



# Perspectives

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

## Very Important Program Pointers

Volume 18 Issue 199

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### Area Eligibility by School

One of the ways to qualify for the Teir I (higher) rate of reimbursement is based on whether your day care is within the boundaries of a qualifying school.

A school qualifies if 50% or more of its students are eligible for free or reduced price meals.

We just received the list of qualifying schools from the Department of Public Instruction. You can see what schools qualify on our website.

<http://www.horizonsunlimited.org/reimbursement>

The link is about half way down the page.

Give us a call if you want us to re-determine your Teir status.

### The New Program is Here!

What an exciting time.

- You can now enter your menus and meal counts from a smart-phone.
- Menus and meal counts are entered on the same page!
- Moving from screen to screen is faster and easier.
- The user manual is posted on our website.
- Training videos are available on YouTube.
- When you use a public computer you do not need to download anything— you just login.



Kids

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### Adjustments and Late Claims

If you feel meals have been disallowed in error, please let us know right away. If an adjustment needs to be made we are happy to do that but remember, we only have 60 days from the last day of the claiming month to submit the request. Therefore, we need it from you within 45 days to meet that deadline.

If you submit your claim late, we can only accept it for 45 days past the last day of the claiming month to meet the 60 day deadline to submit.

HORIZONS IS NOW ON FACEBOOK CHECK US OUT!

- Articles
- Recipes
- Ideas



Have your parents join us too!

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



# NUTRITION NOTE

## 2012 Realistic Resolutions

### Save money by eating more fruits & veggies!

- 1 A new study released by the USDA found that an adult on a 2,000-calorie diet could satisfy recommendations for fruits and vegetables at an average of \$2 to \$2.50 per day, or about 50 cents per one-cup serving.

### Fill half your plate with fruits & veggies

- 2 Making fruits and vegetables the focal point of every meal will help you meet your recommended amount each day—and you won't have to do all the math! The new healthy MyPlate icon developed by the USDA supports this concept fill your plate with colorful fruits and vegetables at every meal!

### Get 150 minutes of exercise per week

- 3 Getting 30 minutes of exercise five (5) days a week is not realistic for many people. As with any New Year's resolution ... the more realistic, the better! So, break it up to fit your lifestyle. For example, do 75 minutes of exercise for two (2) days a week or three (3) 1-hour sessions a week.

### Have a family dinner at least 2 nights per week

- 4 The statistics are clear: Kids who dine with the folks are healthier, happier and better students, which is why a dying tradition is coming back. To stimulate positive family relationships, healthier meals, and new traditions start making family meals a priority!

### Try a vegetarian recipe once a week

- 5 Research has shown rates of obesity, diabetes and high blood pressure are lower among long-term vegetarians vs non-vegetarians.

### Go green

- 6 Look for locally-grown produce, eat a more plant-based diet, and visit your local farmers market. The closer to home produce is grown, the less it has to travel, and the less environmental impact it will have.

### Get your kids excited about fruits & veggies!

- 7 We have lots of resources we give you to help get your kids enthusiastic about their fruits & veggies!

### Become a *healthier* cook

- 8 Cooking is a great way to use your creative juices and turn them in to food masterpieces.

### Eat **ONE MORE** fruit or vegetable each day

- 9 Taking one step at a time to transform unhealthy eating habits into nutritious ones is the best way to make the transition to a healthier diet!

### Become an expert at *planning!*

- 10 Planning is essential to making any kind of change. Start each week with a few healthy meals in mind and always have a well stocked pantry for those last-minute creations!

# JANUARY LUNCH IDEAS

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

<p>1% Milk</p> <p><b>HM Split Pea Soup</b></p> <p>Carrots</p> <p><b>Apple Slices</b></p> <p>Crackers</p>	<p>1% Milk</p> <p><b>Hamburger</b></p> <p>Peas</p> <p><b>Pears</b></p> <p>Spaghetti Pasta</p>	<p>1% Milk</p> <p><b>Cottage Cheese</b></p> <p>Broccoli</p> <p><b>Orange Slices</b></p> <p>WW Toast</p>	<p>1% Milk</p> <p><b>HM Chicken Nuggets</b></p> <p>Mashed Potato</p> <p><b>Green Beans</b></p> <p>WW Bread</p>	<p>1% Milk</p> <p><b>* Chicken Enchiladas</b></p> <p>Applesauce</p> <p><b>Black Beans</b></p> <p>Tortilla</p>
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## RECIPE OF THE MONTH

- 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

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](http://www.allrecipes.com)

## SNACK OF THE MONTH

### What you Need:

- 3 RITZ Crackers
- 2 small pieces Chocolate Grahams
- 2 small pretzel sticks
- 5 currants or small raisins
- 1 small piece carrot
- 1 strip apple peel

### Snowman

Kids will enjoy making and eating a serving, one snowman, of this fun snack.



**SPREAD** RITZ Crackers evenly with cream cheese spread; place on work surface, with crackers overlapping slightly to form a snowman shape. Top with graham pieces for the "hat."

**DECORATE** with pretzel sticks for the "arms," currants for the "eyes" and "buttons," carrot piece for the "nose" and apple peel for the "scarf."

THE CHILDREN WILL ENJOY DECORATING THEIR OWN SNOWMAN BEFORE THEY EAT IT UP!

# Word Search: MY FAVORITE ICY THINGS

SNOWMAN  
 ICICLE  
 IGLOO  
 ESKIMO  
 TUNDRA  
 ICEBERG  
 PENGUIN  
 COLD FEET  
 SCARF

MITTENS  
 ARCTIC  
 BOOTS  
 SLED  
 ICE SKATES  
 ICE RINKS  
 HOCKEY  
 COCOA  
 FROST

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

What do snowmen eat for breakfast?



Frosted Flakes

# Let's Get Moving!

## Snowball Fun

**Supplies:** Styrofoam ball for each child.  
 Pencil for each child.

**How To Play:** Give each child a styrofoam ball (snowball) and a pencil. They are to bend over, place the ball on the floor, and push the ball with the pencil across the room, around an obstacle, and back.



## Snow Painting

**Supplies:** Spray bottles  
 Food Coloring

Fill squirt bottles or spray bottles from a craft store with water and food coloring then send your little artists outside to add some color to the white landscape.



CACFP -  
 where healthy eating  
 becomes a habit.

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