



Perspectives

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

Very Important Program Pointers

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- **Granola bars** have been added to the food list at breakfast. Remember, these are high in sugar and considered a dessert type food and dessert type foods should be limited to twice per week.
- **Smoothies:** If you are serving smoothies at snack time, select the fruit that meets the quantity portion per serving or the milk if it meets the quantity portion. For example if you prepare a Strawberry Smoothie and use at least 1/2 cup strawberries per serving and 1/2 cup milk per serving, you would record Milk and Strawberries for the snack.
- **Milkshakes:** The ice cream in milkshakes is not creditable. However, if you prepare a blueberry milkshake and use at least 1/2 cup blueberries and 1/2 cup milk per serving you would then record blueberries and milk for snack.

Summertime Schedules

- If you have changed the times of your meals for the summer, please let us know.
- If you will be gone during a meal or snack let us know prior to that meal or snack.
- If you will be closed for a vacation or for any other reason, be sure to notify us.

Email: horizonsunlimited.org

Call : 800-261-9176

Fax: 920-826-5308.

FY 2012 Training

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

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



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Sun is shining,
the weather is sweet.
Makes you want to move, your
dancing feet.

HORIZONS IS NOW ON
FACEBOOK. CHECK US
OUT!

- Articles
- Recipes
- Ideas



Have your parents join us
too!

[http://www.facebook.com/
#/HorizonsFoodProgram](http://www.facebook.com/#/HorizonsFoodProgram)

NUTRITION NOTE

focus on fruits



10 tips to help you eat more fruits

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

1 keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 think about taste

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe.

3 think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

4 don't forget the fiber

Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

5 be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.

6 include fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Try a fruit mixed with fat-free or low-fat yogurt.

7 try fruit at lunch

At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

8 experiment with fruit at dinner, too

At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.

9 snack on fruits

Dried fruits make great snacks. They are easy to carry and store well.

10 keep fruits safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.

JUNE LUNCH IDEAS

VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

<p>1% Milk</p> <p>*Pesto Tuna Wrap</p> <p>Lettuce/tomato</p> <p>Carrot Sticks</p> <p>WW Tortilla</p>	<p>1% Milk</p> <p>Hamburger</p> <p>Potato Wedge</p> <p>Strawberries</p> <p>WW Bun</p>	<p>1% Milk</p> <p>* Hot Beef</p> <p>Potato Salad</p> <p>Oranges</p> <p>WW Bun</p>	<p>1% Milk</p> <p>Cottage Cheese</p> <p>Sweet Corn</p> <p>Watermelon</p> <p>Muffin</p>	<p>1% Milk</p> <p>Chicken</p> <p>Mashed Potato</p> <p>Mixed Veggies</p> <p>Brown Rice</p>
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Recipe of the Month

Ingredients

- 1 10" whole-wheat Tortilla
- 1 (6 ounce) can albacore tuna in water, drained and flaked
- 2 tablespoons mayonnaise
- 1 tablespoon basil pesto sauce
- 1 teaspoon lemon juice
- 1 pinch ground black pepper
- 4 leaves lettuce
- 1 slice provolone cheese
- 5 pitted kalamata olives, cut in half

*Pesto Tuna Wrap

Preparation

Lightly stir together the tuna, mayonnaise, pesto, lemon juice, and pepper in a bowl until well combined.

Microwave the tortilla on High until warmed and pliable, 5 to 10 seconds.

Spread the tuna mixture on the tortilla, and top with the lettuce leaves, provolone cheese, and kalamata olives.

Fold the bottom of the tortilla up about 2 inches to enclose the filling, and roll the tortilla tightly into a compact wrap.



snack of the Month

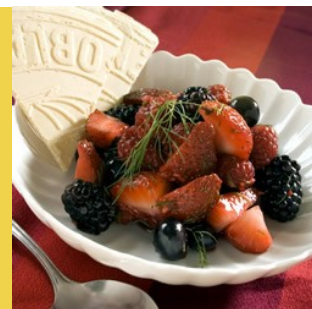
Ingredients

- 1 pint strawberries, quartered
- 1 pint raspberries
- 1 pint blueberries or blackberries
- 1 Tbsp sugar
- 1 Tbsp chopped fennel greens

Summer Berry Compote

Preparation

In a large bowl combine strawberries, blueberries and raspberries. Sprinkle with sugar and gently stir in fennel. Refrigerate for about 20 minutes. Serve cold.

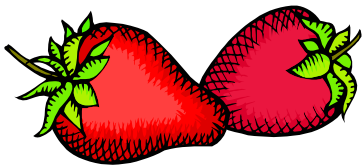


Word Search: MY Favorite Fruits

STRAWBERRIES APPLES
 RASPBERRIES MANGO
 ORANGES PAPAAYA
 KIWI PINEAPPLE
 PEACHES MELON
 BLUEBERRIES TOMATO
 CHERRIES RHUBARB

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

What did one strawberry say to the other strawberry?



If you weren't so sweet we wouldn't be in this jam!

Let's Get Moving!

FRUIT TAG

A game for older children, A fruity, frantic frolic game!

Everyone chooses the name of a fruit and says it out loud.

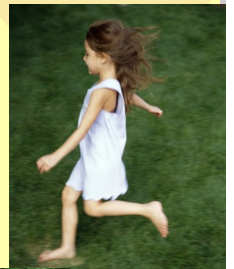
One person starts off being "IT". IT runs toward a player.

That player has to call out another player's fruit before IT has time to tag them.

IT then runs to the new player and tries to tag before that player yells out another player's fruit.

If IT tags someone before they yell out another player's fruit they become IT.

From pbskids.org



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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