



Perspectives

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

Very Important Program Pointers

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Child Nutrition (CN) Labels and Product Analysis Sheets Made Easy

We understand that finding CN labeled foods can be difficult. So in an attempt to make your life easier we have put together a list of foods that have been child nutrition labeled. It was much easier than I expected to get Product Analysis sheets. All I did was go to the grocery store and look for brands that I thought providers might purchase for their daycares. I called the number on the packaging or I emailed the company and told them I was with a child nutrition program and was interested in receiving the Product Analysis sheet for the product. I gave them the UPC code and they have mailed or emailed the information I needed. The process was quite easy and hassle free. It is important to remember, just because a product has a CN label or Product Analysis Sheet does not mean that it meets the required serving size of the individual components. When using such products, be sure that the CACFP portion requirements are met.

We ask that you limit the number of convenience foods offered to children. We understand that these types of foods have their place but they should be used in moderation to best serve the nutritional needs of the children in our care. We encourage the use of whole foods whenever possible.

If you have obtained product analysis sheets or have found CN Labeled foods please share this information so that we can pass it along to other providers on our Blog <http://horizonsunlimited.org/blog/>

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*When it snows
you have two choices,
shovel or
make snow angels.*

DOES IT COUNT?

Hot dogs—Perhaps, Hotdogs must be made with 100% meat and contain no fillers and extenders. You will need to read the ingredient list on the hotdog packaged to determine if the product contains fillers or extenders. Some common examples of fillers and extenders are:

Cereal	Soy protein concentrate	Isolated soy protein
Sodium caseinate	Starchy vegetable flour	Vegetable starch
Dry or dried whey	Whey protein concentrate	Dried Milk
Soy flour	Wheat gluten	Tapioca dextrin

Eggnog—No, Commercially produced eggnog is **not** creditable because the fluid milk portion is too difficult to determine. Homemade eggnog is **not** acceptable because eating uncooked eggs may cause illness.





NUTRITION NOTE

Bring Winter White Foods
to the Table
By Kristen Frie RD

Children enjoy picking out and eating foods of different colors. In the month of December, focus on healthy white-colored foods to signify the snow that will likely fill the month. Join in the white food excitement by creatively thinking of different ways to incorporate these white foods into meals and snacks. Here are ideas for starters:

Apples / [Unsweetened] Applesauce:

- Bake apples with cinnamon
- Add raisins, dried cranberries, and/or cinnamon to applesauce
- Conduct an apple taste test - cut up slices of apple varieties of apples and taste them
- Dip into peanut butter

Bananas:

- Blend a strawberry-banana smoothie
- Roll in a tortilla smeared with peanut butter
- Make banana bread, muffins, or pancakes
- Roll a banana in yogurt and granola, then freeze

Coconut:

- Coat fish with a coconut breading before cooking
- Add coconut and pineapple to cooked oatmeal
- Top your favorite cereal with coconut
- Sprinkle shredded coconut over fruit salad



Cauliflower:

- Smash cauliflower
- Roast cauliflower until crispy and caramelized, then toss with parmesan cheese
- Make a stir-fry with ginger and other vegetables
- Steam cauliflower and mix it with a low-fat white sauce and parmesan cheese

Pears:

- Poach pears with sugar-free red gelatin
- Make a roasted fruit soup with pears, apples, and cranberries
- Substitute pears for apples in a baked pear crisp
- Add thinly-sliced pears to a grilled cheese sandwich

Parsnips:

- Make whipped parsnips
- Bake parsnip fries with herbs and spices
- Roast parsnips and carrots in the oven
- Add parsnips to vegetable soup

Yogurt (plain/vanilla, low fat or fat-free):

- Make frozen vanilla yogurt popsicles
- Layer vanilla yogurt, fruit, and granola for a parfait
- Use vanilla yogurt as a fruit dip
- Top pancakes, French toast, or waffles with vanilla yogurt



Other white foods you can have winter fun with are: oatmeal, eggs, pearled barley, and white (pinto, garbanzo, or navy) beans.

DECEMBER LUNCH IDEAS

VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

<p>1% Milk</p> <p>Beef Barley Soup</p> <p>Carrots</p> <p>Apples</p> <p>Crackers</p>	<p>1% Milk</p> <p>Chicken Stir Fry</p> <p>Banana</p> <p>Peppers</p> <p>Rice</p>	<p>1% Milk</p> <p>Ground Beef</p> <p>Cauliflower</p> <p>Kiwi</p> <p>Spaghetti</p>	<p>1% Milk</p> <p>Ham</p> <p>Mashed Potato</p> <p>Green Beans</p> <p>Dinner Roll</p>	<p>1% Milk</p> <p>*Easy Chicken Enchilladas</p> <p>Lettuce</p> <p>Refried Beans</p> <p>WW Pasta</p>
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RECIPE OF THE MONTH

Ingredients

- 3 cups shredded Cheddar cheese, divided
- 2 cups shredded Monterey Jack cheese
- 2 cups chopped cooked chicken
- 2 cups sour cream
- 1 can condensed cream of chicken soup, undiluted
- 1 (4 ounce) can chopped green chilies
- 2 tablespoons finely chopped onion
- 1/4 teaspoon pepper
- 1/8 teaspoon salt
- 10 (8 inch) flour tortillas, warmed

* Easy Chicken Enchiladas



Directions:

In a large bowl, combine 2 cups cheddar cheese, Monterey Jack cheese, chicken, sour cream, soup, chilies, onion, pepper and salt. Spoon about 1/2 cup off center on each tortilla; roll up. Place seam side down in a greased 13-in. x 9-in. x 2-in. baking dish.

Cover and bake at 350 degrees F for 20 minutes. Uncover; sprinkle with remaining cheddar cheese. Bake 5 minutes longer or until cheese is melted. Let stand for 10 minutes before serving.

www.allrecipes.com

Word Search: December

HANUKKAH
WINTER
SOLTICE
CHRISTMAS
KWANZAA
SHOPPING
CANDLES

GIFTS
FAMILY
SLIDING
WONDER
SNOW
SINGING
CELEBRATE

Where does a snowman keep his money?



In a snow bank.

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

Let's Get Moving!

SNOWBALL BOWLING

Fill two liter pop bottles with sand. Paint them white and add a snowman face. The children then roll a ball at the snowmen, and try to knock them down.



PENQUIN SHUFFLE

Put a bean bag on the top of the children's feet and have them try to walk across the floor.



CACFP -
where healthy eating
becomes a habit.

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Phone: 920-826-7292 or 1-800-261-9176 Fax: 1-920-826-5308 E-mail: horizons@bayland.net
Linda Leindecker, Executive Director Jenna Van Den Wildenberg, Field Representative

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