



Perspectives

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

Very Important Program Pointers

Volume 20 Issue 222

January 2014

HAPPY NEW YEAR!

Make a New Year's Resolution to not only to meet the food program requirements but to meet the nutritional needs of the children in your care.

- Serve more fruits and veggies
- Serve more whole grains
- Serve more lean whole meats
- Limit the use of sugary snacks and breakfast items
- Limit the use of convenience foods
- Increase physical activity

Please refer the Healthy Bites and Active Early books for great ideas and resources. Or call Horizons, we would love to help!

End of the Year Statements and Tax Information

Manuel Claimers

End of the year statements will be mailed to by the January 31st—

Keep a look out for this important information

Minute Menu users can find the important tax information by :

Selecting the Review Claims Icon

Clicking Tax report

Inside this issue:

Very Important Program Pointers	1
Nutrition Note/ Snack Recipe	2
Monthly Lunch Ideas and Recipes	3
Word Search/ Let's Get Moving	4

Snowflakes are our friends
They descend when winter comes
Making white blankets



Does it Count

Hot Chocolate—Yes, if made with milk. Children 2 and over require 1% or skim milk.

Apple Cider—Yes, if 100% cider and pasteurized.

Homemade Soups and Stews—Yes, if serving requirements are met. Remember one component must be served on the side.





NUTRITION NOTE

By Kristen Frie RD

With the New Year here, it is fun to take a new look at foods and ways to prepare them. Potatoes are a good place to start, as there are so many ways to prepare these simple, tasty, nutritious spuds.



Baked Fries – Cut potatoes into matchstick-shaped pieces, toss in oil and seasonings. Bake until golden brown. Serve with a fun dipping sauce like ketchup.

Shredded Potato Pancakes – Mix shredded potatoes with reduced-fat cheddar cheese. Form into pancakes and either sauté in a pan or bake in the oven. Top with plain Greek yogurt.

Hashbrown Pizza – Use shredded potatoes as the crust to pizza, and top with favorites such as ham and pineapple, green peppers, black olives, etc.

Sweet Roasted Potatoes – Cube sweet and white potatoes. Mix with oil, brown sugar, and cinnamon. Roast in the oven.

Potato Chowder – Use the starch of potatoes to make creamy chowder without adding fat.

Potato Cheddar Bites – Use small red potatoes; cook them slightly, split them in half, fluff the white flesh, top with cheddar cheese, ham, and sour cream. Return to oven until heated through.

Fan Baked Potatoes – A twist on traditional baked potatoes. Use a knife to make slices in the raw potato, but do not cut through to the bottom. Bake in a foil packet.

Honey-Roasted Potatoes – Toss red potatoes with diced onion, melted butter, honey, dry mustard, salt, and ground black pepper. Bake until tender.

Cottage Potato Casserole – Mix sliced potatoes with butter, reduced-fat cottage cheese, diced onion, paprika, salt, and pepper. Bake until heated through and potatoes are tender.

Sour Cream & Onion Mashed Potatoes – Add chives, light sour cream, and cheese to mashed potatoes.

Oven-Baked Italian Potatoes – Cube potatoes, and toss with oil, oregano, thyme, marjoram, basil, parsley, freshly grated Romano cheese, butter, salt, and ground black pepper. Bake until tender.

Broccoli & Cheese-Stuffed Potatoes – Prepare a baked potato. Remove flesh and fluff with oil, broccoli florets, onion, minced garlic, grated low-fat cheddar, light sour cream, milk, salt, and pepper.

Parmesan-Roasted Potatoes – Toss small potatoes with oil, garlic powder, paprika, pepper, and Parmesan cheese. Bake until tender.

Crumb-Topped Potatoes - Mix one egg white with sliced potatoes. Place in a casserole dish and top with bread crumbs and Parmesan cheese. Heat in the oven and serve.



JANUARY LUNCH IDEAS

VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

<p>1% Milk</p> <p>Split Pea Soup</p> <p>Carrots</p> <p>Kiwi</p> <p>Crackers</p>	<p>1% Milk</p> <p>Chicken Tacos</p> <p>Lettuce/tomato</p> <p>Melon</p> <p>Taco Shell</p>	<p>1% Milk</p> <p>Cottage Cheese</p> <p>Broccoli</p> <p>Peaches</p> <p>WW Bread</p>	<p>1% Milk</p> <p>Slow Cooker Ribs</p> <p>Mashed Potato</p> <p>Green Beans</p> <p>Dinner Roll</p>	<p>1% Milk</p> <p>Hamburger</p> <p>Hash Brown</p> <p>Pizza</p> <p>Pineapple Bits</p> <p>Bread Stick</p>
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Recipe of the Month

Slow Cooker Ribs



4 lbs pork baby back ribs
 Salt and pepper to taste
 Store bought BBQ sauce of your choice

Preheat oven to 400 degrees. Season ribs with salt and pepper. Place in a shallow pan. Brown ribs in oven for 15 minutes. Turn over and brown another 15 minutes. Place in slow cooker with BBQ sauce. Cook on low for 6—8 hours or until tender.

snack of the Month



Baked Potato with the toppings of your choice:

- Cheese
- Chili
- Broccoli and cheese
- Let the kids decide!!

Word Search: January

SLEDDING
SKATING
COLD
SNOW
SNOWBALLS
JACKETS
MITTENS

BOOTS
SCARF
WARM SOCKS
HAT
COCOA
APPLE CIDER

How do you know if there is a snowman in your bed?

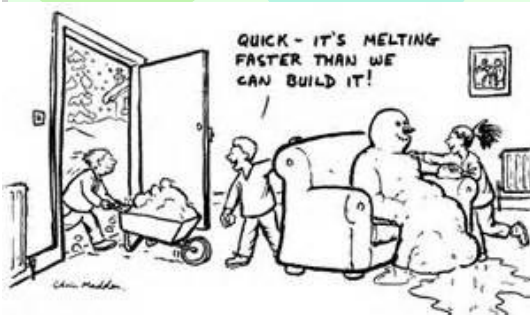


You wake up wet and cold!

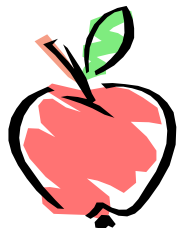
A	S	R	E	D	I	C	E	L	P	P	A
P	D	S	K	C	O	S	M	R	A	W	N
P	A	N	H	A	E	A	P	P	L	O	E
L	R	E	L	S	W	H	A	S	S	N	M
R	F	T	O	G	N	I	T	A	K	S	B
H	A	T	J	R	N	C	G	H	I	C	C
O	C	I	A	T	G	I	N	G	K	A	A
D	O	M	C	T	I	P	D	A	D	R	D
E	C	C	K	Y	S	L	K	D	Y	F	E
R	O	B	E	B	O	O	T	S	E	Y	R
C	A	N	T	C	D	L	P	O	U	L	T
A	S	M	S	L	L	A	B	W	O	N	S

Let's Get Moving!

After a fresh fluffy snowfall and make snow angels.



After a wet snow, go **outside** and build a snowman.



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.
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