



# Perspectives

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

## Very Important Program Pointers

Volume 20 Issue 215

June 2013

### Summer Schedules

If you have a change in your meal times for summer or if you will be closed or away from home during an approved meal time, please notify us. Just call or email: 1 800-261-9176 or horizons@bayland.net

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### FY 2013 Training

You have all received your FY 2013 required training. Please fill out the questionnaire and sign the signature page then return it to us no later than July 31<sup>st</sup>. The training can be found on our website [www.horizonsunlimited.org](http://www.horizonsunlimited.org) under Provider Resources.

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### Watch for your Tiering Options Packet in the mail.

- ◆ You will receive the mailing the first week of July. Return it by July 31<sup>st</sup>.
- ◆ See if you live in the boundaries of a Tier 1 qualifying school at [www.horizonsunlimited.org](http://www.horizonsunlimited.org) under Provider Resources. If you do, let us know. You will receive Tier 1 rates

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### Problems with Minute Menu Software

If you are having problems with the Minute Menu software 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 down window and find *Contact Minute Menu Support* on the bottom left.

### Inside this issue:

Very Important Program Pointers	1
Nutrition Note/ Snack Recipe	2
Monthly Lunch Ideas and Recipes	3
Word Search/ Let's Get Moving	4

*"I just want to put a banana on the floor and run through the house and step on it to see if I fall like they do in the cartoons."*  
*unknown*

### **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.

**ICE CREAM CONES** - Yes - Ice cream cones may be credited for snack only. It may take two or three cones to equal one serving. Use Group A to determine the serving size. No more than two dessert-type items should be served per week.



**SUMMER FUN BEGINS**



# NUTRITION NOTE

**SUMMER HARVEST**  
By Kristen Frie RD

Wisconsin berries are in season this month, including strawberries, blueberries, and raspberries. They are packed with nutrition and flavor. Start picking!

## What's in Season?

**Strawberries** - Do not wash strawberries until you are ready to eat them or they will spoil faster; Strawberries are good sources of vitamin C and folate.

## Easy Recipes Using Strawberries:

**Strawberry Lemonade** - Puree strawberries in a blender and pour into a pitcher with lemon juice, water, and a touch of sugar. *Kids Can Help: Add ingredients to blender before plugging it in.*

**Strawberry/Yogurt Parfait** - Alternate sliced strawberries with low fat vanilla yogurt in a clear cup, and add some low fat granola for crunch. *Kids Can Help: Layer the ingredients in the cup, and sprinkle granola on top.*

**Blueberries** - Choose dry blueberries that have a dusty blue color; Blueberries are good sources of vitamin C and fiber.

## Easy Recipes Using Blueberries:

**Blueberry Waffles/Pancakes/Muffins** - Add blueberries to waffle, pancake, or muffin batter. Tip: To avoid turning the batter blue, coat the blueberries in flour before gently stirring into the batter. *Kids Can Help: Add ingredients to bowl and stir batter.*

**Cool Blue Juice** - Add blackberries, blueberries, and a splash of orange juice into a blender. Puree until smooth and BLUE! *Kids Can Help: Add ingredients to blender before plugging it in.*

**Raspberries** - Did you know that raspberries can also be black, purple, and gold? Choose dry, plump, and firm raspberries. Do not wash raspberries until ready to eat avoid fast spoiling; Raspberries are good sources of vitamin C and fiber.

## Easy Recipes Using Raspberries:

**Raspberry Sauce** - Press washed and dried raspberries through a sieve with the back of a spoon, and sweeten with a small amount of fruit juice. Drizzle over pancakes or waffles instead of syrup. *Kids Can Help: Push raspberries through sieve with the back of the spoon.*

**Raspberry-Topped Oatmeal** - Top a bowl of oatmeal with raspberries for a sweet red punch. *Kids Can Help: Top with raspberries.*

Summertime isn't the only time to enjoy these tasty berries. *Use the following berry freezing techniques to indulge in berries year-round:*

- ◆ Start with fresh berries. Note: If using strawberries, remove green stems.
- ◆ Rinse berries gently in cold water. Drain berries thoroughly.
- ◆ Spread berries out, one layer deep, on a rimmed baking sheet.
- ◆ Put the pan of berries into the freezer overnight.
- ◆ Bag the berries using either a vacuum sealing machine or a resealable plastic freezer bag. Remove as much air as possible from the bag and seal shut.
- ◆ Label bags with the contents. Put them in the freezer and enjoy when ready.

# MAY LUNCH IDEAS

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

1% Milk <b>Ham/Cheese</b> Asparagus <b>Strawberries</b> WW bread	1% Milk <b>Hot Beef</b> Green Beans <b>Oranges</b> WW Bun	1% Milk <b>Refried Beans</b> Lettuce/Tomato <b>Banana</b> Tortilla	1% Milk <b>*Chicken Taco Soup</b> Carrot Stix <b>Peaches</b> Crackers	1% Milk <b>Yogurt</b> Peas <b>*Strawberry Sauce</b> WW Pasta Salad
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## Slow Cooker Chicken Taco Soup

### Ingredients:

- 1 onion, chopped
- 1 15 oz can black beans
- 1 15 oz can chili beans
- 1 15 oz can corn, drained (or use frozen)
- 1 8 oz can tomato sauce
- 12 ounces of white grape juice or chicken stock (the original recipe says beer)
- 2 10 oz cans diced tomatoes with chilies, undrained
- 1 pkg Taco Seasoning
- 3 chicken breasts, skinless and boneless

### Directions:

1. Place onion, chili beans, black beans, corn, tomato sauce, white grape juice or chicken stock (whichever one you use) and diced tomatoes in a slow cooker. Add taco seasoning and stir to blend. Lay chicken breasts on top of the mixture, pressing down slightly until just covered by the other ingredients. Set slow cooker for low heat, cover, and cook for 5 hours.
2. Remove chicken breasts from the soup, and allow to cool long enough to be handled. Shred the chicken. Stir the shredded chicken back into the soup, and continue cooking for 1 hour.
3. Serve with a dollop of sour cream and shredded cheese if desired.

## Strawberry Sauce

### Ingredients:

- 2 quarts fresh strawberries, cleaned, hulled and sliced or crushed
- 1/2 cup sugar

### Directions:

- Place strawberries and sugar in a bowl. Let stand at room temperature for 10 minutes. Refrigerate until ready to use. Use on top of:
- shortcake,
  - yogurt,
  - pudding, (not creditable)
  - ice cream, (not creditable)
  - pancakes,
  - waffles, the list goes on . . . . .



# Word Search: Berries/Fruits

STRAWBERRIES  
RASPBERRY  
BLUEBERRIES  
ORANGE  
CHERRIES  
CURRANT  
TOMATO

MULBERRY  
GRAPES  
CRANBERRIES  
KIWI  
JUNIPER  
PEAR  
PEACHES

Why were the strawberries so upset?



Because they were in a jam!

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

# Let's Get Moving!

## GROSS MOTOR ACTIVITIES FOR TODDLERS

- ◆ Give your toddler an easel, or tape a large piece of paper to the refrigerator and have him color or paint with watercolors. This will involve his whole arm, instead of just his fingers.
- ◆ Set up a basket along with several beanbags, and ask him to pick up the beanbags and throw them into the basket. If the beanbags are different colors, this can help with color recognition as well.
- ◆ Sing songs such as "The Wheels on the Bus" or "Head, Shoulders, Knees and Toes" with your child, and teach him the motion.



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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