



Perspectives

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

Very Important Program Pointers

Volume 20 Issue 220
November 2013

Next Review:

Remember, records must be available for the current and prior 3 years. Jenna will be checking on your next review for these records.

The nondiscrimination statement and complaint procedures must be in your policies. This will be checked as well.

Our Thanks

THANK YOU for letting Horizons serve you on the Child and Adult Care Food Program. We appreciate working with you are grateful for all you do on behalf of our children.

RECORD "HOLIDAY CARE" IF DOING CHILD CARE ON HOLIDAYS

- If you do child care on Thanksgiving or Christmas Day, be sure to record "holiday care provided" on your menus or in the provider calendar if you claim online. To access the provider calendar to inform us of days closed, holiday care, etc. go to tools > manage calendar.
- If you do not specifically indicate holiday care was provided, we will need to disallow all meals on Thanksgiving and Christmas Day.

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"Thanksgiving after all is a word of action.."

W.J. Cameron

DOES IT COUNT?

- **Apple Cider:** Yes. It must be pasteurized and full-strength juice.
- **Hot Chocolate:** Yes, if made with fluid milk. Remember, for 2 years and above it must be 1% or skim.
- **Pumpkin Pie:** Yes. Must be homemade with canned pumpkin (not pumpkin pie filling).
- **Pizza Sauce:** Yes if used for dipping. Pizza sauce on a slice of pizza does not meet the quantity requirements.





NUTRITION NOTE

Re-Create your Thanksgiving Feast
By Kristen Frie RD

November is a time to celebrate all that we are thankful for, but over the years the holiday has turned into more of a gluttonous feast of food. Butter, cream, salt, and sugar do not have to be the centerpieces of your Thanksgiving meal this year (or any year!). Try some new, healthy twists on traditional Thanksgiving food.

Turkey:

Use a turkey breast rather than the whole bird if you're hosting a smaller gathering.

If buying a whole turkey, avoid the self-basting ones.

Stuff the turkey cavity with halved onions, halved apples, and herbs such as sage, thyme, and/or rosemary.

Spray the outside of the turkey with nonstick oil spray rather than rubbing with butter.

Roast or smoke the turkey rather than deep-fat frying.

Cook the turkey with the breast down to keep it moist.

Remove the outer skin before eating.

Mashed Potatoes:

Use some of the starchy water, from boiling the potatoes, to mash with the potatoes and a little butter and skim milk.

Add turkey or chicken broth, evaporated skim milk, fat-free sour cream, roasted garlic, and/or herbs to the potatoes as you mash them for added flavor.

Add some pureed, cooked cauliflower, parsnips, or turnips for more tasty nutrition.

Dressing:

To avoid soaking up all of the fat drippings, bake the dressing in a casserole dish separate from the turkey.

Use recipes that include rice and other grains as the base of the dressing, rather than sausage or bacon.

Sweet Potatoes:

Make mashed sweet potatoes alongside the mashed potatoes, and serve them in a bowl together so each scoop gets some of each type of potato.

Roast a variety of root vegetables (i.e. turnips, parsnips, etc.) and glaze them with apple cider and cinnamon, and top with chopped walnuts.

Green Bean Casserole:

Use light versions of the ingredients, such as fat-free or lower sodium cream of mushroom soup, frozen green beans, reduced-fat cheese, and a smaller amount of french-fried onions.

Make green beans almondine for an elegant, yet lighter twist on the casserole dish.

Cranberry Sauce:

Make your own rather than using the sugar-laden canned version.

Use whole cranberries, and simmer with fruit juice and/or applesauce.

Pumpkin Pie:

Use a reduced-fat graham cracker crust rather than the traditional pie crust. Opt for a different pumpkin dessert, such as light pumpkin mousse or pumpkin muffins.



NOVEMBER LUNCH IDEAS

VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

<p>1% Milk</p> <p>Canadian Bacon</p> <p>Shredded Cheese</p> <p>Hash Browns</p> <p>Pineapple</p> <p>Tortilla</p> <p>“Hawaiian Quesadilla”</p>	<p>1% Milk</p> <p>*HM Beef Stew</p> <p>Banana</p> <p>Potato/Carrots</p> <p>WW Bread</p>	<p>1% Milk</p> <p>Ground Beef</p> <p>Lettuce/tomato</p> <p>Apple Slices</p> <p>WW Bun</p>	<p>1% Milk</p> <p>Turkey</p> <p>Mashed Potato</p> <p>Green Beans</p> <p>Dinner Roll</p>	<p>1% Milk</p> <p>Turkey Noodle Soup</p> <p>Applesauce</p> <p>Peas/Carrots</p> <p>WW Pasta</p>
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Ingredients

- 3 lbs cubed beef stew meat
- 1/4 cup flour
- 1/2 tsp salt, or to taste
- 3 TBLS olive oil
- 1 cup baby carrots
- 4 large potatoes cubed
- 1 TBLS dried parsley
- 1 tsp black pepper
- 2 cups boiling water
- 1 1 ounce package dry onion soup mix
- 3 TBLS butter
- 3 onions sliced
- 1/4 cup vegetable, chicken, or beef broth
- 1/4 cup warm water
- 2 TBLS flour
-

Slow Cooker Beef Stew



Directions

1. Place meat in a large plastic bag. Combine 1/4 cup flour and 1/2 tsp salt; pour in bag with meat and shake to coat.
2. Brown the stew meat in the olive oil over medium heat until browned. Transfer to slow cooker with carrots, potatoes, parsley and black pepper. Stir together 2 cups boiling water and soup mix; pour into slow cooker.
3. In same skillet saute onions in butter until softened. Add to slow cooker. Pour broth into skillet and stir to loosen brown bits on bottom of skillet. Add to slow cooker.
4. Cook on high for 30 minutes. Reduce to low and cook 6 hours or until meat is fork tender.
5. Mix together 2 TBLS flour and 1/4 cup warm water. Stir into stew and cook uncovered for 15 minutes or until thickened.

Word Search: Thanksgiving

TURKEY
DRESSING
GREEN BEANS
CRANBERRIES
PUMPKIN PIE
ROLLS
JELLO

THANKS
PILGRIMS
INDIAN
SHARE
KINDNESS
FAMILY
CELEBRATE

Which side of the turkey has the most feathers?



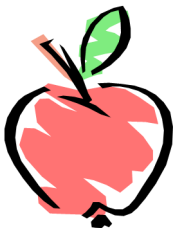
The outside!

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

Let's Get Moving!

I'm a Little Turkey (to the tune of I'm a Little Teapot)

I'm a little turkey
Fluffy and brown (Rub Tummy)
My wings flip-flop
When I turn around (Flap arms)
I have lots of feathers,
On my back (Bend down and wave hands over back)
And a big orange beak (Use hands to clap)
That goes "click clack"



CACFP - where healthy eating becomes a habit.

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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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