



Perspectives

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

Very Important Program Pointers

Volume 18 Issue 204
July 2012



Whole Wheat Bread or White/Wheat Bread

Select *Whole Wheat Bread (062)* if the ingredient list says whole grain or multi-grain.

Select *White/Wheat Bread (061)* if the ingredient says enriched wheat flour.

Frozen HM Juicicles

Select the *type of juice* that is used to make the HM juicicle. Example: orange juice.

Baked Beans

Select *Navy/Baked/Northern Beans (074)*

Potato Salad

Select, *Potatoes, Red/White (230)*

Remember, you can type in the number and it will automatically bring up the food you want to record. This saves time on the foods you serve often.

For example: in the milk field just type the number 1, hit tab and it will automatically populate the words fluid milk.

Type in the fruit/vegetable field the number 230 and it will populate Potatoes, Red/White.

Attendance Records

Attendance records are required to be completed on a daily basis and need to reflect the actual times in and out of your day-care children. If attendance records are not current when we come for a home review, meals will be disallowed for missing or incomplete days.

To help here are a few suggestions:

- Place a digital clock next to the attendance sheet. Then give parents the responsibility to record the time they drop off and pick up their child/ren.
- Review attendance records at the end of each business day to ensure parents have signed their children in and out correctly.
- Use the attendance records to double check your meal counts to verify accurate recording.
- Parents should sign the attendance records weekly confirming the information is

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Don't forget to return your FY 2012 Training

You should have received the FY 2012 required training. Please fill out the questionnaire and sign the signature page. Next step— return it to us no later than July 31st.!



If you claim online the training handbook can be found on Horizons website.

You need this training to continue participation on the food program.

Like us on Facebook and have your parents do the same! You will see:

- Articles
- Recipes
- Ideas

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Nutrition Note



WATER, WATER, WATER

All family child care homes participating in the CACFP must make drinking water available upon request to children.

Why water? Drinking water can be both rewarding and beneficial for young children and adults. Water hydrates the body, cushions muscles and joints, and should be consumed on a regular basis. Water is also used by the body to transport nutrients to and carry waste away from cells and assist in regulating body temperature. Additionally, there are several benefits to drinking water: it is the main solvent for food, minerals and vitamins; it assists the kidneys; assists in maintaining normal bowel functions; assists in the normality of body functions; and does not add fat or calories to the diet.

An interesting fact: the human body is made of approximately 75% water. Water is lost throughout the day via urination, perspiration, and even exhaling. Recommendation for water intake are based on weight, age, and other stipulations; however, young children should drink water on a regular basis. Water consumption should be encouraged especially when children participate in physical activity, are ill with a fever, experience diarrhea or vomiting, or are in high altitude or hot climates.

Dehydration is a major consequence of both young children and older adults when they have not consumed enough fluids. The body does not store water as it stores nutrients, so dehydration takes place when a person expends more water than they consumed. Symptoms associated with dehydration include: lethargy, no/limited tears when crying, decreased frequency of urination, irritability, and sunken eyes.

REMEMBER: Water is not a creditable food components for any meal or snack.

TIPS FOR SERVING AND INCREASING THE AVAILABILITY OF WATER

- ◆ Display child size water pitchers with cups for easy access.
- ◆ Give children straws as they often have fun drinking from them.
- ◆ Send home fact sheets to parents pertaining to water and availability.
- ◆ Serve water at snack when no other beverage is served. (not a creditable component)
- ◆ Add flavor to water with lemons, limes, oranges, etc.
- ◆ Serve water chilled.
- ◆ Set an example and drink water yourself.
- ◆ Avoid serving too much water before and during mealtime as it leads to a feeling of fullness.

ACTIVITIES TO PROMOTE DRINKING WATER

- ◆ Talk about water during circle time and that they can have some when they ask.
- ◆ Have books about water such as *Water* by Frank Asch and *The Water 's Journey* by Eleonore Schmid.
- ◆ Talk about the water cycle as a science theme.
- ◆ Discuss the different forms of water: frozen water (ice, snow, sleet) liquid water (water they drink, water in lakes) and steam. Ask the children where they may have seen each form of water.
- ◆ Plant a garden and allow children to water.
- ◆ Do water painting as a project. Add food coloring to water and paint away. Give each child a bucket of clear water and paintbrushes and let them paint the driveway.

JULY LUNCH IDEAS

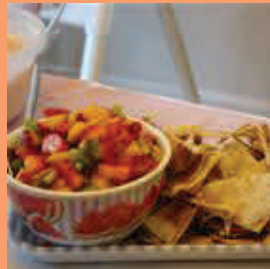
VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

<p>1% Milk</p> <p>Turkey/Cheese Wrap</p> <p>Lettuce/tomato</p> <p>Blueberries</p> <p>WW Tortilla</p>	<p>1% Milk</p> <p>Sloppy Joes</p> <p>Wax Beans</p> <p>Apple</p> <p>WW Bun</p>	<p>1% Milk</p> <p>Meatballs</p> <p>Spaghetti Sauce</p> <p>Pineapple</p> <p>Spaghetti</p>	<p>1% Milk</p> <p>Breakfast Burrito</p> <p>Sweet Corn</p> <p>Watermelon</p> <p>WW Tortilla</p>	<p>1% Milk</p> <p>Chicken</p> <p>*Fruit Salsa</p> <p>Mixed Veggies</p> <p>*Cinnamon</p> <p>Tortilla Chips</p>
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Recipe of the Month

Ingredients

- 1 Fuji apple - peeled, cored and diced
- 1 cup sliced fresh strawberries
- 2 kiwis, peeled and sliced
- 2 bananas, peeled and sliced
- 1 tablespoon fresh lime juice
- 2 tablespoons white sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 cup oil for frying
- 6 (10 inch) flour tortillas
- 3 tablespoons white sugar
- 1 tablespoon ground cinnamon



Fruit Salsa with Cinnamon Tortilla Chips

Preparation

1. In a medium bowl, mix together Fuji apple, strawberries, kiwis, bananas, lime juice, white sugar, cinnamon and nutmeg. Cover and chill in the refrigerator approximately 20 minutes.
2. Heat oil in a medium heavy saucepan to 375 degrees F (190 degrees C).
3. Slice flour tortillas into triangles. Carefully place tortilla triangles into the hot oil and fry until golden brown, 2 to 4 minutes. Drain on paper towels.
4. Place white sugar and cinnamon in a large ziplock plastic bag. Drop fried tortilla triangles into the bag and shake to coat.

snack of the Month

Ingredients

- 1/2 cup fat-free vanilla ice cream
- 1/2 cup orange juice
- 1 orange, peeled and frozen
- 1 teaspoon orange zest (optional)

Frosty Orangeliciousness Smoothie

Place all ingredients in a blender and combine. Enjoy!

Serving Size: 1

Record as a fruit. Select oranges from the food list or write oranges on your menus. The ice cream is not creditable.



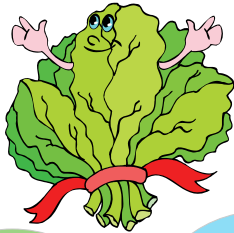
Word Search: Water

WATER
BOAT
RAFT
ICE COOLER
SWIMMING
BEACH
SPRAY

HOSES
WATERSOCKS
LIFE JACKET
STEAM
WADING
SWIMMING
SWIMSUIT

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

Knock Knock
Who's There?
Lettuce.
Lettuce Who?
Lettuce In!!



Let's Get Moving!

Water Works

Try to catch water; it just can't be caught in the hands. That is one of the things that makes water so much fun to play with. But it can be caught in containers. Experiment with capacity by exchanging water into different cups, small pitchers, bowls, etc. Ask, "which containers hold more water?" Fill one container and then pour the water into a different one. Will it fill it to the top?

Water Painting

Give children a bucket filled with water and some paintbrushes. Invite them to "paint" the house. Besides being fun, this activity will build young bodies. Now, what happens to the water they have painted on the walls after a few minutes in the hot summer sun? It disappears and evaporates into the air. It's all part of the same water cycle that affects our weather.



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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