

Division of School and Community Nutrition

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Indiana CACFP

News 2 Use

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What! You Want Me to Serve Vegetables in the Morning?

Yes! Vegetables are good at any meal time including breakfast and AM snack, Here are some ideas to help expand your morning vegetable offerings....

- Avocado or tomatoes on toast or crackers
- Sliced tomatoes, or dice them and put them in cottage cheese
- Any vegetable can be thrown in with scrambled eggs, a breakfast burrito, or used in an omelet.(broccoli, cauliflower, greens, tomatoes, peppers, zucchini, yellow squash, etc.)
- Sautéed bell peppers and mushrooms
- Sweet potato patties (aka potato pancakes) or hash browns
- Sweet cabbage slaw
- Vegetable oatmeal-see recipe below...

Savory vegetable oatmeal

2 Tbsp. olive oil	2 cups instant oats
1 cup chopped mushrooms	4 cups vegetable broth
1 cup chopped carrots	1/2 Tbsp. dried thyme
1 cup frozen peas	1/2 cup diced onion

Heat olive oil in large pot, add vegetables and sauté until soft (about 5 minutes). Add oatmeal and broth.

Cover and simmer for a few minutes, or until oats are cooked. Stir in thyme.

You can use any kind of oat, but if they are not instant, you may just need to add a little more water and simmer for a bit longer at the end. You can also try this recipe with different seasoning and vegetables such as Swiss chard or spinach, tomatoes, bell peppers, celery, leftover or precooked sweet potatoes, etc. It is also good with a little chili powder, curry, and cumin.

For a ½ cup serving to 3-5 year olds, this credits as 1/4 cup grain and 1/4 cup vegetable . Serve with a ¼ cup of fruit on the side to provide a complete fruit/vegetable component at breakfast. Serves 14



—Recipe provided by Heather Stinson

"Exercise is King, nutrition is Queen, put them together and you've got a kingdom."

-Jack

Lalanne



"Health is like money, we never have a true idea of its value until we lose it."

-Josh Billings

New CACFP Resources

The CACFP began offering internship opportunities for college students this summer. These interns are helping us provide you with more resources. Below are some of their projects that we would like to share with you. These are currently on our website, but we are also working to move the trainings to Moodle as well.

Sodium Reduction Training

As you may know, most people are consuming too much sodium. Public Health advocates are warning that high sodium is causing health problems and we need to lower our consumption. This training provides information on how much children need, what foods contain it, and how to help children consume lower amounts. This training was developed by Chi Zhang, our very thorough CACFP Summer Intern. The PowerPoint is posted on our training page: <http://www.doe.in.gov/nutrition/cacfp-online-training-library>, but it will soon be recorded and offered in Moodle.

Compiled Resources for Nutrition and Physical Education

Jaquelyn Lageschulte, CACFP Summer Intern, poured over all of the resources she could find to compile them for your ease in locating what you need to offer nutrition and physical education. We know this list is not complete and welcome suggestions for additional resources to add. You may view it at: <http://www.doe.in.gov/sites/default/files/nutrition/compiled-resources-nutr-ed-phy-act.pdf>

CACFP Recipe Book and Menus

With a goal to bring you new recipes and menu ideas, Tianen Liu, CACFP Summer Intern, compiled and adapted many recipes from day care providers, CACFP staff, and outside sources. We hope her recipe book challenges you to try something new and think outside of the box. These resources can be found at: <http://www.doe.in.gov/nutrition/cacfp-menu-resources>

Farm to Preschool

Stephanie Operschall is CACFP's fall intern. She has been working hard to develop resources and promote farm to preschool. Her projects have included updating resources on our website, creating webinars, developing a toolkit for Indiana produce, and helping us start a Farm to Preschool subcommittee (as part of the Indiana Farm to School Network). Wow, she has been busy! You can find her current and future resources on our Farm to Preschool page: <http://www.doe.in.gov/nutrition/farm-preschool>

Welcome New Organizations to CACFP:

• Kid City USA– Jasper, Inc.	Jasper	Cindy Nicholson
• Lebanon Area Boys & Girls Club	Lebanon	Britiany Wines
• Yorktown Church of the Nazarene	Yorktown	Katie Smith
• The Portage Child Care	Portage	Chris Liechty
• Hollis Adams Foundation	Indianapolis	Kimberly Forester
• Lilies of the Valley Christian Church	Indianapolis	Frances Bunch
• Second Baptist Church Development Corp.	Indianapolis	Glenda Greene
• Sunrise Christian Academy	Indianapolis	Rachelle Vaughn
• TP Academy	Indianapolis	Jessica Hall
• Friendship Christian Academy	Indianapolis	Roslyn Holland



Upcoming Events:

October 1, 2014	Start of CACFP fiscal year 2015
October 13, 2014	State Offices CLOSED -- Columbus Day
October 22, 2014	New Sponsor WebEx: 9:30-11:30 a.m.
November 4, 2014	State Offices CLOSED – Election Day
November 11, 2014	State Offices CLOSED – Veteran's Day
November 18, 2014	At-Risk WebEx: 10 a.m. – 12 noon
November 20, 2014	CACFP Refresher Workshop: 9 a.m. to 4 p.m. Indiana Government Center South, Conference Room 19 Enter at 302 West Washington Street, Indianapolis
November 27-28, 2014	State Offices CLOSED – Thanksgiving Holiday
December 25-26, 2014	State Offices CLOSED – Christmas Holiday

Did You Know... ?

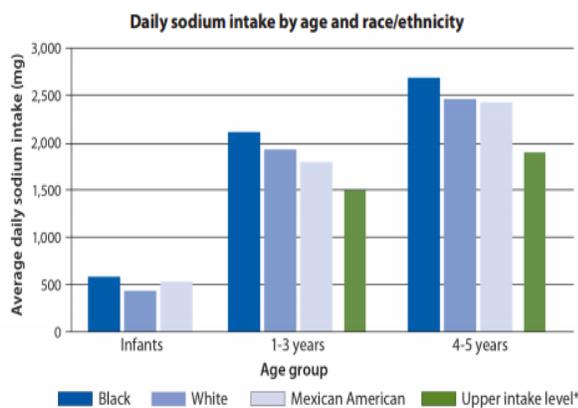
Institutions that have an agreement to operate the Child and Adult Care Food Program (CACFP) are subject to 7 CFR 226.22 and therefore must conduct all procurement (the purchase of goods and services) in accordance with 7 CFR 3016 or 7 CFR 3019. These procurement standards must be followed regardless of dollar amount, meals served or purchasing frequency. CACFP meals must meet all federal requirements including being properly procured. **The small purchase threshold is at or below \$150,000.** Refer to the [Procurement section](#) on the main CACFP web page and be sure and participate in one of the procurement webinars.

Reduce Salt and Sodium in Diets

Introduction/Facts:

Consuming too much sodium has been a huge health concern for individuals from all age groups. Surveys show that most people consume more sodium than needed.

- Boys generally consume more sodium than girls according to the survey, which indicates males have a bigger health concern of sodium-related diseases than females during their lifetime.
- About three quarters of dietary sodium is added to food by manufactures.
- Many studies show that children's preference of sodium can be modified by behavior change and less sodium exposure, which can be simply accomplished by feeding children less sodium.



Direct health consequences:

- While a high intake of sodium is considered one of the biggest concerns in hypertension, potassium is believed to blunt the effect.
- Children who have a high intake of sodium are more likely to have high blood pressure, heart disease and kidney diseases when they grow up.

How to limit sodium consumption:

Menu Planning

1. Decrease sodium gradually: cutting back a small amount at a time will not affect the enjoyment of food.
2. Offer more fresh fruits and vegetables.
3. Limit highly processed meat (bologna, chicken nuggets, hot dogs, etc.).
4. Avoid recipes that require extra sodium such as baking powder and baking soda.

Purchase— read the labels before you purchase!

1. Purchase unsalted or reduced-salt products (fresh or frozen fruits, vegetables, less processed meat)
2. Purchase seasoning powders instead of salt (onions, garlic, sesame, etc.)
3. Recognize and choose the products marked unsalted or lower sodium when purchasing snacks (lightly or unsalted crackers, trail mix, nuts, etc.)

Cooking/ Preparation

1. Use seasoning powders, herbs and spices to enhance a food's natural flavor.
2. Rinse canned vegetables under running water.
3. Keep salts off the table.

Source: http://www.cdc.gov/salt/pdfs/mmwr_journal_highlights.pdf

Contributed by: Chi Zhang, CACFP Intern

Try Something New, You Might like it !

Don't worry if a child is a picky eater, it is very common for children to be aware of what they are eating. Allow the child to taste the new foods several times because it could take them this long to realize they actually enjoy the food. If a child definitely does not like a food, it is okay. Continue introducing a variety of healthy foods, which allows the child to get the proper nutrients they need in order to grow.

- Have the children read the book, " Two Bite Club".
- Let the children pick a new food from the book to try.
- If they complete this activity, give the child a certificate to help them feel accomplished and excited.
- Share this activity with the parents to involve them, and encourage the parents and children to try new foods at home.



Sources:

English: <http://www.fns.usda.gov/sites/default/files/TwoBiteClub.pdf>

Spanish: <http://www.fns.usda.gov/sites/default/files/twobiteclub-sp.pdf>

Exercising With Children

Children need at least 60 minutes of physical activity or active time. They should also avoid sitting for too long, which can be avoided by limiting television and computer time. It is recommended that children have less than 2 hours of screen time a day (including screen time at home).

Activity Idea:

- Have the children create a short story.
- Ask them to act it out.
- Challenge them to incorporate music and props

Sources: <http://www.illinoisearlylearning.org/tipsheets/fitness.pdf>

<http://www.choosemyplate.gov/preschoolers/physical-activity/HealthyTipsforActivePlay.pdf>

Make Memories in the Kitchen

Letting the children help cook and/or serve meals is a great way to educate them on what they are eating. When children are able to help with meals and then serve themselves, it gives them a sense of pride in what they helped make.

- First, find a meal that is easy to make and every one in the class will enjoy.
- Bring all the ingredients to the class and show the children what each ingredient is.
- Then, have the children help make the meal and let them serve themselves.
- Tell the families about this activity so they can do it at home!

Source: http://kidshealth.org/parent/nutrition_center/healthy_eating/kids_cook.html

Butternut Squash

Ingredients:

- 2 tsp. vegetable oil
- 3 lbs. butternut squash
- 1 tsp. course salt
- 2 Tbsp. light brown sugar

Serves: 22 (3-5 year olds)

1/4 cup vegetable

Instructions:

- Cut squash in half lengthwise, and scoop out seeds
- Drizzle with oil and 1/2 tsp of salt
- Place cut side down, roast at 375 degrees for 45 minutes
- Cool, and then scoop squash out of shell
- Puree Squash with brown sugar and the other 1/2 tsp of salt



Source: www.thelunchbox.org

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the [State Information/Hotline Numbers](http://www.fns.usda.gov/snap/contact_info/hotlines.htm) (click the link for a listing of hotline numbers by State); found online at http://www.fns.usda.gov/snap/contact_info/hotlines.htm.

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Glenda Ritz, NBCT

Indiana Superintendent of Public Instruction