any time.

If you have had a change in your income, family size, are in a qualifying school boundary or have moved please let us know. We will be happy to see if you qualify for Tier I reimbursement rates.

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"I have decided to stick with love.
Hate is too great a burden to bear."

Martin Luther King Jr.

DOES IT COUNT?

Kefir Milk and Acidophilus Milk

Cultured milk is fluid milk produced by adding selected microorganisms to fluid whole, low-fat, or fat-free milk under controlled conditions to produce a product with a specific flavor and/or consistency. Note: Children two years and older must be offered low-fat or fat-free milk

Sausage (Polish, Brat, Italian and Breakfast links, etc)

Perhaps, If the product is made with 100% meat and void of any fillers and extenders or if the product has a CN label. It is important that you read the label to identify if the product contains fillers and/or extenders such as:

Cereal	Starchy vegetable flour	Dried Milk
Soy protein concentrate	Vegetable starch	Soy flour
Isolated soy protein	Dry or dried whey	Wheat gluten
Whey protein concentrate	Sodium caseinate	Tapioca Dextrin





NUTRITION NOTE

How to Show Your Heart a Endless Love

By Kristen Frie RD

February is American Heart Month. Our hearts require us to take good care of them. You only get one heart in your lifetime so keep it as healthy as you can. This translates into heart-pumping movement and adequate nutrition. And it's never too early to begin so take the children on a journey into their hearts and teach them how to properly care for them:

Pump up the Activity Level:

Have the children help set the table and clear it off at the end of meals.

Go for a walk after eating a meal.

Turn on the dance music and do the twist!

Play a song while picking up toys. Encourage the kids to have all of the toys picked up by the end of the song, to raise their heart rates.

Dust off the jump ropes and Frisbees. Spring is coming!

Aim for at least 60 minutes of physical activity per day for children.

Decrease Heart-Stopping Fats, Especially Saturated Fats:

Bake, broil, grill, or stir-fry foods rather than frying.

Choose low-fat meats (chicken, fish, turkey, lean pork, and lean beef).

Limit high-fat meats (sausage, bacon, hot dogs, salami, pepperoni, and bologna).

Serve a vegetarian meal at least once a week.

Find non-meat sources of protein (beans, nut butters, tofu, and low-fat dairy).

Use fruits as dessert instead of high-fat desserts (ice cream, cake, and cookies).

Limit added fats (margarine, butter, oil, salad dressing, and mayonnaise).

Use low-fat dairy products, such as low-fat milk, cheese, sour cream, cottage cheese, yogurt, and cream cheese.

Incorporate Heart-Healthy Fats:

Cook with olive or canola oil, however use small amounts as oils are high in calories.

Eat nut butters atop toast, crackers, waffles, or as a dip for pretzels, apples, celery, or carrots.

Slice avocados for a snack, or to top sandwiches.

Grind flax seeds and add them to oatmeal, cold cereal, or smoothies.

Increase Fabulous Fiber in Meals and Snacks:

Serve oatmeal and whole wheat toast/bread.

Incorporate whole grain flour into baked goods (i.e. whole wheat or oat flour)

Add beans to casseroles, soups, and side dishes.

Tempt the children with colorful fruits and vegetables.

Fun Heart Facts:

Did you know that the heart is one of the most important organs in your body? It pumps blood through blood vessels all around your body.

Did you know that your heart is the size of your fist?

Did you know that your heart is a muscle too so you need to make it strong by exercising?

Did you know that your heart beats nearly 100,000 times every day?

FEBRUARY LUNCH IDEAS

VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

1% Milk Ground Beef Lettuce/Tomato Grapes Nachos	1% Milk Scrambled Egg Oranges Potato French Toast Stix	1% Milk Make your Own Salad Ham Romaine Lettuce Kiwi WW Bread	1% Milk Slow Cooker Pulled Pork Potato Salad Broccoli Bun	1% Milk Roll-ups Refried Beans/ Shredded Cheese Corn Melon Tortilla
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Recipe of the Month

Slow Cooker Pulled Pork

Ingredients:

2 lbs Pork Butt
12 oz Root Beer
Onion
2 cloves crushed garlic
BBQ sauce

Directions:

Spray slow cooker with a little oil. Slice onion and put in slow cooker. Mince garlic and add to slow cooker. Place Pork Butt on top of onion and garlic. Pour 12 oz of Root Beer over the top. Cook on low about 8 hours or until pork easily shreds. Drain liquid, reserving 1 ladle. Add BBQ sauce of choice and one ladle of the drained liquid.



snack Of the Month

Heart Shaped Toasted Cheese Sandwich

Use a large heart-shaped cookie cutter to cut heart shapes out of bread and square slices of cheese. Place two layers of cheese between the slices of bread. Spread softened butter on both sides, and put the sandwich in a frying pan on moderate heat. Turn over and toast the other side.



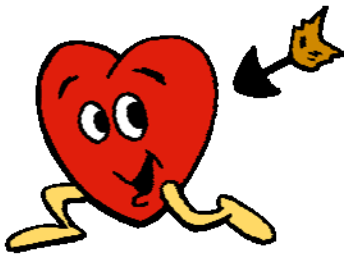
word search: Valentine

CUPID
BE MINE
LOVE
FRIENDSHIP
CARDS
ROSES
CHOCOLATE

PARTY
RED
PINK
ROMANCE
CANDY
ARROW
HEART

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

Knock, Knock
Who's there?
Sherwood.
Sherwood who?
Sherwood like to be your
valentine!



Let's Get Moving!

The Missing Fruit Game!

Materials: Fruit cards (pictures of fruit), plastic fruits (fruit should match the fruit cards)

Books To Read: *Eating the Alphabet* by Lois Ehlert

Directions: Hide the plastic fruit in the classroom. Show the different fruit cards and explain why it is important to eat fruits daily. Distribute the fruit cards to the children. The only rule to the game is no walking. Children must hop, march, crawl, tiptoe, or ski to find the missing fruit. Demonstrate each action (hop, march, tiptoe, or ski) for the children. As children find the fruit, distribute a new card until all the fruit have been found.



CACFP -
where healthy eating
becomes a habit.

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