



Perspectives

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

Very Important Program Pointers

Volume 20 Issue 216

July 2013

Applications for Tier Status have been mailed.

You should receive the mailing the 1st week in July. If you do not receive the application please call us they are time system and must be received in our office by July 31st.

Personal Income: If apply for Tier I status based on your own income remember to send in verification of your income from the month of June. The approved forms of verification can be found in your mailing.

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 daycare can receive reimbursement at the higher tier rates. 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/>

Can you claim your own children:

Yes, if: You meet the income guidelines and your children actively participate in the meal service with other non-residential day care children.

Call us for an application. If you are already a Tier I provider based on School or Census let us know so we can send you the correct form.

What if you don't qualify for Tier I status in the month of June?

If you have a change in your income anytime throughout the year, please let us know. We can adjust Tier Status at any time.

Mixed Tier Status: Mixed tiering is another option for providers who wish to qualify for Tier I rates. Each family enrolled in your day care can fill out Income Eligibility forms similar to the ones used in schools for free and reduced lunch. Please let us know if you would like forms to distribute to all your families.

Expiration of Eligibility Determinations

Household-Size Income Statement eligibility determinations for providers and parents expire June 30th of each year.

School eligibility determinations expire June 30th every 5 years.

Census eligibility determinations expire June 30th every 5 years.

Questions on your tiering options please call.

CACFP REQUIRED TRAINING is DUE JULY 31st

If you started claiming on the food program prior to October 1, 2012 you need to complete your annual food program training. This training packet can be found on our website www.horizonsunlimited.org under Provider Resources. 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 July 31, 2013. If you have any questions, please contact us at 800-261-9176 or by email at horizons@bayland.net.

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"The secret of happiness is freedom,
the secret of freedom is courage."

— Carrie Jones, Need



FREEDOM

Does it Count:

RHUBARB -Yes-

STRAWBERRIES -Yes- See "Berries".

FROZEN HOMEMADE FRUIT JUICE BARS - Yes- Record as homemade.



NUTRITION NOTE

IS YOUR PICNIC SAFE?

By Kristen Frie RD

Summer is the perfect time to pack a picnic lunch and enjoy it at a nearby park. Picnics are meant to be fun and safe, and food is not where you want the fun to end. You may not have intentionally packed a food borne illness as a picnic staple, but there may very well be one lurking in your basket.

Depending on the type of illness, symptoms of a food borne illness may appear within hours of eating the affected food or several days later¹. Certain populations are at greater risk of suffering more serious consequences from food borne illnesses, including infants, older adults, and anyone who has a weak or compromised immune system.

So how do we keep these unwanted bugs out of our picnic? Bacteria prefer certain conditions for growing and multiplying rapidly. The bacteria-favored conditions include high-protein foods (i.e. meat, poultry, fish, eggs, and dairy products), moisture, and temperatures between 41° and 135°F¹.

Whether you plan to grill foods at your picnic or transport ready-made foods from home, following a few simple steps to food safety will minimize the risk of food borne illnesses at your picnic^{2,3,4}.

- Use separate cutting boards and knives for raw, pre-cooked, and ready-to-eat foods.
- Clean your hands, cutting boards, knives, and other utensils with hot, soapy water.
- Wash everything that contacts raw ground meat or poultry.
- Thoroughly cook foods to the recommended minimum internal cooking temperature, using a cooking thermometer. (poultry: 165°F, steak: 140°F, hamburgers: 145°F, fish: 145°F)
- Use separate serving platters and utensils for raw meat and poultry.
- Marinate foods in the refrigerator rather than in outdoor temperatures.
- Rinse and scrub all fresh fruits and vegetables.
- If the water is unsafe to drink or use, pack your own.
- Take only the amount of perishable foods that you will actually use.
- Pack perishable foods in an insulated cooler with ice or frozen gel packs to keep the temperature at 41°F or lower.
- Store leftovers in the cooler immediately. If the temperature is above 90°F, don't leave food out more than one hour. If the temperature below 90°F, the maximum time is two hours.
- If the cooler ice has melted by the time you arrive home, throw away the potentially unsafe leftovers.



¹ National Restaurant Association. ServSafe Essentials Fifth Edition. 2009.

² Daily Tips. Academy of Nutrition and Dietetics. 2010. www.eatright.org.

³ US Food and Drug Administration. Food Facts. Eating outdoors, handling food safely. 2011. www.fda.gov.

⁴ United States Department of Agriculture Food Safety and Inspection Service. Safe food handling: Barbecue and food safety. 2010. www.fsis.usda.gov.

JULY LUNCH IDEAS

VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

<p>1% Milk</p> <p>Hamburger</p> <p>Potato Wedge</p> <p>Strawberries</p> <p>WW bun</p>	<p>1% Milk</p> <p>*Sunshine Roll-Ups</p> <p>Mandarin Orange</p> <p>Watermelon</p> <p>Tortilla</p>	<p>1% Milk</p> <p>*Gone Fishin'</p> <p>Green Beans</p> <p>Mango</p> <p>WW Crackers</p>	<p>1% Milk</p> <p>Cheddar Cheese</p> <p>Carrot Stix</p> <p>Nectarine</p> <p>WW Bread</p>	<p>1% Milk</p> <p>Tuna Salad</p> <p>Corn on Cob</p> <p>Kiwi</p> <p>WW Bread</p>
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Sunshine Roll-Ups

Ingredients:

2 lbs chicken, chopped
 3/4 cup celery, chopped
 1 cup mandarin oranges
 1/4 cup + 2 Tbsp onion, chopped
 2 Tbsp Mayonnaise
 3/8 tsp pepper
 12 Tortilla, whole grain, 6"
 1 cup lettuce, chopped

Directions:

1. In a mixing bowl, combine chicken, celery, oranges and onions.
2. Add mayonnaise and pepper. Mix until chicken is coated.
3. Place about four teaspoons of lettuce onto tortilla and top with chicken mix.
4. Roll up and enjoy!



12 servings for 3-5 year olds of Grain, Fruit/Vegetable, Meat

From: CACFP Menu Planning Guide, p. 83

Gone Fishin'

Ingredients:

1 1/2 lbs Fish fillets, frozen, unbreaded, cut into strips
 1/2 tsp Paprika
 1/8 tsp Pepper, red/cayenne
 1/4 tsp Pepper, black
 1/4 tsp Oregano, ground
 1/4 tsp Thyme, ground
 1/4 cup vegetable oil
 2 Tbsp Lemon juice

Directions:

1. Place fish portions on an ungreased pan.
2. Mix seasonings in a small bowl. Place in a shaker.
3. Sprinkle lemon juice over the top of the fish fillets.
4. Shake seasoning mix over fish fillets.
5. Lightly spray or drizzle oil over the seasonings.
6. Bake at 350 degrees for 20 minutes or until fish flakes easily with fork.



10 servings for 3-5 year olds of Meat

From: CACFP Menu Planning Guide, p. 81

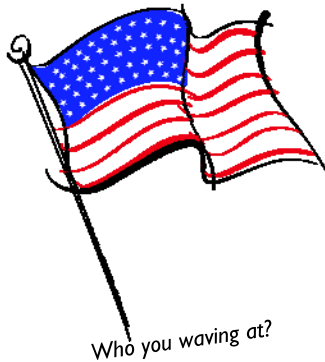
Word Search: 4th of July

FREEDOM
COURAGE
WISDOM
INDEPENDENCE
FLAG
PICNIC
FIREWORKS

ANTHEM
BBQ
VETERENS
PARADE
HOLIDAY
CAMPING
MARCHING

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

What did one flag say to the other flag?



Let's Get Moving!

Decorate the Driveway

- ◆ What could be more American than sidewalk chalk?
- ◆ Get out your sidewalk chalk and let the kids all color on the driveway. You can section off different areas for different age groups . Suggest that the kids follow some sort of patriotic theme like the flag or fireworks.

Have a Parade

- ◆ Get out musical instruments or make your own.
- ◆ Decorate wagons, bikes, strollers.
- ◆ Practice Marching.



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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