



Perspectives

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

Very Important Program Pointers

Volume 18 Issue 205

August 2012



Does It Count?

Hot Dogs for Infants

Hot dogs **are not** intended for infant consumption and may cause choking. They are NOT creditable.

Hot Dogs for 1 to 12 year olds

Use 100% beef, pork, or poultry. This means they contain no binders and extenders in the ingredient list.



Commercially Prepared Combination Foods/Dinners for Infants



A commercially prepared combination food is defined as one that contains more than one food group.

For example: Chicken and vegetable Dinner. These foods are NOT creditable on the food program.

Commercial combination baby food dinners/foods have less nutritional value by weight than single ingredient foods.

After measuring the appropriate amount of each single ingredient food, plain meats may be mixed with vegetables.

Changing Bank Accounts

If you are changing the bank account you use to deposit your food program reimbursement, be sure you keep the old account open until all the payments that are pending are paid.



For example: If you want to change accounts in August, do not close the old account until all the payments for outstanding months are paid. This would be the July current claim and possibly the May and June late claims or adjustments.

If you close the account when payments are pending they will not go to the new account. They will bounce back in the banking system and eventually be returned to Horizons. Once the payment is re-deposited into Horizons account we will reissue the payment, by check, and mail it to you. This whole process can take 5-7 business days.

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Error Reports

Be sure you check the error report on your claim each month. This report

will tell you if any meals were disallowed and the reason why. If you do not feel the meals should be disallowed, call or email Horizons immediately.

In the MMKIDS program go to:

1. Review Claims
2. Click on the month to review
3. Details
4. Claim Summary and Error Report.

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- Articles
- Recipes
- Ideas



<http://www.facebook.com/#!/HorizonsFoodProgram>



Nutrition Note



Blueberries

Blueberries are packed with vitamin C.

In just one serving, you can get 14 mg of Vitamin C – almost 25 percent of your daily requirement. Vitamin C aids the formation of collagen and helps maintain healthy gums and capillaries. It also promotes iron absorption and a healthy immune system.

Blueberries are dynamos of dietary fiber.

Research has shown that most of us don't get enough fiber in our diets. Eating foods high in fiber will help keep you regular, your heart healthy and your cholesterol in check. A handful of blueberries can help you meet your daily fiber requirement. What a tasty way to eliminate this worry from your day!

Blueberries are an excellent source of manganese.

Manganese plays an important role in bone development and in converting the proteins, carbohydrates and fats in food into to energy – a perfect job for blueberries.

Blueberries contain substances that have antioxidant properties

Antioxidants work to neutralize free radicals — unstable molecules linked to the development of cancer, cardiovascular disease and other age-related conditions such as Alzheimer's. Substances in blueberries called polyphenols, specifically the anthocyanins that give the fruit its blue hue, are the major contributors to antioxidant activity.

Tips for Preparing Blueberries

Fresh berries are very fragile and should be washed briefly and carefully and then gently patted dry if they are not organic. Wash berries just prior to use to not prematurely remove the protective bloom that resides on the skin's surface. When using frozen berries in recipes that do not require cooking, thaw well and drain prior to using.

Tips for Freezing Blueberries

Fresh berries freeze well. Just put a single layer of berries on a cookie sheet and place in the freezer. Once frozen put them in a freezer container. They are like frozen pebbles. Then you can measure the amount you need for a recipe and leave the rest in the freezer!

Recipe Ideas

Fresh blueberries are great just as they are or:

- ◆ sprinkle on hot or cold cereal, into pancakes or waffles,
- ◆ put in a salad,
- ◆ mix with other berries for a fruit salad.

Blueberry Sauce (Great on pancakes, waffles, yogurt, etc)

Ingredients:

- 2 cups fresh or frozen blueberries
- 1/4 cup water
- 1 cup orange juice
- 3/4 cup white sugar
- 1/4 cup cold water
- 3 tablespoons cornstarch
- 1/2 teaspoon almond extract
- 1/8 teaspoon ground cinnamon

Directions:

In a saucepan over medium heat, combine the blueberries, 1/4 cup of water, orange juice, and sugar. Stir gently, and bring to a boil.

In a cup or small bowl, mix together the cornstarch and 1/4 cup cold water. Gently stir the cornstarch mixture into the blueberries so as not to mash the berries. Simmer gently until thick enough to coat the back of a metal spoon, 3 to 4 minutes.

Remove from heat and stir in the almond extract and cinnamon. Thin sauce with water if it is too thick for your liking .



AUGUST LUNCH IDEAS

VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

1% Milk Chicken Salad Lettuce/tomato Raspberries WW Tortilla	1% Milk Hamburgers Wax Beans Apple WW Bun	1% Milk Yogurt Carrot Sticks Pineapple WW Toast	1% Milk Refried Beans Sweet Corn Watermelon Taco Shell	1% Milk Scrambled Egg Potato Wedge Applesauce *Blueberry Muffin
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RECIPE OF THE MONTH

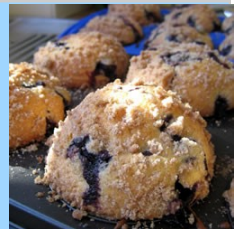
Ingredients

- 1 1/2 cups all-purpose flour
- 3/4 cup white sugar
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/3 cup vegetable oil
- 1 egg
- 1/3 cup milk
- 1 cup fresh blueberries
- 1/2 cup white sugar
- 1/3 cup all-purpose flour
- 1/4 cup butter, cubed
- 1 1/2 teaspoons ground cinnamon

To Die For Blueberry Muffins

Preparation

1. Preheat oven to 400 degrees F (200 degrees C). Grease muffin cups or line with muffin liners.
2. Combine 1 1/2 cups flour, 3/4 cup sugar, salt and baking powder. Place vegetable oil into a 1 cup measuring cup; add the egg and enough milk to fill the cup. Mix this with flour mixture. Fold in blueberries. Fill muffin cups right to the top, and sprinkle with crumb topping mixture.
3. To Make Crumb Topping: Mix together 1/2 cup sugar, 1/3 cup flour, 1/4 cup butter, and 1 1/2 teaspoons cinnamon. Mix with fork, and sprinkle over muffins before baking.
Bake for 20 to 25 minutes in the preheated oven, or until done.



From allrecipes.com

snack Of the Month

Ingredients

- 1 cup blueberries (frozen or fresh)
- 1 (8 ounce) container plain yogurt
- 3/4 cup 1% milk
- 2 tablespoons white sugar
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon ground nutmeg

Blueberry Smoothie

Place all ingredients in a blender and combine. Enjoy!

Serving size is 2 fruit and 1.5 milk servings.

Record as a fruit and milk. **USDA/FNS has just informed all food programs that yogurt cannot be credited in a smoothie.**



Word Search: Berries

BLUEBERRIES PUMPKIN
 RASPBERRIES GRAPE
 BLACKBERRY TOMATO
 STRAWBERRY CRANBERRY
 AVACODO GOOSEBERRY
 BANANA WATERMELON
 CURRENT

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

What did the chewing gum say to the shoe?



I'm stuck on you!

Let's Get Moving!

Here Today

Children join hands to make a circle and then sit down. Before playing this game the first time show the children what they will need to do. You may need to physically guide the children to stand up, turn around, and sit down during the song the first time.

(Child's Name) is here today, (Child's Name) is here today. Stand up, turn around, and then sit down, (Child's Name) is here today!

This is a good way to learn children's names. It is also good for following directions. Make sure all children get a turn.



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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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