



Nutrition Notes

CALENDAR OF EVENTS REMINDER

The food program year is more than half over and over half of the providers need to complete their 2 hour nutrition in-service. We will be offering the following nutrition in-service trainings. Check your calendars and plan ahead!

Minute Menu On-line Training

2 hrs. in-service

Date: Saturday, July 18th

Time: 9:00 - 11:00 AM

Location: DCCDA Office, 935 Iowa, Suite 7



If you are not currently filing your claim on-line but would like to get more information on how this process works, enroll for this class. Learn how to access the Minute Menu Internet Claim Program to process your monthly claim efficiently and accurately. **Minimum of 6; maximum of 10. RSVP by July 16th.**

What's a Busy Provider to Do?

2 hrs. in-service pending

Date: Saturday, August 8th

Time: 9:00 - 11:00 AM

Location: First Church of the Nazarene
1470 N. 1000 Road

Presenters: Lisa and Jan

❶ Recipes that are simple, quick and nutritious—that's what we want! Come join us as we examine recipes and serving sizes. How much is enough? Which components will this casserole count for on the food program? Is it a healthy choice? Will my children like it? Move your child care menus from good to great!

❷ Organization 101-With a little planning your child care business can run even more smoothly. We will share tips on organizing the kitchen, the playroom, parent information, and tax records.

RSVP by August 4th. No enrollment fee.

• Please send in your favorite kid-tested, quick recipes or any tips on organizing your child care business by July 20th. Information will be compiled and handouts will be available at the training.

July 2009

935 Iowa, Suite 7
Lawrence, KS 66044
785-842-9679
dccda.org
8:30 am - 4:30 pm

July 3rd

Claims due



July 3rd

Office Closed
for the Holiday

July 31st

DCCDA Open Office

6:00 p.m. - 7:30 p.m.

Checks are available
for pick-up from
8:30 AM - 4:00 PM

Call the office if you want yours held for the evening Open Office. All others are mailed at 4:00 PM!

Celebrate

- ^ July 4th
Independence Day
- ^ July 5th
Caribbean Day
- ^ July 10th
Teddy Bear's Picnic Day
- ^ July 13th
Go West Day
- ^ July 18th
Cow Appreciation Day
- ^ July 29th
National Lasagna Day
- ^ National Picnic Month
- ^ National Blueberry Month

Themed Library Kits

- ^ Berries
- ^ 4th of July
- ^ Picnic
- ^ Beach/Ocean
- ^ Rainbow Fish
- ^ Cowboys/Wild West



Lisa's Corner



What was your favorite book to read or to listen to when you were a child? Making memories, that is what you do every time you sit down with a child and read a book. What about reading books about food? This is a great way to start teaching youngsters the importance of good nutrition. Reading is just the beginning of good communication and developing strong language skills. Not only are you making memories, you are also building relationships, and creating positive interactions. Looking at a book before or after nap is a great individual activity to do with an infant. Infants love to be cuddled and talked to. Be prepared -those toddlers will usually say "Read it Again".

Our Library is full of books and kits that can help you start that learning process. The following kits have some wonderful children's nutrition books.

1. Milk and Ice Cream Kit
2. Gardening
3. My Pyramid
4. Fruits & Vegetables
5. Cooking with Kids
6. Nutrition Kit



On the lighter side:
Ever Wonder Why?

The time of day with the slowest traffic is called Rush hour?

Sample Menus



| | | | |
|----------------------------|---|--|---|
| Breakfast | | | |
| Fluid Milk | Milk | Milk | Milk |
| Juice, Fruit or Vegetable | Peaches <i>a</i> | Blueberry Smoothie | V-8 Juice <i>a/c</i> |
| Bread/Bread Alternate | Rice Chex | English Muffin | Wheat Toast |
| Other | | | Scrambled Eggs |
| Snack | | | |
| Two Items | Hummus | 100% White Grape Juice <i>c</i> | Blueberry Oatmeal Coffee Cake* |
| Two Groups | Pita Triangles | Party Mix | Milk |
| Other | Apples | | |
| Lunch | | | |
| Fluid Milk | Milk | Milk | Milk |
| 2 servings Fruit/Vegetable | Pineapple Rings <i>c</i> California Blend <i>a/c</i> | Mixed Melon Kabobs <i>a/c</i> Celery & Carrot Sticks <i>a</i> | Nectarines <i>a</i> Asparagus <i>c</i> |
| Bread/Bread Alternate | Rice | Wheat Bread | Dinner Roll |
| Meat/Meat Alternate | Sweet & Sour Meatballs | Peanut Butter & Jelly Sandwich | Grilled Chicken |
| Other | | Cheese Cubes | |

*Recipe included in this newsletter.

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New Income Guidelines



If your day care home is not located in an area that qualifies for Tier 1 CACFP reimbursement rates you have the option to complete an income form to see if your household income qualifies for Tier 1 reimbursement rates. If your income is at or below the income guidelines, you will be eligible for higher reimbursement for meals served to your day care children. If your household income qualifies for Tier 1 reimbursement rates, you may also claim reimbursement for your own children's meals if at least one outside enrolled child is present.

INCOME CHART

Effective from July 1, 2009 to June 30, 2010

| <u>Household Size</u> | <u>Annual</u> | <u>Month</u> |
|--|---------------|--------------|
| 1 | \$20,036 | \$1,670 |
| 2 | 26,955 | 2,247 |
| 3 | 33,874 | 2,823 |
| 4 | 40,793 | 3,400 |
| 5 | 47,712 | 3,976 |
| 6 | 54,631 | 4,553 |
| 7 | 61,550 | 5,130 |
| 8 | 68,469 | 5,706 |
| 9 | 75,388 | 6,283 |
| 10 | 82,307 | 6,860 |
| For each additional Family member add | + 6,919 | + 577 |

If you choose to complete an Income Eligibility Form, proof of income must accompany your application. Income will be verified by DCCDA. All information you provide will be strictly confidential and will be used only to determine reimbursement tier. Call the office at 842-9679 to request the Income Eligibility Form.

DID YOU KNOW?

Yogurt in a Tube (Go-Gurt®) is creditable with the CACFP.

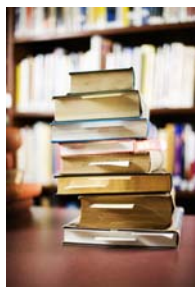
The 2.2 oz. size tube may be credited as .5 oz. of the meat/meat alternate Requirement for snacks.

A 3 -5 year old would need to have **four** tubes to meet the minimum requirements.



LIBRARY FEES POLICY CHANGE

Effective immediately, we will allow a 10 day grace period before charging a late fee on overdue library items. After 10 days, fines will accrue at the rate of 25 cents per day.



Bountiful Blueberries

Blueberries offer many important nutrition and health benefits.

- Blueberries are an excellent source of Vitamin C. Vitamin C is needed for the formation of collagen and to maintain healthy gums and capillaries. It also aids in the absorption of iron and promotes a healthy immune system.
- Blueberries are a good source of dietary fiber. A diet high in fiber contributes to heart health by helping to keep cholesterol in check. Fiber also aids in digestion and helps maintain regularity.
- Blueberries are an excellent source of manganese. Manganese plays an important role in the development of bones and in the metabolism of protein, carbohydrate and fat.
- Blueberries contain substances that have antioxidant properties. Antioxidants help neutralize free radicals which are unstable molecules linked to the development of a number of diseases including cancer, cardiovascular disease and other age-related conditions such as Alzheimer's.



How to buy and keep the blues

Fresh highbush or cultivated blueberries are plump and juicy with tender skins and tiny seeds. Color ranges from deep purple-blue to blue-black, highlighted by a silvery sheen called a "bloom". Size is not an indicator of maturity, but color is. Occasionally you may find a few red tinged berries that are not fully ripe but are still fine for cooking. Thaw frozen blueberries in the refrigerator. Store thawed produce in airtight container and use within 3 days. Never refreeze.

Adding blueberries to batter

Minimize streaking by gently folding fresh or frozen berries into batter at the end of the mix cycle. Add frozen blueberries to batters while frozen; do not over mix. Bake immediately to prevent color leeching.

Avoid blueberry drop

Spread half of the batter in the pan, then all the blueberries, and top with remaining batter. Or, coat blueberries with flour or starch before stirring into batter. One reason blueberries sink is because the specific gravity may be too low. Increase specific gravity by using a thicker, denser batter. Another reason might be that too much air has been incorporated into the batter; avoid over blending during the first stage of creaming.

Keep the beautiful blues

The secret to beautiful colored berries in baked goods is proper pH. Blueberries turn reddish when exposed to acids, such as lemon juice and vinegar. Blueberries turn greenish-blue in a batter that has too much baking soda, which creates an alkaline environment.

When you have blueberries in the fridge, pantry, or freezer, you can easily add flavor, color and nutrients to many of your favorite dishes.



- Whirl fresh or frozen blueberries in your morning smoothies and sprinkle them on cereal.
- Heat blueberries in maple syrup to pour on pancakes or waffles.
- Sprinkle dried blueberries on chicken salad.
- Perk up yogurt snacks with a handful of blueberries.
- Shake up trail mix with dried blueberries. Substitute dried blueberries when a recipe calls for raisins.
- Add blueberries to a peanut butter sandwich and call it a PB-and-BB.
- Freeze blueberries and blueberry juice in ice cube trays to add to juice.

Blueberry Oatmeal Coffee Cake

| | |
|---------------------------|---------------------------|
| 1 1/3 c. flour | 3/4 c. quick-cooking oats |
| 1/3 c. sugar | 2 tsp. baking powder |
| 1/4 tsp. salt | 3/4 c. milk |
| 1/4 c. vegetable oil | 1 egg |
| 1 cup frozen blueberries* | |

Preheat oven to 400°. Grease an 8-inch round baking pan; set aside. In a medium mixing bowl combine flour, oats, sugar, baking powder and salt. In a 1-cup measure stir milk, oil and egg; pour all at once into flour mixture. Stir just until moistened (batter will be lumpy). Fold in blueberries; spoon batter into prepared pan. Bake until cake is golden and pulls away from sides of pan, 20 - 25 minutes. Cool on a rack, 5 - 10 minutes. Serve warm.

*Blueberries should be firmly frozen when used in baking.

Credits: bread component for breakfast or snack