

Perspectives

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

Very Important Program Pointers

Volume 21 Issue 227

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YOUR NEXT REVIEW

USDA NON-DISCRIMINATION STATEMENT and COMPLAINT PROCEDURES

Jenna will also be reviewing your policies to visually confirm that you are using the correct USDA Non-Discrimination Statement and Complaint Procedures. The statement can be found on our website www.horizonsfoodprogram.org under Provider Resources.

FOOD PROGRAM RECORDS

Jenna will be verifying your required food program records are being maintained and are available for review. The CACFP requires you keep your food program (menus, meal counts, enrollment forms, training) and child care attendance records for 3 years plus the current year. On reviews Horizons is required to view these records. Please have the current month plus the last twelve months readily available in a binder or file. The remaining two years can be filed but must be accessible. If you are using the MMKIDS program your menus, meal counts and enrollment forms are available online, but be sure to have your child attendance records and training documentation readily available in a binder or file for review. We will be asking for these records on the first review done as of October 1.

SCHOOL IS BACK IN SESSION. DID MEAL TIMES CHANGE?

If you have changed your mealtime schedule PLEASE notify Horizons at 1-920-826-7292 or email us at horizons@bayland.net. Remember Jenna needs to be able to observe the entire meal service for a successful mealtime review.

Does it Count?

APPLE BUTTER - No - Does not contain enough fruit for crediting purposes.

APPLE CIDER -Yes- Be sure it is 100% pure and only serve pasteurized cider.

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*Autumn, the years
last, loveliest smile.*

William Bryant





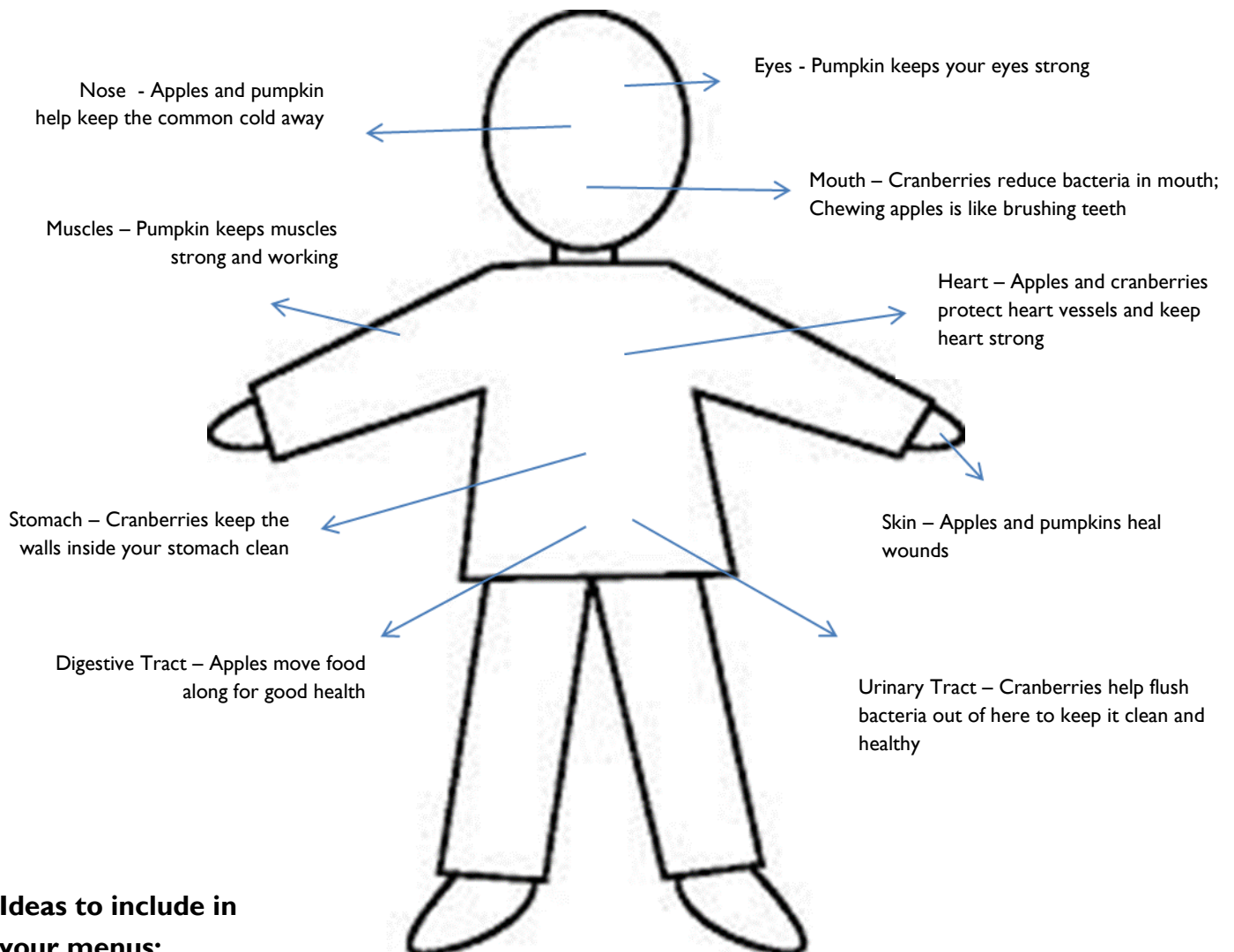
NUTRITION NOTE

Harvesting Nutrition

By Kristen Frie RD

Harvesting Nutrition

Foods that are the most abundant during the fall season can provide nutrition from head to toe.



Ideas to include in your menus:

- Toss dried cranberries into trail mix
- Add dried cranberries to brown rice for a sweet side dish
- Toss dried cranberries into cooked oatmeal or cold cereal
- Mix apples and cranberries into muffin batter
- Puree cooked apples and pumpkin, with pumpkin pie spices, for a creamy soup
- Mix pumpkin puree into pancake batter
- Bake an apple filled with cinnamon, a little brown sugar, and raisins
- Add pumpkin to a turkey chili

SEPTEMBER LUNCH IDEAS

VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

1% Milk Black Bean Burger Cauliflower Peaches WW Bun	1% Milk Cheddar Cheese Tomato Soup Red Grapes WW Bread	1% Milk Baked Chicken Cranberries Acorn Squash Brown Rice	1% Milk Turkey Chili Pumpkin (in chili) Pears Crackers	1% Milk Baked Fish Sautéed Cabbage Red Potato Rolls
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Recipe of the Month

Sautéed Cabbage

Ingredients:

- 1/2 head cabbage, chopped
- 3 Tbsp olive oil
- 1/2 onion chopped
- 1 small red pepper chopped
- 1 small yellow pepper chopped
- Salt and pepper

Directions:

1. Heat olive oil in a large skillet over high heat.
2. Cook and stir the cabbage, onion and peppers in the hot oil until tender, about 5- 7 minutes.
3. Salt and Pepper to taste.



snack of the Month

Homemade Applesauce

- 4 apples, peeled, cored and chopped
- 3/4 cup water
- 1/4 cup white sugar
- 1/2 tsp cinnamon

1. In a saucepan combine all ingredients.
2. Cover and cook over medium heat for 15- 20 minutes or until apples are tender.
3. Allow to cool, then mash with a fork or potato masher.



Word Search: FALL

PUMPKIN ZUCCHINNI
 SQUASH ONIONS
 CARROT RUTABAGI
 PARSNIPS FOOTBALL
 CABBAGE TURNIP
 POTATO APPLES
 TOMATOES CRANBERRIES

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

How do you fix a flat pumpkin?

With a pumpkin patch!



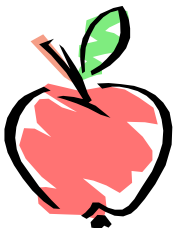
Let's Get Moving!

SCARVES OF MANY COLORS

Active Early

Have each child pick out a different colored scarf and act out things found in nature, such as trees, water, the sky, or animals.

Give scarves to older infants (younger infants could wrap themselves up causing a choking/strangulation hazard) as well so they can learn from sensory exploration. Infants also will see the older children and process what they are doing.



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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