



Perspectives

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

Very Important Program Pointers

Volume 18 Issue 201
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Wellness Trainings

This training will focus on developing child care wellness policies that concentrate on improving the nutritional quality of menus, encouraging physical activity, and sharing information with parents of children in care. Changes to the dietary guidelines recommended by the American Academy of Pediatrics and the Institute of Medicine will be introduced. This workshop is for all regulated childcare providers and fulfills the training requirement for family child care providers who have been named Wellness Grant pilot sites. The workshop is funded by the WI DPI through a grant from the USDA.

The training is open to all Food Program Participants but is **not required unless you are a selected pilot site.**

Trainings Available in our Area:

Appleton, WI

March 20th 6:30—8:30pm
Fox Valley Technical College
Room A161A

Green Bay, WI

March 22nd 6:30—8:30pm
Northeast WI Technical College
BI 326 (Business/Industry Bldg)

Register at:

www.foodprogramwi.org or call
800-261-9176.

In Minute Menu Kids Pro how do I record:

Vanilla Wafers: Commercial Cookies/Bars

Granola Bars: Commercial Cereal Snack Mix

French Fries: Potatoes, Red/White

Chili: Hamburger, tomato sauce, kidney/red beans

HM Rice Krispie Treats: Cookies/Bars

If you do not see a food you need in the food list email or call us.

When supplementing food items put the additional choice in the meal notes.



IMPORTANT PROGRAM REMINDERS:

If you will be gone during an approved mealtime call or email us in advance.

1% or skim milk must be served to children 1-12.

Pepperoni along with other shelf-stable proteins are not a creditable meat choice.

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May your thoughts be as glad as shamrocks,

May your heart be as light as song,

May each day bring you bright, happy hours,

That stay with you all the year long."



NUTRITION NOTE

Eating on a Budget

PLAN

- ◆ Plan meals and snacks for the week according to an established budget.
- ◆ Find quick and easy recipes online.
- ◆ Include meals that will "stretch" expensive food items (stews, casseroles, stir-fried dishes).
- ◆ Make a grocery list.
- ◆ Check for sales and coupons in the local paper or online and consider discount stores.
- ◆ Ask about a loyalty card at your grocery store.

PURCHASE

- ◆ Buy groceries when you are not hungry and when you are not too rushed.
- ◆ Stick to the grocery list and stay out of the aisles that don't contain items on your list.
- ◆ Buy store brands if cheaper.
- ◆ Find and compare unit prices listed on shelves to get the best price.
- ◆ Purchase some items in bulk or as family packs which usually cost less.
- ◆ Choose fresh fruits and vegetables in season; buy canned vegetables with less salt.
- ◆ Pre-cut fruits and vegetables, individual cups of yogurt, and instant rice and hot cereal are convenient, but usually cost more than those that require a bit more prep time.
- ◆ Good low-cost items available all year include:

Protein — beans (garbanzo, black, cannellini) **Vegetables** — carrots, greens, potatoes **Fruit** — apples, bananas

PREPARE

- ◆ Some meal items can be prepared in advance; pre-cook on days when you have time.
- ◆ Double or triple up on recipes and freeze meal-sized containers of soups and casseroles or divide into individual portions.
- ◆ Try a few meatless meals by substituting with beans and peas or try "no-cook" meals like salads.
- ◆ Incorporate leftovers into a subsequent meal.
- ◆ Be creative with a fruit or vegetable and use it in different ways during the week.

U.S. Department of Agriculture
Center for Nutrition Policy and Promotion
September 2011



MARCH LUNCH IDEAS

VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

<p>1% Milk</p> <p>Chicken Legs</p> <p>* Red Potato</p> <p>Colcannon</p> <p>Green Beans</p> <p>Roll</p>	<p>1% Milk</p> <p>Hamburger</p> <p>Broccoli</p> <p>Strawberries</p> <p>Bun</p>	<p>1% Milk</p> <p>Egg Salad</p> <p>Peas</p> <p>Green Grapes</p> <p>WW Toast</p>	<p>1% Milk</p> <p>Ham</p> <p>Hash Browns</p> <p>Kiwi</p> <p>WW Bread</p>	<p>1% Milk</p> <p>Baked Pork Chop</p> <p>Applesauce</p> <p>Mixed Veggies</p> <p>WW Bread</p>
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Recipe of the Month

Red Potato Colcannon

There are countless variations on this classic Irish potato-and-cabbage combination. Ours is made with steamed red potatoes, sautéed cabbage and just a touch of butter.

1 pound small red potatoes, scrubbed and cut in half	1 cup low fat milk
1 TBS butter	1 tsp salt
1/2 cup onion, thinly sliced	1/4 tsp pepper
6 cups finely sliced cabbage (about 1/2 head)	



Bring 1 inch of water to a boil in a Dutch oven or steamer. Place potatoes in a steamer basket and steam, covered, until just cooked through, about 15 minutes. Transfer to a large bowl and cover to keep warm. Meanwhile, heat butter in a large nonstick skillet over medium heat. Add onion and cook until translucent, about 2 minutes. Add cabbage and continue cooking, stirring occasionally, until the cabbage begins to brown, about 5 minutes. Reduce heat to low. Stir in milk, salt and white pepper; cover and cook until the cabbage is tender, about 8 minutes. Add the cabbage mixture to the potatoes. Mash with a potato masher or a large fork to desired consistency.

snack of the Month

Shamrock Toasties

From Disney Family Fun

English Muffin Green Pepper Cheddar Cheese



- To make one, slice a green pepper crosswise near the pointed end to get a small, three-lobed shamrock shape. (If your pepper has four lobes, you've got a lucky clover instead.) Cut a small slice for a stem.
- Toast half an English muffin, then top it with a slice of Cheddar and the pepper shamrock. Place the muffin on a tray, then broil it in a toaster oven until the cheese is melted.

Word Search: My Favorite St Patrick's Day Things

GREEN
LEPRECHAUN
CLOVER
FAIRY
CABBAGE
SHAMROCK
CELTIC
FIDDLERS
BLARNEY

IRISH
RAINBOW
CASTLE
GAELIC
CROSS
IRELAND
GOLD
COINS
LUCKY

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

What's little, green and stuck on your bumper?



A leprechaun who didn't look both ways.

Let's Get Moving!

Lucky Leprechaun Says

How To Play:

Played similar to Simon Says. The player up is "Lucky Leprechaun".

Player will say "Lucky Leprechaun says hop on one foot". The children will hop on one foot. Player will say "Stop". The children are to keep hopping on one foot until player says "Lucky Leprechaun says stop".

Repeat for additional activities such as take one baby step forward, step backwards, turn around, sit down. Sometimes Lucky Leprechaun will say "Lucky Leprechaun says" and sometimes he won't. It's a fun game to play with young children.



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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