



Perspectives

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

Very Important Program Pointers

Volume 20 Issue 217

August 2013

Rates of Reimbursement

July 1, 2013—June 30, 2014

Tier 1	Tier 1	Tier 2
Breakfast	\$1.28	\$0.47
Lunch/Supper	\$2.40	\$1.45
Snack	\$0.71	\$0.19

Provider Calendar—Minute Menu Feature

Let us know your schedule right from Minute Menu. This is a quick and easy way to let us know your vacation days and other planned days off.

Open the Minute Menu program and click on the “Tools” tab on the top tool bar. This will open a drop down window. From here select “Manage Calendar”.

Please use this feature when you are giving us at least 24 hours notice of your closing. If the closing is last minute please call or email.

The USDA has updated the Non-Discrimination Statement

Please update your policies with the new statement. For your convenience I have placed a copy of the statement on our website so that you may cut and paste it directly into your policies. Go to For Providers > Provider Resources >Forms > Revised Non-Discrimination Statement. I will begin checking your policies for the new statement at your next home visit.

Re-Enrollment time is almost here!

All Enrollment forms expire August 31st. You will be receiving your enrollments packets during the beginning of September. If you have children starting in September please have them sign an enrollment form with a September date. If children start in August they will need to sign a new enrollment in September also.

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“I’m an instant star.
Just add water
And stir.”

— David Robert Jones





NUTRITION NOTE

**Bodies Need
to Be Watered Too**
By Kristen Frie RD

Plants are not the only things that need to be watered in the heat of summer. When the weather gets warm and we start spending more time outside, we sometimes don't know how often we should replace fluids so that our bodies don't get dehydrated. Whatever activity we may be doing outside in the sun, whether it's playing kickball, drawing with sidewalk chalk, chasing friends, or swimming in the pool, our bodies need extra water. Not only are our bodies working to cool themselves down, but doing all of that extra work uses more energy that heats them back up again.



The key is to prevent dehydration before it actually happens, as this can be a very serious health condition. Watch for the following signs of dehydration:

- Sweating profusely
- Tiring easily
- Disorientation
- Light-headedness
- Headache
- Dry mouth or throat

Fortunately, during the summer months, there are a few sweet and easy tools to combat dehydration before it hits:

Foods with high water content:

- ⇒ Fruits such as watermelon, strawberries, pineapple, cantaloupe, peaches, apples
- ⇒ Vegetables such as tomatoes, broccoli, cucumber, carrots, celery
- ⇒ Oatmeal
- ⇒ Yogurt
- ⇒ Fluids: water (*see variations below), milk, juice

Sometimes it can be difficult to convince children (and adults) to drink water. Be creative and add a little “zip” to plain water:

Combine cucumber slices to a pitcher of cold water. Allow the cucumbers to steep in the water for at least 30 minutes. Enjoy!

This simple water infusion can also be made with peaches, mangoes, apples, watermelon, oranges, lemons, or limes. See which flavor you and the children like the most!



¹ National Restaurant Association. ServSafe Essentials Fifth Edition. 2009.

² Daily Tips. Academy of Nutrition and Dietetics. 2010. www.eatright.org.

³ US Food and Drug Administration. Food Facts. Eating outdoors, handling food safely. 2011. www.fda.gov.

⁴ United States Department of Agriculture Food Safety and Inspection Service. Safe food handling: Barbecue and food safety. 2010. www.fsis.usda.gov.

AUGUST LUNCH IDEAS

VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

<p>1% Milk</p> <p>*Tuna Patty</p> <p>Steamed Broccoli</p> <p>Pinapple Tidbits</p> <p>WW bun</p>	<p>1% Milk</p> <p>Chicken Pot Pie</p> <p>Peach halves</p> <p>Watermelon</p> <p>Tortilla</p>	<p>1% Milk</p> <p>Meat Loaf</p> <p>Baked Sweet Potato</p> <p>Apple Slices</p> <p>WW Crackers</p>	<p>1% Milk</p> <p>*Vegetable Chili</p> <p>Banana</p> <p>Fresh Fruit Salad</p> <p>WW Bread</p>	<p>1% Milk</p> <p>Chicken Burrito</p> <p>Cherry Tomatoes</p> <p>Grapes</p> <p>Tortilla</p>
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Tuna Patty from allrecipes.com

Ingredients:

- 2 eggs
- 2 tsp. lemon juice
- 1/4 cup grated Parmesan Cheese
- 3/4 cup Italian Seasoned Bread Crumbs
- 3 6oz cans tuna
- Pinch ground black pepper
- 3 Tbs. vegetable oil

Directions:

1. Beat eggs and lemon juice in a bowl; stir in Parmesan cheese and bread crumbs to make a paste. Fold in tuna and onions until well mixed. Season with black pepper. Shape tuna mixture into 8 one-inch thick patties.
2. Heat vegetable oil in a skillet over medium heat; fry patties until golden brown, about 5 minutes per side.

Vegetarian Chili from chow.com

Ingredients:

- 1 1/2 tablespoons vegetable oil
- 1 onion, medium dice
- 1 carrot, medium dice
- 2 garlic cloves, minced
- Kosher salt
- Freshly ground black pepper
- 1 bell pepper, medium dice
- 1 zucchini, medium dice
- 2 teaspoons ground cumin
- 2 tablespoons plus 1 teaspoon chili powder
- 2 (15-ounce) cans light kidney, dark kidney, or black beans, drained and rinsed
- 1 1/2 cups water
- 1 (28-ounce) can chopped tomatoes
- Chopped cilantro, for garnish (optional)
- Quartered lime pieces, for garnish (optional)
- Shredded cheddar cheese or crumbled

Directions:

1. Heat the oil in a large heavy-bottomed pot with a tightfitting lid or a Dutch oven over medium heat until shimmering. Add the onions, carrots, and garlic and season with salt and pepper. Cook, stirring occasionally, until the onions have softened, about 5 minutes.
2. Add the bell pepper and zucchini to the pot and season with salt and pepper. Add the cumin and chili powder and stir to incorporate. Cook, stirring occasionally, until the carrots are knife tender, about 8 to 10 minutes.
3. Add the beans, water, and tomatoes with their juices and stir to combine. Increase the heat to high and bring to a boil. Reduce the heat to low and gently simmer until the vegetables are soft and the flavors have melded, about 15 minutes. Taste and season with additional salt and pepper if necessary. Serve and garnish as desired.

Sour cream, for garnish (optional)

Word Search: Water

OCEAN
DRINKING
SWIMMING
HYDRATION
COOLING
SEA
CLEAN

BEACH BALL
SPLASHING
SPRINKLER
LAKE
PUDDLE
RAIN
BATHING

What's the best type of water to dance on?



Tap water

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

Let's Get Moving!

Make Your Own Water Table

You don't need a fancy water table for the kids to get the splish-splashy benefits of playing with water—make one with what you've got at home! Set sand buckets and plastic dishes in the kids' wagon for an instant water play station. Or dig up a big flat plastic tub—the kind used for mixing paint, storing sweaters or even an (unused!) kitty litter pan. Fill it with water wheels, boats, bath toys and water. Just be sure never to leave kids unsupervised—even 1 inch of water is a drowning hazard.



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CACFP -
where healthy eating
becomes a habit.

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