

perspectives

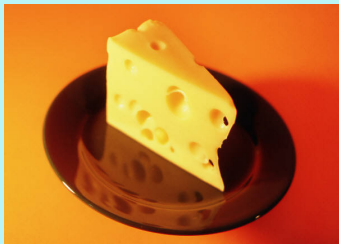
Spring

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

Very Important Program Pointers

Volume 18 Issue 202
May 2012

SAY CHEESE!!



Not all items labeled “cheese” are creditable on the food program. You must read labels carefully.

These items ARE OKAY:

- Cheese food (because it contains at least 51% cheese). The package must be labeled “spread” or “natural.”
- Pasteurized process cheese (it’s 100% cheese).

These products ARE NOT OKAY:

- Imitation cheese.
- Cheese product (because it can contain less than 51% cheese).
- Velveeta.

Whenever you use a cheese sauce to prepare any food, keep the Child Nutrition (CN) label on file.

If there is no CN label, contact the manufacturer for their product analysis sheet, and keep that on file.

Keep your food program records

- Food program records must be maintained onsite for the current and previous 12 months
- Records for the previous 2 years can be onsite or offsite, but must be made available if requested.
- You may keep records electronically or on paper. Computer records must be accessible for Horizons, DPI, or USDA review at any time during your regular day care hours.

Reminder:

Shelf-stable, dried snacks made from meat, poultry, or seafood are not creditable as a meat or meat alternative.

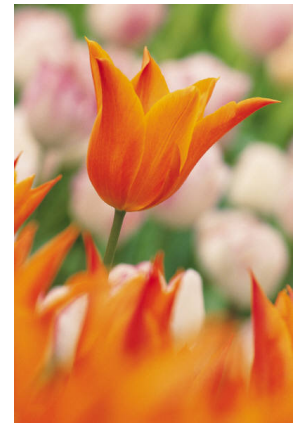
Examples of non-creditable meat snacks would include but not be limited to:

smoked snack sticks made with beef and chicken, summer sausage and pepperoni sticks, **meat, poultry or seafood jerky** such as beef jerky, turkey jerky, and salmon jerky, and **meat or poultry nuggets** (the nonbreaded, dried meat or poultry snack made similar to jerky) such as turkey nuggets.

If you have any questions please call us.

Inside this issue:

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



HORIZONS IS NOW ON FACEBOOK CHECK US OUT!

- Articles
- Recipes
- Ideas

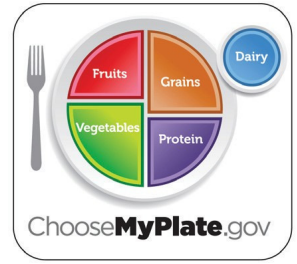


Have your parents join us too!

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



Nutrition Note



make half your grains whole

10 tips to help you eat whole grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, **whole grains** and **refined grains**. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

1. make simple switches

To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.

2. whole grains can be healthy snacks

Also, try 100% whole-wheat or rye crackers. Also, try 100% whole-wheat or rye crackers.

3. save some time

Cook extra bulgur or barley when you have time. Freeze half to heat and serve later as a quick side dish.

4. mix it up with whole grains

Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

5. try whole-wheat versions

For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.



6. bake up some whole-grain goodness

Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening in order to rise.

7. be a good role model for children

Set a good example for children by serving and eating whole grains every day with meals or as snacks.

8. check the label for fiber

Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.

9. know what to look for on the ingredients list

Read the ingredients list and choose products that name a wholegrain ingredient **first** on the list. Look for “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” “whole rye,” or “wild rice.”

10. be a smart shopper

The color of a food is not an indication that it is a whole-grain food. Foods labeled as “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products, and may not contain **any** whole grain.

MAY LUNCH IDEAS

VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

<p>1% Milk</p> <p>HM Chicken Soup</p> <p>Carrots</p> <p>Kiwi</p> <p>WW pasta</p>	<p>1% Milk</p> <p>Hamburger</p> <p>Red/Yellow/Green Peppers</p> <p>Strawberries</p> <p>WW Tortilla</p>	<p>1% Milk</p> <p>Egg Salad</p> <p>Peas</p> <p>Oranges</p> <p>WW Toast</p>	<p>1% Milk</p> <p>Beef Tips</p> <p>Mashed Potato</p> <p>Green Beans</p> <p>Brown Rice</p>	<p>1% Milk</p> <p>Scrambled Eggs</p> <p>Applesauce</p> <p>Mixed Veggies</p> <p>*WW Banana Muffins</p>
--	--	---	---	--

Recipe of the Month

Ingredients

- 1 1/2 cups whole-wheat flour
- 1/2 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt
- 3 large ripe bananas, mashed
- 2 large eggs, lightly beaten
- 3/4 cup packed light brown sugar
- 1/3 cup milk
- 3 tablespoons butter, melted and cooled
- 1 teaspoon vanilla extract
- 12 dried banana chips, optional

Whole Wheat Banana Muffins

Preparation

1. Preheat oven to 375°F; mist a standard 12-cup muffin tin with cooking spray or line with paper or foil liners. In a large bowl, combine both types of flour with baking powder, cinnamon and salt.
2. In a separate bowl, mix bananas with eggs, sugar, milk, butter and vanilla. Whisk until smooth. Fold banana mixture into flour mixture just until combined and batter forms; do not over mix.
3. Spoon batter into muffin cups; place a banana chip on top of each one, if desired. Bake until a toothpick inserted into center of a muffin comes out clean, 18 to 20 minutes. Let cool in pan on a wire rack for 10 minutes, then turn out onto rack to cool completely.



snack of the Month

Ingredients

- 1/2 cup reduced-fat peanut butter
- 1/3 cup vanilla low-fat yogurt
- 1 tablespoon orange juice
- 2 ripe bananas, sliced
- 4 (8-inch) fat-free flour tortillas
- 2 tablespoons honey-crunch wheat germ

Peanut Butter-Banana Spirals

Preparation

- Combine peanut butter and yogurt, stirring until smooth. Drizzle juice over bananas; toss gently to coat.
- Spread about 3 tablespoons peanut butter mixture over each tortilla, leaving a 1/2-inch border. Arrange about 1/3 cup banana slices in a single layer over peanut butter mixture. Combine wheat germ and cinnamon; sprinkle evenly over banana slices. Roll up. Slice each roll into 6 pieces.



Word Search: MY FAVORITE SPRING THINGS

TULIPS SPORTS
 GARDENING RAIN SHOWERS
 CLEANING PUDDLES
 DAFFODILS LILACS
 BUNNIES BUGS
 BIRDS ASPARAGUS
 BIKING RHUBARB

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

In what season do you use a trampoline?



Spring -Time

Let's Get Moving!

Hula Hoop Mania

Give everyone a hula hoop.

Announcer says: "Get Ready, Get Set ,Hula Hoop!"

Keep going until the announcer says stop.

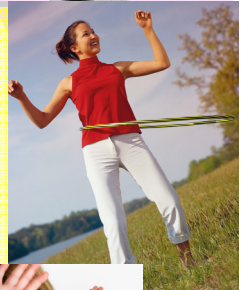
Lay the hula hoop on the ground.

Announcer says: "Get Ready, Get Set, Hop around your hula hoop!"

Keep going until the announcer says stop.

Announcer says: "Get Ready, Get Set, Roll your hula hoop!"

Keep going until the announcer says stop. (Make up your own movements!!)



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.
 Phone: 920-826-7292 or 1-800-261-9176 Fax: 1-920-826-5308 E-mail: horizons@bayland.net
 Linda Leindecker, Executive Director Jenna Van Den Wildenberg, Field Representative

"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 Civil Rights (Office of Adjudication), 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). TDD users can contact USDA through local relay or the Federal Relay at (800) 877-8339 (TDD) or (866) 377-8642 (relay voice users). USDA is an equal opportunity provider and employer."