



# Perspectives

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

## Very Important Program Pointers

Volume 17 Issue 195

September 2011

### September:

#### Time to re-enroll all children in the Food Program.

All children must have new enrollment information on file to be eligible for reimbursement on your September claim.

***This enrollment information must be dated in September!***

**Using MMKIDS:** We will send you an email with instructions on how to reenroll children using the Enrollment Renewal Worksheet. If you would like us to print this information for you let us know.

**Claiming Manually:** We will send you a packet with instructions, Enrollment Forms and Attendance and Meal Data Information.

### Shelf Stable/Dried Meat

Reminder: shelf-stable, dry, or semi-dry, meat snacks (jerky-type products) are not creditable on the Food Program. USDA provided this information:

Non-creditable meat snacks include but are not limited to the following products: *smoked snack sticks made with beef and chicken; summer sausage; pepperoni sticks*; meat, poultry, or seafood jerky such as *beef jerky, turkey jerky, and salmon jerky*; and meat or poultry nuggets (shelf-stable, non-breaded, dried meat or poultry snack made similar to jerky) such as *turkey nuggets*. **Foods that can be safely stored at room temperature, or "on the shelf," are called "shelf stable."**

### Inside this issue:

Very Important Program Pointers	1
"Just the Facts, Mom..."	2
My Plate	2
Monthly Lunch Ideas and Recipes	3
Word Search/ Let's Get Moving	4

### Is it Creditable?

**Summer Sausage: -No-** Shelf-stable, dry, or semi-dry, meat snacks do not credit in any meal served under the Department of Agriculture's (USDA) Child Nutrition (CN) Programs.

**Pepperoni: -Yes/No-** May only be credited when used as a topping on a CN labeled product.

**Apple Cider: -Yes-** Be sure it is 100% pure and pasteurized.

**Jerky Sticks: -No-** Shelf-stable, dry, or semi-dry, meat snacks do not credit in any meal

*Anyone who thinks the art of conversation is dead ought to tell a child to go to bed.*

Robert Gallagher



# Just the Facts, Mom... Infant Feeding Truths



## SIGNS OF HUNGER

Sometimes infants will cry and fuss because they are wet, soiled, wanting attention, need comfort or are hungry. Feed a baby when he or she seems to be hungry unless the parent provides written instructions indicating that the baby should be on a feeding schedule for medical reasons. Respond to the early signs of hunger. Do not wait until the baby is upset and crying hard from hunger. A baby who is hungry may:

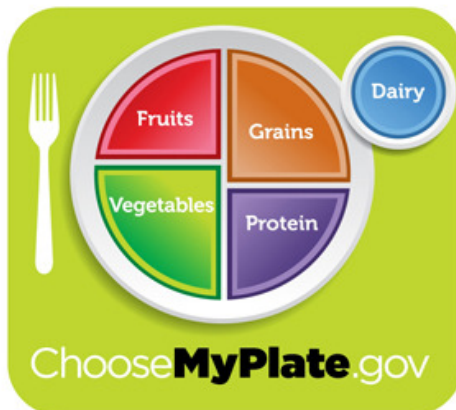
- Wake and toss,
- Suck on a fist,
- Cry or fuss, or
- Look like he or she is going to cry.

## SIGNS OF FULLNESS

Continue to feed a baby until he or she indicates fullness. Signs of fullness include:

- Sealing lips together,
- A decrease in sucking,
- Spitting out the nipple,
- Turning away from the bottle, or
- Pushing the bottle away.

Some babies may eat less than the portions offered if they are not hungry. Never force a baby to finish what is in the bottle. Babies are the best judge of how much they need.



## A message for Parents

## Take Action on the Dietary Guidelines

Try making changes in these three areas. Choose steps that work for you and start today!

### BALANCING CALORIES

- Enjoy your food, but eat less.
- Avoid oversized portions

### FOODS TO INCREASE

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains.
- Switch to fat free (skim) or low fat (1%) milk.

### FOODS TO REDUCE

- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

# SEPTEMBER LUNCH IDEAS

VISIT [WWW.HORIZONSUNLIMITED.ORG](http://WWW.HORIZONSUNLIMITED.ORG) FOR MORE MENU IDEAS!

<p><b>1% or Skim Milk</b></p> <p>Chili Beans</p> <p><b>Peaches</b></p> <p>Tomato Sauce</p> <p><b>WW Crackers</b></p>	<p><b>1% or Skim Milk</b></p> <p>Chicken</p> <p><b>Broccoli</b></p> <p>Mashed Potato</p> <p><b>WW Bread</b></p>	<p><b>1% or Skim Milk</b></p> <p><b>*Turkey Slaw Wrap</b></p> <p><b>Cabbage Slaw</b></p> <p>Applesauce</p> <p><b>WW Tortilla</b></p>	<p><b>1% or Skim Milk</b></p> <p><b>*Black Bean and Salsa Soup</b></p> <p><b>Carrot Sticks</b></p> <p>Mixed Berries</p> <p><b>Bread Sticks</b></p>	<p><b>1% or Skim Milk</b></p> <p>Ground Beef</p> <p><b>Mixed Green Salad</b></p> <p>Plums</p> <p><b>WW Pasta</b></p>
--	---	--	--	--

## Turkey Slaw Wrap

- 2 cups shredded cabbage
- 1 cup shredded carrots
- 1/2 cup thousand island salad dressing
- 3 tablespoons cider vinegar
- 4 (10 inch) whole wheat tortillas
- 1/4 cup thousand island salad dressing (optional)
- 4 romaine lettuce leaves
- 12 ounces sliced turkey meat
- 8 thin slices cheese



Combine the cabbage, carrots, 1/2 cup salad dressing, and cider vinegar in a large bowl. Spread each tortilla with 1 tablespoon salad dressing (optional). Line each wrap with one lettuce leaf and arrange 3 ounces of turkey down the center of the lettuce. Place 2 cheese slices on top of the turkey. Top with 3/4 cup of the cabbage mixture. Fold the bottom of the tortilla snugly over the filling, then fold in the left and right edges. Roll the wrap up to the top edge, forming a tight cylinder.

Credit the cabbage as a Vegetable and turkey as a Meat

Adapted from Allrecipes.com

## Black Bean and Salsa Soup

- 2 (15 ounce) cans black beans, drained and rinsed
- 1 1/2 cups vegetable broth
- 1 cup chunky salsa
- 1 teaspoon ground cumin
- 4 tablespoons sour cream
- 2 tablespoons thinly sliced green onion



In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth. Heat the bean mixture in a saucepan over medium heat until thoroughly heated. Ladle soup into 4 individual bowls, and top each bowl with 1 tablespoon of the sour cream and 1/2 tablespoon green onion.

Credit the Black Beans as a Meat

Adapted from Allrecipes.com

# Word Search: Back to School

BOOKS  
GLUE  
SCISSORS  
PENCIL  
PENS  
FRIENDS  
NOTEBOOKS

BUS  
FOLDERS  
TEACHERS  
CLASS  
BACKPACK  
SNACK  
FUN

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

Why did the teacher wear sunglasses:



Because the students were so bright!

# Let's Get Moving!

## Stand Up/Sit Down.



Get both the brain and the body warmed up, while also working on the concepts of up and down. Doing this quickly will get the heart pumping, and because the children think it's funny, it's a great way to start the day. Sit with the children, who are either in a circle or scattered throughout the space. Invite the children to alternately stand up or sit down if:

- they're glad to be there
- they're feeling good that day
- they're happy to see their friends
- they're happy to see their teacher
- they're wearing something blue [green, yellow, etc.]
- if they're a boy [girl]
- if they have a cat [dog, bird, fish] at home



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.

Phone: 920-826-7292 or 1-800-261-9176 Fax: 920-826-5308 E-mail: horizons@bayland.net

Website: www.horizonsunlimited.org

Linda Leindecker, Executive Director Jenna Van Den Wildenberg, Field Representative

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights (Office of Adjudication), 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). TDD users can contact USDA through local relay or the Federal Relay at (800) 877-8339 (TDD) or (866) 377-8642 (relay voice users). USDA is an equal opportunity provider and employer."