



# Perspectives

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

## Very Important Program Pointers

Volume 20 Issue 210  
January 2013

### End of the Year Statements with Tax Information

#### Manuel Claimers

- End of the year statements will be mailed to you by January 31<sup>st</sup>—Keep a look out for this important information

#### Minute Menu users

You can find the important tax information by :

- Selecting the Review Claims Icon
- Clicking Tax report



### New Year's Resolutions

Many of us look at the new year as a chance to improve ourselves by putting old ways behind us and embracing change and self-improvement.

Why not make a Food Program Resolution this year. Your Resolution may include:

- Recording menus and meal counts by the end of each business day
- Submitting your claim by the 3<sup>rd</sup> of the month
- Notifying Horizons when you will be closed or away during an approved meal time.
- Organizing your food program records for current and the previous 3 years
- Notifying Horizons on changes in meal times or in your License or Certification
- Serving more fruits and veggies at snack time
- Serving more whole grains
- Serving less processed meats and more lean meats

Remember Horizons is here to support you !

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*"A GOAL WITHOUT A PLAN IS JUST A WISH"*  
Antoine de St-Exupery

### DOES IT COUNT?

**Homemade Soups and Stews**—Yes, if serving size requirements are met and one component and age appropriate milk is served on the side.

**Bacon/Canadian** - Yes - One pound will yield 11 one-ounce servings of cooked meat. High in sodium. Must be recorded as "**Canadian Bacon**".

**Bacon/Pork** - No - It is classified as a fat and therefore does not meet minimum requirements as a meat/meat alternate.

**Bacon/ Turkey** -Yes - See "Processed Meat and Poultry Products". Must be recorded as "**Turkey Bacon**".

**Water** - No - Be sure to offer plenty of water each day even though it is not one of the required food components.





# Nutrition Note

## The Comforting Health of Soups

By Kristen Frie RD

In the heart of winter, soups are pleasing, versatile foods to make (and even freeze for later!). They warm the belly and serve as comfort food for all. When you're feeling under the weather, soups can help heal by keeping you hydrated, as well as relieve some congestion that comes with the common cold.

Soups are a great way to use leftover vegetables, meats from the holidays (that you previously froze), rice, and pasta. Finely chop, or grate, vegetables to make them small and inconspicuous for picky little eaters. If you're looking for a way to incorporate more whole grains, such as barley, whole wheat orzo, brown rice, and whole wheat pasta, soups provide an easy way to do just that. And they are also a great way to add legumes that are filled with fiber, iron, and protein, such as lentils, black beans, white beans, red beans, lima beans, chickpeas.

Make soups as hearty, or as light, as you'd like. The nutrients to pay close attention to in soups are sodium and fat. Here are some ways you can lighten up your soups this winter:

### How to thicken soup using an ingredient/method other than full-fat cream:

Use cornstarch

Sauté the vegetables in flour before adding to the broth; then later incorporate skim milk

Incorporate mashed potatoes

Use an immersion blender (hand blender) to puree the soup, or at least a few pulses that partially puree some larger chunks

Allow the soup to simmer without a lid on it, which will reduce/concentrate the soup

### How to serve the leanest broth:

Tightly fasten a piece of cheesecloth to the top of a soup kettle and slowly pour the broth on top of the cheesecloth and allow it to drain through

Brush a chilled lettuce leaf over the top layer of broth and the fat should cling to it

Skim the fat with a slotted spoon or spider kitchen utensil

Chill it in the pot and then spoon off the fat from the surface

### How to make a lean meat choice:

Cut excess visible fat from meat before using it

Cook meats in a separate pan and then add to soup pot

Substitute lean ground turkey or chicken when the recipe calls for ground beef

### How to season soup without adding excess sodium and fat:

Add many herbs and spices for flavor

Use garlic cloves or garlic powder rather than garlic salt

### How to make the most heart-warming pot of soup:

Make it with love!

If you have time to make extra broth, freeze it in airtight zip-seal gallon freezer bags for later. So when you're looking to plan your menu and a one-pot simmering soup sounds appealing, use our quick-reference techniques to make it healthy and pleasing. Enjoy!

# JANUARY LUNCH IDEAS

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

<p>1% Milk</p> <p><b>* Turkey and Barley Soup</b></p> <p><b>Carrots</b></p> <p>Pineapple</p> <p><b>Crackers</b></p>	<p>1% Milk</p> <p><b>Egg Salad</b></p> <p>Mandarin</p> <p>Oranges</p> <p><b>Green Beans</b></p> <p>WW Pasta</p>	<p>1% Milk</p> <p><b>Hamburger</b></p> <p>Brussel Sprouts</p> <p><b>Banana</b></p> <p>WW Bun</p>	<p>1% Milk</p> <p><b>Chili Beans</b></p> <p>Tomato Sauce</p> <p><b>Apricots</b></p> <p>Cornbread</p>	<p>1% Milk</p> <p><b>* HM Chicken and Rice Soup</b></p> <p>Celery Sticks</p> <p><b>Grapes</b></p> <p>Cheesy Bread</p>
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## Turkey and Barley Soup

### Ingredients:

- 3 cups chicken broth
- 3 carrots, shredded
- ¼ cup sliced green onions
- ¾ cup medium barley
- ½ tsp. poultry seasoning
- 1/8 tsp. salt
- 1/8 tsp. ground black pepper
- 1 ½ cups skim milk
- 1 ½ cups white turkey, chopped
- ¾ cup mashed potatoes
- ¼ cup reduced-fat shredded cheese

### Preparation Instructions:

In a large stock pot, combine the first seven ingredients. Bring to a boil. Reduce heat and simmer, covered, for 30 minutes or until the vegetables are tender.

Stir in the milk, turkey, mashed potatoes, and shredded cheese. Heat through and serve immediately.

Note: This is a great way to use leftovers from the holidays.



### Ingredients:

- 2 Tbsp extra virgin olive oil
- 1 medium onion finely chopped
- 1 Tbsp minced garlic
- 2 stalks of chopped celery
- 3 medium carrots peeled and chopped
- 2 cups cooked and shredded chicken
- 7 cups chicken broth
- 2 cups cooked white rice
- 1 Tbsp mustard
- 1/2 tsp kosher salt
- 1/4 tsp pepper
- 1/4 finely chopped fresh parsley

## Classic Chicken and Rice Soup

### Directions:

Heat oil in large dutch oven or pot over medium heat. Add onion and cook stirring until tender, about 5 minutes. Add garlic and cook stirring for 1 minute. Add celery and carrots, cooking and stirring until tender, about 5 minutes. Add rest of ingredients. Stir and reduce heat to low. Let simmer until ready to serve.



Picky-palate.com

# Word Search: Favorite Soups

- Split Pea
- Black Bean
- Tortilla
- Cheeseburger
- Chicken
- Tomato
- Wild Rice

- Beef
- Bisque
- Chowder
- Potato
- Vegetable
- Onion

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

What has 4 legs but can't walk?



A chair

# Let's Get Moving!

## Animal Charades

Items needed: nothing! But you could use animal stickers/pictures to help give you ideas if you needed them.

Play: Individuals (or teams if you have enough people) take turns acting like an animal, the other players (or team members) try to guess what animal the person is portraying. No sounds are allowed.

Remember: Be gentle with your little one, who will very likely either make the animal noise or actually *tell* you what animal he is acting out (um, yeah, Kieran does that. It's pretty hard to "guess" when you know what he is.) Just act surprised and give up on the rules if your little one isn't ready for them – they will have fun regardless!



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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