



Perspectives

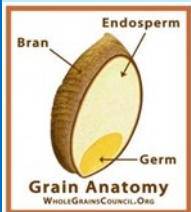
Horizons Unlimited Inc.—Sponsor of the Child and Adult Care Food Program

Very Important Program Pointers

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Identifying Whole Grains and Enriched Grains

Whole grains can be identified by reading the ingredient list. Look for words such as “Whole Grain” and “Stoneground Whole Grain”



as the first ingredient. Many products will also state on the package that they are made with 100% whole grain. In 2005, the Whole Grain Council began stamping products for easy identification. For more information on whole grains go to www.wholegraincouncil.org or check out the Whole Grain chapter in the [Healthy Bites Book](#).



Whole grain council stamp

Enriched Grains are refined grains that have had the vitamins and minerals added back into them. Enriched grains are identified in ingredient list with the term “enriched” or “fortified”.

The Food Program requires all grains to be “Enriched”, “Fortified” or “Whole Grain” to be a reimbursable part of the meal pattern. It is important to read labels to identify if the breads, cereals and pasta you are serving are creditable. Watch for words like Semolina, and unbleached wheat or white flour. Unless specified as “enriched” or “whole grain” these grains are not creditable. Semolina is common in pasta. You may want to double check that the pasta you are serving is in fact creditable on the food program.

References: The Whole Grain Council—www.wholegraincouncil.org

Check out our blog at <http://horizonsunlimited.org/blog/>

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*"And I'm proud to be an American,
Where at least I know I'm free.
And I won't forget the men who died,
Who gave that right to me."
Lee Greenwood*

Does it Count:

BAGEL - Yes - Bagels are relatively low in fat and high in complex carbohydrates. Enriched bagels contain significant amounts of thiamin, riboflavin, iron and niacin. Whole grain varieties are good sources of fiber.

BARLEY - Yes - It is credited as a bread alternative. A serving size for children ages 1-5 is 1/4 cup cooked

TACO SHELLS, TORTILLAS - Yes - If made with enriched flour/ meal or whole grain. Use Group B.

QUICK BREAD - Yes - May be counted as a bread alternative if enriched or whole grain flour or meal is the main ingredient. The vegetables or fruits used in these products are not in sufficient quantities to count as vegetable/fruit component. Commercial quick breads may be credited using Group D.



Memorial Day “In Honor”



NUTRITION NOTE

Springtime Gardening
and Playtime
By Kristen Frie RD

Spring has sprung! Some of the crops that are in season in Wisconsin include rhubarb and asparagus. Read on for some facts about these tasty and versatile vegetables:

What's in Season?



Rhubarb - Rhubarb is a good source of vitamin C. Mix into muffins, pancakes, or coffee cake for added tartness. The stalk is very tart; deep red stalks are sweeter and richer. NEVER eat the leaves because they are poisonous.

Asparagus - Asparagus is a good source of vitamins A and C, and folate. Add to stir fries, egg bakes, or simply roast the stalks with a little parmesan cheese. Avoid limp or wilted stalks.



This is the perfect time of the year to start your summer planting indoors. The children can help from start to finish, and there are so many valuable lessons to teach throughout the process. Below are some tips for starting an indoor garden with children:

Tips for Starting an Indoor Garden with Children

Use clean containers. Egg carton compartments, small milk cartons, and yogurt cups work well.

Label containers so you know what is in each one. Allow kids to design and decorate labels for the seedlings.

Follow directions listed on the seed packet.

Use the eraser end of a pencil to push seeds into the soil.

Plant the largest seeds from the seed packet to get the best germination rate.

Cover containers with plastic, and prick holes with a toothpick for ventilation. When seedlings appear, remove plastic and move containers into bright light.

Spring weather is here to stay. Encourage children to be physically active with the following fun outdoor activities:

Ways to Enjoy the Spring Weather

Go on a nature scavenger hunt.

Have a backyard toy car wash.

Splash in rain puddles.

Chase blown bubbles and pop them.

Dig in a sand box.



MAY LUNCH IDEAS

VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

<p>1% Milk</p> <p>Hard Boiled Egg</p> <p>Chef Salad with assorted veggies</p> <p>*Rhubarb Sauce</p> <p>WW toast</p>	<p>1% Milk</p> <p>String Cheese</p> <p>*Asparagus Soup</p> <p>Oranges</p> <p>WW Crackers</p>	<p>1% Milk</p> <p>Hamburger</p> <p>Marinara Sauce</p> <p>Banana</p> <p>Spaghetti</p>	<p>1% Milk</p> <p>Black Beans and cheese</p> <p>Tomato Slices</p> <p>Pears</p> <p>Tortilla</p>	<p>1% Milk</p> <p>Chicken Salad</p> <p>Peas</p> <p>Kiwi</p> <p>WW Bread</p>
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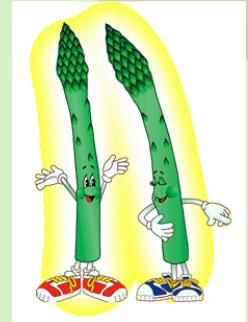
Asparagus Soup in Seconds

Ingredients:

1 (15 oz) can asparagus
 1 (14.5 oz) can chicken broth
 1/2 cup milk
 1 Tbls butter
 Salt and pepper to taste

Directions:

1. Blend the asparagus with the liquid in a food processor or blender until completely smooth.
2. Heat asparagus and chicken broth together in a medium saucepan over medium heat.
3. Stir in milk and bring to a slow simmer.
4. Stir in butter and season to taste with salt and pepper.



From: allrecipes.com

Rhubarb Sauce

Ingredients:

2 cups chopped rhubarb
 1/3 cup water
 3 to 4 Tblp sugar
 1/2 tsp vanilla
 1/2 tsp ground ginger

Rhubarb varies in sweetness, so add sugar to taste.

Some prefer cinnamon instead of ginger.

Directions:

- In a small saucepan bring water and sugar to a boil. Add rhubarb. Simmer uncovered until tender, about 7 to 8 minutes. Stir in vanilla and ginger.
 - Let cool.
- Serve with whipped cream, over ice cream, or top with granola. Great just like it is too!

Substitute 1 cup strawberries, cut in half, for 1 cup of the rhubarb. After simmering rhubarb, stir in strawberries; heat just to boiling. Rhubarb varies in sweetness, so add sugar to taste.



Word Search: Spring Veggies

PATRIOT
FREEDOM
FLAG
ALLEGIANCE
MARCHING
PLEDGE
REPUBLIC

ARMED FORCES
HONOR
RESPECT
HERO
HEROINE
UNITED STATES

Where did the spaghetti go to dance?



The Meat Ball

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

Let's Get Moving!

Find the Apple

Find the Apple is a fun scavenger hunt for toddlers. Children will walk and search the classroom for hidden apples.

Materials: Plastic red apples (15-20), basket

Books to Read: *Apples, Apples* by Kathleen Weidner Zoehfeld

Directions: Hide apples in various places around the room. Children will walk, hop, or crawl around the room looking for the hidden apples. Walk, crawl, and hop with the children, encouraging them to look for the missing apples. As children find the apples, ask them to place them in the basket. This activity could be used with other plastic fruits and vegetables to teach children about healthy foods.



From Mealtimes Memos



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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