



Perspectives

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

Very Important Program Pointers

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CACFP REQUIRED TRAINING COMING SOON!

If you started claiming on the food program prior to October 1, 2010 you need to complete a required recordkeeping training. This training packet is being mailed soon. Please read through all the required elements in the packet carefully. Then sign and date page 2 and return it to the Horizons office no later than August 31, 2011. If you have any questions, please contact us at 800-261-9176 or by email at horizons@bayland.net.



A workshop on helping parents better understand best practices when it comes to infant feeding will be offered in addition to the required training packet. **Details coming soon!** The training packet will need to be returned even if this workshop is attended.

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"Spring is when you feel like whistling even with a shoe full of slush."

Doug Larson

DOES IT COUNT?

EGGS, COOKED - Perhaps - Credited as a meat alternate. Eggs must be graded to be allowed. Fresh farm eggs that have not been graded are not creditable. Eggs must be cooked thoroughly. Eggs cannot be credited when part of a home made custard or pudding.



EGG NOODLES - Yes - May be counted as a grain/bread when made from an enriched or whole grain flour.



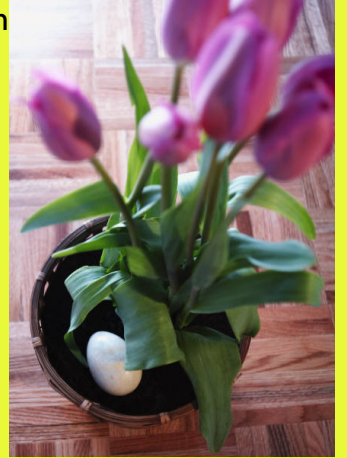


Nutrition Note

EGG HANDLING AND SAFETY TIPS

There are some important safe handling methods to remember this time of year when you're decorating, cooking or hiding eggs since eggs are handled a great deal more than usual this time of year. Remember to:

- Wash your hands thoroughly with hot soapy water and rinse them before handling the eggs when cooking, cooling, dyeing and hiding them.
- Be sure and inspect the eggs before purchasing them, making sure they are not dirty or cracked. Dangerous bacteria may enter a cracked egg.
- Store eggs in their original cartons in the refrigerator rather than the refrigerator door.
- If you're having an egg hunt, consider hiding places carefully. Avoid areas where the eggs might come into contact with pets, wild animals, birds, reptiles, insects or lawn chemicals. Make sure you find all the eggs you've hidden and then refrigerate them. Discard cracked eggs.



As long as the eggs are NOT out of refrigeration over two hours, they will be safe to eat. Do not eat eggs that have been out of refrigeration more than two hours. Refrigerate hard-cooked eggs in their shells and use them within 1 week. If you are planning to use colored eggs as decorations (for centerpieces, etc.) where the eggs will be out of refrigeration for many hours or several day discard them after they have served their decorative purpose.

Resource: food.unl.edu

April Snack Recipe

The Perfect Hard-Cooked Egg

Whether hard- or soft-cooked, this **method is incorrectly called boiled eggs**. Although the cooking water must come to a boil, eggs should NOT be boiled because high temperatures make them tough and rubbery.

- Place eggs in a single layer in a saucepan.
- Add enough water to come at least one inch above the eggs.
- Cover and quickly bring just to a boil.
- Turn off heat. Remove pan from burner and let eggs stand, covered in the hot water about 12 minutes for Medium, 15 minutes for Large eggs, and 18 minutes for Extra Large.
- Immediately run cold water over the eggs, or add ice cubes to the cold water until completely cooled. This will prevent a greenish ring from forming around the yolk.
- Remove eggs from the water and place in the refrigerator until ready to use.



One-half egg counts as a meat/meat alternate serving at snack for a 3-5 year old

APRIL LUNCH IDEAS

VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

Milk Deviled Eggs* Cucumber Slices Tomato Slices Whole Wheat Toast	Milk Ham Mashed Cauliflower Cantaloupe Wild Rice	Milk Cottage Cheese Lettuce Salad Peach Slices Marbled Rye	Milk Tuna Salad Strawberries Pineapple Rings WW Bun	Milk Sweet & Sour Meatballs* Baby Carrots Pineapple Chow Mein Noodles
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Deviled Eggs (Kraft Foods)

- | | |
|---------------------------------|---------------------------|
| 12 hard-cooked eggs | 2 teaspoons white vinegar |
| 4 ounces cream cheese, softened | 1 teaspoon sugar |
| 3 tablespoons mayonnaise | 1/8 teaspoon paprika |
| 2 teaspoons dijon mustard | |



Cut eggs in half lengthwise. Remove yolks; place in medium bowl. Refrigerate egg white halves for later. Add cream cheese, mayonnaise, mustard, vinegar and sugar to the yolks. Mix until well blended. Spoon mixture into large resealable plastic bag. Cut small corner from bag and pipe filling into egg white halves. Sprinkle with paprika. Serve immediately or cover and refrigerate until ready to serve.

Record as eggs on your menus. Counts as a meat/meat alternate.

Sweet & Sour Meatballs Submitted by Jaime Richling, Appleton

- | | |
|---------------------------|-------------------------------------|
| Meatballs: | Sauce: |
| 1 lb. ground beef, thawed | 1/4 cup ketchup |
| 1/4 cup oatmeal | 1 tablespoon Dijon or honey mustard |
| 1 egg | 1 tablespoon Worcestershire sauce |
| 1 teaspoon garlic powder | 1 tablespoon brown sugar |
| Salt and pepper, to taste | 3 tablespoons white vinegar |
| | Salt and pepper |



Form small meatballs and brown in a skillet on medium-high heat thoroughly cooked. After meatballs are thoroughly browned and cooked, turn heat down to low and simmer meatballs in the sauce for about five minutes.

Tip: Add finely minced zucchini, onion, green/red pepper, carrots or pureed squash to the sauce for extra vitamins!

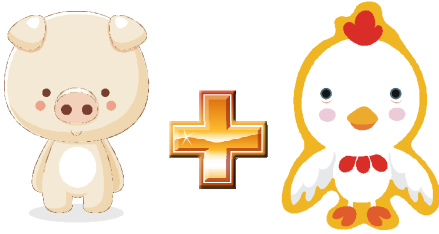
Record as ground beef on your menus. Counts as a meat/meat alternate.

Word Search: Eggs

BENEDICT	OVER EASY
CHILAQUILES	POACHED
DEILED	QUICHE
EGG DROP SOUP	SALAD
FRIED	SCRAMBLED
FRITTATA	SUNNY SIDE UP
HARD-COOKED	SOUFFLE
OMELET	STRATA

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

What do you get when you cross a pig and a chicken?



“Ham and Eggs”!

Let's Get Moving!



Plastic Egg Fun (lets-explore.net)



Here are a few ideas for creative and easy ways to use plastic eggs and get the children moving:

- Egg and Spoon Race - See how far or how long your child can walk with a plastic egg on a spoon.
- Egg Toss - Toss plastic eggs into a basket or box.
- Count and Deliver - Set out baskets or boxes with numbers attached to the front (or draw different amounts of eggs on an index card for each basket/box). Have each child count and deliver the correct number of eggs to each basket/box.
- Egg Roll Race - Mark a finish line on the floor with masking tape, or outside with chalk. Ready, set, go! Roll the plastic eggs and see which one crosses the finish line first.
- Treasure Hunt - Set up a treasure hunt with clues inside eggs hidden around the house and/or outside. Fill the last egg with a special treasure (sticker, eraser, etc.).



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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