



# Perspectives

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

## Very Important Program Pointers

Volume 20 Issue 225  
June 2014

### Summer Schedules

If you have a change in your meal times during the summer, please let us know. If you will be closed or away from home during an approved meal time, please notify us. You can reach us at 1 800-261-9176 or email [horizons@bayland.net](mailto:horizons@bayland.net)



### FY 2014 Training

If you did not attend the recent training in Green Bay or Appleton, you will soon receive your FY 2014 required training. Please fill out the questionnaire, sign the signature page, then return it to us no later than July 31<sup>st</sup>. The training can also be found at [www.horizonsfoodprogram.org](http://www.horizonsfoodprogram.org) under Provider Resources.

### Watch for your Tiering Options Packet

- ◆ You should receive the mailing the first week of July. Please return it no later than July 31<sup>st</sup>.
- ◆ Check out the list of Tier 1 Qualifying Schools on our website at [www.horizonsunlimited.org](http://www.horizonsunlimited.org) under Provider Resources. Let us know if you live within the boundaries of one of these schools.

### Minute Menu Kids Program

If you are having problems with the Minute Menu Kids Program you need to submit a help ticket. You can do this by clicking the *Help* button on the top right side of the Minute Menu home screen. Select *Common Questions* from the drop window and find the *Contact Minute Menu Support* on the bottom left of the home screen.

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What good is the warmth of summer, without the cold of winter to give it sweetness"

John Steinbeck

### **Does it Count?**

**POPSICLES** - Perhaps - Creditable if homemade from full- strength juice. Record as homemade fruit-sicles, or juice-sicles and include the kind of juice. Commercial popsicles are not creditable.

**ICE CREAM** - No - Ice cream and ice milk are not fluid milks.





# NUTRITION NOTE

## Nuts and Seeds

By Kristen Frie RD

May is usually the planting season but this year everything is happening a bit late. Have the children help you plant your garden, or at the very least, a small pot with a plant that they can watch grow through the weeks. Showing children the art of planting teaches them how to nurture and take care of something (a plant) as well as where food comes from. Research shows that kids are more likely to try new foods (i.e. vegetables), and be more interested in the food they are served if they helped grow it in the garden.

This month, we will focus on the nutrition of nuts and seeds as a spinoff of the gardening theme:

Nuts and seeds are meatless foods that are packed with protein and high in healthy oils.

Almonds and cashews are actually seeds, but many people think of them as nuts.

Flax seeds must be eaten in their ground form to absorb the nutrients contained within the seeds.

One small handful is a perfect snack.

Heat nuts prior to use as a way to increase flavor and release aromas.

Challenge yourself to try a new nut or seed each week to expose the older children to new flavors and textures. **Whole nuts and seeds are a high risk food that may cause choking and should not be served to children under age 4.**

### Nuts

Walnut

Chestnut

Hazelnut

Water chestnut

Pecan

Macademia

Pine nut

Pistachio

### Seeds

Almond

Cashew

Chia seeds

Flax seeds

Poppy seeds

Pumpkin seeds

Sesame seeds

Sunflower seeds

### How to incorporate nuts and seeds into your menu:

Spread almond butter on sandwiches or toast rather than peanut butter.

Add ground seeds to smoothies.

Sprinkle seeds on top of oatmeal.

Use pine nuts to make homemade pesto.

Mix seeds into homemade breads and/or muffins.

Combine nuts in cookies and pancakes.

Stir in pine nuts where you would typically use meat.

Add toasted pecans to rice dishes.



**Word of Caution:** Always check to see if any of the children have nut allergies before serving them. Children under 4 years of age are at the greatest risk of choking. Young children are still learning how to chew properly, and they often swallow things whole. Young children also like to put things into their mouths, but their small airways can become easily blocked. Nearly any food can cause choking in children. It is important to make sure a food is served in the appropriate sizes, shapes, and textures to reduce the risk of choking. Always supervise children during eating time.

# APRIL LUNCH IDEAS

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

|   |  |   |  |  |
|---|--|---|--|--|
| <p>1% Milk</p> <p><b>Hamburger</b></p> <p>Peas</p> <p><b>Applesauce</b></p> <p>WW Bun</p> | <p>1% Milk</p> <p><b>Black Bean and Salsa Soup</b></p> <p>Baby Carrots</p> <p><b>Nectarine</b></p> <p>Crackers</p> | <p>1% Milk</p> <p><b>Pulled Pork</b></p> <p>Mashed Potatoes</p> <p><b>Peaches</b></p> <p>Corn Bread</p> | <p>1% Milk</p> <p><b>Cheese Quesadilla</b></p> <p>Blueberries</p> <p><b>Lettuce &amp; Tomato</b></p> <p>Tortilla</p> | <p>1% Milk</p> <p><b>Baked Fish</b></p> <p>Spinach Salad</p> <p><b>Red Potato</b></p> <p>Rolls</p> |
|---|--|---|--|--|

## Recipe of the Month

### Black Bean and Salsa Soup

#### Ingredients:

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

#### Directions:

1. In an electric food processor or blender combine black beans, broth, salsa and cumin. Blend until fairly smooth.
2. Heat the bean mixture in a saucepan over medium heat until through.
3. Top each bowl of soup with a tablespoon of sour cream and sliced green onion.



## snack of the Month

### PEANUT BUTTER SMOOTHIE

- 2 bananas broken into chunks
- 2 cups milk (skim or 1%)
- 1/2 cup peanut butter
- 2 Tbls honey or to taste
- 2 cups ice cubes

Put all the ingredients in a blender and blend until smooth.



Creditable for snack only as milk. Makes 4 servings. The peanut butter and the bananas do not count in the smoothie.

# Word Search: June

GARDENS SWIMMING  
 SUNSHINE HIKING  
 RAIN SHOWERS BIKING  
 VACATION CAMPING  
 SCHOOL OUT SMORES  
 PLANTING BIRD FEEDING  
 WEEDS MOWING

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

What did the duck say when she bought lipstick?

Put it on my bill!



# Let's Get Moving!

## Create A Scavenger Hunt

Kids love a great scavenger hunt!

Before you head out for a hike, a walk in the park or a walk around the block, make a list of items for kids to find: a bird feather, a dead bug, a seed, a stick shaped like a letter, etc.

Bring along binoculars to search more closely during the hunt!



CACFP -  
 where healthy eating  
 becomes a habit.

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