



# Perspectives

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

## Very Important Program Pointers

Volume 19 Issue 209  
December 2012

### Non-Discrimination Statement Updated

It is important that the current non-discrimination statement appear in your policies, parent enrollment packet and any other places you advertise your child care. Places may include advertising you do for openings on Craig's List, Bulletin Board listings, etc.

#### **The current statement you should use to update materials is:**

"In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer."

**If the material is too small to permit the full statement to be included, the material will at a minimum include the statement, in print size no smaller than the text, that:**

"This institution is an equal opportunity provider."

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"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."  
— Edith Sitwell

### DOES IT COUNT?

- **Cupcakes:** Yes. If unfrosted. Dust with powdered sugar or top with whipped topping as an idea.
- **Dips:** Perhaps - If made with food items that are creditable and if the quantity served meets the age requirement. Consider using peanut butter, cheddar cheese, refried beans, cottage cheese or yogurt for a reimbursable dip. DO NOT count sour cream, mayonnaise or cream cheese dips. Record the kind of dip. For example: bean dip, yogurt dip.
- **Cookies:** Yes - May be counted as a bread alternative at snacks only if an enriched or whole grain meal or flour is the main ingredient by weight. No more than two dessert-type items should be served per week.





# Nutrition Note

## Turn Your Holiday Traditions Healthy

By Kristen Frie RD

You may think the words "holidays" and "healthy" do not belong together, but think again! Here are some tips to turn holiday traditions into ones that you can be proud to pass onto your children:

For many of us, our holiday traditions revolve around sitting, talking, and eating. Though these are somewhat essential components of the holidays, they don't have to be the focus of traditions. Take this year to incorporate and celebrate new winter and holiday traditions that are built around family-friendly activities. Kids and adults alike will enjoy partaking in these new feel-good holiday traditions together:

- \* Build a snowman
- \* Go ice skating
- \* Walk to the park and play in the snow
- \* Hang holiday lights
- \* Go for a walk after the big meal
- \* Sing carols from house to house
- \* Go sledding
- \* Volunteer with the community
- \* Play a game of touch football or Frisbee

It may be nearly impossible, and unnecessary, to remove food and eating from holiday traditions. How can you revise traditional holiday recipes to prepare them healthier?

### Top 9 Ways to Take a Healthy Spin on Traditional Holiday Recipes:

1. Replace one full egg with two egg whites.
2. Use flour to thicken a recipe rather than cream.
3. Flavor dishes with spices and herbs rather than adding fat and sodium.
4. Use reduced fat dairy products (cheese, milk, sour cream, cream cheese).
5. Prepare meats in a slow cooker to tenderize without adding fat.
6. Incorporate whole grains (i.e. wild rice, brown rice, barley) to keep you fuller longer.
7. Replace 1/3 the amount of fat in a recipe for unsweetened applesauce or pureed squash.
8. Exchange 1/2 the amount of flour in a recipe with oat or whole wheat flour.
9. Shred vegetables (i.e. zucchini and carrots) and add to recipes such as muffins, meatloaf, and rice blends.



As you plan your holiday activities and recipes for the year try to incorporate some of the ideas and tips listed here. Try a tasty, healthy way to make indulgent sweet potatoes with this recipe from Eating Well magazine on the next page.

# DECEMBER LUNCH IDEAS

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

<p>1% Milk</p> <p><b>Turkey Breast</b></p> <p><b>*Maple Roasted Sweet Potatoes</b></p> <p><b>Pineapple Roll</b></p>	<p>1% Milk</p> <p><b>Meatballs</b></p> <p>Spaghetti Sauce</p> <p><b>Broccoli</b></p> <p>WW Pasta</p>	<p>1% Milk</p> <p><b>Tuna Salad</b></p> <p>Carrots</p> <p><b>Apple Slices</b></p> <p>WW Bread</p>	<p>1% Milk</p> <p><b>Black Beans</b></p> <p>Lettuce/tomato</p> <p><b>Apricots</b></p> <p>Tortilla Shell</p>	<p>1% Milk</p> <p><b>HM Chicken Soup</b></p> <p>Applesauce</p> <p><b>Potato</b></p> <p>WW Crackers</p>
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## Maple-Roasted Sweet Potatoes

### Ingredients:

2 ½ pounds sweet potatoes, peeled and cut into 1 ½ inch pieces  
 1/3 cup pure maple syrup  
 2 Tbsp. butter, melted  
 1 Tbsp. lemon juice  
 ½ tsp. salt  
 Freshly ground pepper, to taste



### Preparation Instructions:

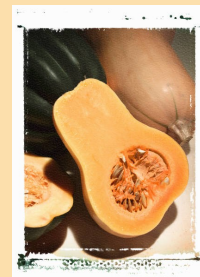
Preheat oven to 400°F.  
 Arrange sweet potatoes in an even layer in a 9x13" baking dish.  
 Combine maple syrup, butter, lemon juice, salt, and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.  
 Cover and bake the sweet potatoes for 15 minutes. Uncover, stir, and cook, stirring every 15 minutes, until you reach 45 – 60 minutes.

## Butternut Squash

*Cook and puree an entire Butternut squash to freeze in small portions and thaw as needed for meals. A pound of squash will yield about 2 cups of cooked pureed squash. This is great for infants too. See recipe that follows:*

### Pureed Baby Food : Butternut Squash

- 1) Preheat oven to 400 degrees F. Cut squash in half and scrape out the seeds.
- 2) Place the squash in a glass baking pan, face down.
- 3) Bake for about 40 minutes. The squash is done when it feels soft.
- 4) Remove the flesh from the skin.



# Word Search: December Fun

SLEDDING  
BAKING  
EATING  
COOKIES  
SNOW  
SKATING  
CELEBRATING

SHOPPING  
VISITS  
FIREPLACE  
BOOTS  
HATS  
MITTENS  
COLD NOSE

Where does a snowman keep his money?



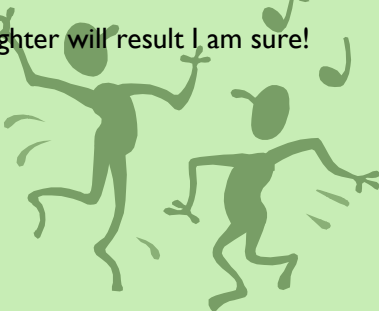
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A	N	S	O	S	L	A	R	S	K	B	G
H	I	D	O	L	D	G	N	I	T	A	E
	T	F	K	I	N	W	N	D	A	K	C
G	A	G	I	M	O	A	A	G	S	I	V
N	R	H	E	N	S	H	M	H	D	N	W
I	B	C	S	L	E	D	D	I	N	G	E
T	E	S	H	O	P	P	I	N	G	O	L
A	L	D	E	C	A	L	P	E	R	I	F
K	E	E	M	I	T	T	E	N	S	K	T
S	C	R	M	M	I	O	T	H	D	G	I

## Let's Get Moving!

### FREEZE DANCE

Put on some of your favorite winter time music. Have the children dance until you turn off the music. When the music stops they freeze and hold their pose.

Lots of laughter will result I am sure!



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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