

Program Reminders

All Children must be Enrolled in Minute Menu

ALL children in your care who would count into your capacity (including your own) are required to be enrolled in Minute Menu regardless of whether they participate on the CACFP or not. **Please note:** If an enrolled child does not participate on the CACFP, you must uncheck the box "Participating in CACFP" in Minute Menu and there must be a "Parent/Guardian Form for Declining Participation in the CACFP" on file. If your own child does not qualify to participate in the CACFP by your income, you do not need to submit a Parent/Guardian Form for Declining Participation in the CACFP).



Nutrition News

New Year, New You: 5 Tips to a Healthier You in 2018!

Happy New Year to a New You! Did you make a New Year's resolution? Millions of Americans make New Year resolutions every January to improve their health by losing weight, getting fit, or eating healthy. Some goals for the new year are to eat healthier by cooking at home more often, stay active while increasing physical activity minutes, and balance life with a busy schedule. Take the challenge to improve your health in 2018 by making healthier decisions.

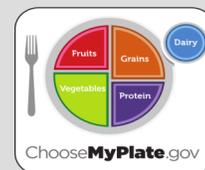
Eat the Right Amount of Calories for You

We all need different amount of calories depending on our age, gender, height, weight, and physical activity level. There are several free websites or apps that will help you achieve your calorie goals. Daily Food Plan from ChooseMyPlate.gov will determine the appropriate amount of calories for you. MyFitnessPal, an app on your phone, keeps track of my food and exercise on the go.

Build a Healthy Plate

Build a healthy plate by using MyPlate.

- Try to make half of your plate fruits and vegetables by choosing fresh, frozen, canned or dried fruits and vegetables.
- When consuming dairy foods, switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains by choosing 100% whole grain cereals, bread, crackers, rice, and pasta. One of the easiest ways to find out if your food product contains whole grains is to look for the whole grain stamp. Start by increasing whole grains in your diet by replacing half of the pasta with whole wheat spaghetti in recipes to ease into it.
- Vary your protein food choices by keeping meat and poultry portions small and lean. In addition, eat beans, which are a natural source of fiber and protein, and make seafood the protein on your plate twice a week.



Policy Updates

Milk and Milk Substitutes on the Child Care Food Program

Milk is a required component at all meals on the CCFP and is an essential part of a child's healthy diet due to its being packed with protein, calcium, and vitamin D.

- **Whole milk is required for ages 1-2 years of age.**
- **Fat-free (0%) or low-fat (1%) milk are required for children over 2 years of age.**

If a child has a special dietary need and is not able to drink cow's milk, parents must sign a **Parental Request for a Non-Dairy Milk Substitute Form**. The Non-dairy milk substitute must be nutritionally equivalent to milk and can be provided at the expense of the parent or provider to be part of a reimbursable meal.

Please note: Almond milk, coconut milk or rice milk are NOT reimbursable non-dairy milk substitutes and can only be accepted with a Medical Statement signed by a licensed physician.

Both the Parental Request for Non Dairy Milk Substitute and Medical Statement can be found on our website (choices4children.org) under Child Care Food Program.

Cut Back on Foods High in Solid Fats, Added Sugars, and Salt

Some of our favorite foods fall into this category, but it is all about moderation or modifying the recipe to incorporate them into a healthy lifestyle.

Cook More Often at Home

Cooking at home may not only save you money, but it allows you to be in control of what is in your food and how your food is made. We end up eating out more when we are not able to plan ahead and go grocery shopping on the weekend. When we cook more often at home, we tend to eat more fruits, vegetables, whole grains, low-fat dairy products, and lean protein foods.

Be Physically Active Your way

It is important to be physically active your way whether that includes walking, running, playing sports, yoga, weight lifting, or any other type of exercise. It is hard to continue or make time for exercise you do not enjoy. To gain the most healthy benefits, adults should aim for at least 150 (2 hours and 30 minutes) of moderate-intensity aerobic activity each week.



Source: <https://makinghealthierdecisions.com>



Holidays:
New Years Day—January 1st
Martin Luther King Day - January 15th

December Claim Deadlines

Web Kids: **Submit** by January 1st

Scan Forms: **Must Be Received by January 5th**

(Late Scan Forms will not be accepted!)

Enrollment Forms: **Received** by January 5th



Minute Menu Magic

JANUARY

2018

<i>All Day with</i>		BREAKFAST		<i>All Day with</i>
Peanut Butter	ROSA PENA DE LICATA			VICTORIA PITA
Kumquats	Pineapple	<i>*Crunchy African Bananas</i>	Guava	Cantaloupe
Plain Bagels	Waffles	Yogurt	Kashi	Bran Muffin
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
SNACK				
Egg Salad	Mixed Dried Fruit	Leek Soup	Almonds	Lentils
Whole Grain Crackers	Walnuts, 1% Milk	Oyster Crackers	Asian Pears	Asparagus
LUNCH/DINNER				
<i>*Tofu Dippers</i>	Chicken Breast	Beef Meatballs	Shredded BBQ Pork	Shrimp
<i>Marinara Sauce</i>	Pinto Beans	Beet Salad	<i>*FuFu</i>	Broccoli
Bok Choy & Spinach Sauté	Apples	Mandarin Oranges	Kiwi	Nectarines
Garlic Bread	Quinoa	Whole Wheat Cous Cous	Hawaiian Rolls	Noodles
1% Milk (6)	1% Milk (6)	1% Milk (6)	1% Milk (6)	1% Milk (6)

W E E K L Y G R O C E R Y L I S T	Refrigerated 1% Milk Flavored Yogurt Eggs Extra Firm Tofu Packaged Wh.Wheat Cous Cous Whole Grain Crackers Noodles Oyster Crackers Bran Lentils Kashi Cereal Walnuts Almonds Unsalted Peanuts Parmesan Cheese Bagels Marinara Sauce Mixed Dried Fruit Pinto Beans Vegetable Broth Peanut Butter Hawaiian Rolls BBQ Sauce Quinoa	Meat Ground Beef Pork Roast Chicken Breast Shrimp Produce Asparagus Asian Pears Apples Bok Choy Plantains Garlic Broccoli Spinach Bananas Kiwi Nectarines Leeks Green Onions Pineapple Cantaloupe Beets Lettuce Mandarin Oranges Kumquats	Crunchy African Bananas  1 T Butter 1 T firmly packed Brown Sugar 1/4 tsp. ground Cinnamon 2 large Bananas, medium-ripe Cooking Spray 1/4 C chopped unsalted Peanuts Preheat oven to 350°. In a small bowl, melt butter in microwave. Stir in sugar and cinnamon until well blended. Coat a 9" x 9" baking pan with cooking spray. Peel bananas; cut lengthwise in half. Place cut-side down in baking pan. Brush with sugar mixture; sprinkle with nuts. Bake 20 minutes, or until bananas are lightly browned. Serve warm. Serves 4, 3-5 years. <i>Source: Fruit & Veggies-More Matters</i>
		<div style="border: 2px solid blue; padding: 5px; text-align: center;"> Best Wishes for a Healthy, Happy & Prosperous New Year! </div>	FuFu (mashed plantains) 2 1/2 C Water Dash Garlic powder 2 ripe Plantains (<i>skin should be black</i>) 1/2 T Butter 1/8 C Skim Milk 2 Green Onions (Scallions), chopped Peel plantains and slice into 1" pieces. Bring water to a boil. Add plantains and cook over medium-high heat for 20 minutes until most of water is absorbed. Add butter, garlic powder, and milk. Mash with a potato masher. Garnish with onions. Serves 8, 3-5 years. <i>Source: Fruit & Veggies-More Matters</i>
			Crispy Tofu Dippers 14 oz. package extra firm Tofu, pressed, drained, and cut into bite-sized pieces 2 T Cornstarch 2 T Olive Oil 1/2 C Cornmeal 1/4 C grated Parmesan Cheese Marinara, for dipping Whisk together cornstarch, cornmeal and cheese. Place tofu pieces in the mixture and toss to coat well. Heat oil in a skillet over medium heat. Toss coated tofu into hot pan. Cook on all sides until crispy and brown. Serve with marina dip. Serves 6, 3-5 years

