



# WHAT'S COOKIN'



December 2016 — January 2017

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Yours For Children, Inc. 303—313 Washington Street, Auburn, MA 01501  
**YOUR BI-MONTHLY RESOURCE FOR CACFP EDUCATION**



## Seasons Greetings

From the Staff of  
Yours for Children, Inc.  
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Executive Director

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## What's Cookin'...on the Web?

❖ Claiming on line is available for Apple/Mac users. The **KidKare** program is ready for you to use.

❖ Save paper and postage. **Claim on line.** You will know that your claim was received by YFCI and your green/yellow menus were not lost in the mail for a week or more!

### The Scrub Club™ for Kids

Each year, more than 164 million school days are lost due to illness, which could be greatly reduced with proper handwashing. The Scrub Club™ Web site is an entertaining multimedia educational experience which includes:

- ◆ Webisodes featuring our "soaperheroes" fighting BAC
- ◆ Games that educate kids about proper handwashing
- ◆ Downloadable music, poster, screensaver and activities
- ◆ Educational curriculum for teachers

[www.scrubclub.org](http://www.scrubclub.org)

**CACFP Reminder:** Preplanned menus by the day or week, must be posted in a place accessible to parents, EEC licensor and your Area Coordinator at home reviews.

**EEC License Regulation:** Daily attendance records indicating **each child's attendance**, including **arrival** and **departure** times, must be kept in your YFCI Calendar or in a record book.

### YFCI OFFICES

**Closed for the Holidays**  
**December 23 and 26, 2016**  
**January 2, 2017**



**REMEMBER:** Submit your **December claim** for reimbursement following the last claimed meal/snack in your child care home.

If claiming children on Sunday, December 25 or Sunday, January 1, 2017, you must submit to YFCI, notes written by parents/guardians, explaining why their children are in your care on a holiday.

## Note From Linda . . .

Dear YFCI Educator:

**We all set goals for the new year, 2017.** YFCI resolves to improve the quality of our services to better support your family child care business in your operation of the CACFP.

To help us process your claim reimbursement with speed and accuracy, please:

- ☑ Mail/submit your claim after the last meal served for the month, to ensure that your claim is received by the 5th of the following month.
- ☑ Send updated licenses upon receipt.
- ☑ Send updated Claim Information Forms (CIF) when children's schedules change. Permanent changes require parent's signature and effective date.
- ☑ Minute Menu Kids providers: Update a child's schedule changes by reprinting the child's enrollment form. Have the parent hand write changes with the effective date of change, and sign the form. Submit the form to YFCI.
- ☑ Meal service times are printed on your monthly check stub.
- ☑ Report snow days on your **Claim Information Form** in order to claim school aged children for AM or Lunch.
- ☑ Minute Menu Kids providers **code snow days** by marking the school-aged child's calendar as *School* out code.
- ☑ Record and maintain menus of meal service prior to service. Pre-plan your menus in Minute Menu Kids. Print and post these preplanned meals for parent(s) to view and to take to he store as a shopping list.

Thank you!

Yours for children,

**Linda Anderson,**  
Executive Director



# Kids Health & Safety

## Raw Dough's a Raw Deal and Could Make You Sick

Do you find it hard to resist gobbling up a piece of raw dough when making cookies, or letting your children scrape the bowl? Do your kids eat raw dough to make ornaments or homemade “play” clay?



If your answer to any of these questions is yes, that could be a problem. Eating raw dough or batter—whether it’s for bread, cookies, pizza or tortillas—could make you and your kids, sick, says Jenny Scott, a senior advisor in FDA’s Center for Food Safety and Applied Nutrition.

According to Scott, the bottom line for you and your kids is don’t eat raw dough. And even though there are websites devoted to “flour crafts”, don’t give your kids raw dough or baking mixes that contain flour to play with.

**Why?** Flour, regardless of the brand, can contain bacteria that cause disease. People often understand the dangers of eating raw dough due to the presence of raw eggs and the associated risk with *Salmonella*. However, consumers should be aware that there are additional risks associated with the consumption of raw dough, such as particularly harmful strains of *E.coli* in a product like flour.

“Flour is derived from a grain that comes directly from the field and typically is not treated to kill bacteria,” says Leslie Smoot, Ph.D., a senior advisor in FDA’s Office of Food Safety so if an animal heeds the call of nature in the field, bacteria from the animal waste could contaminate the grain, which is then harvested and milled into flour. Common “kill steps” applied during food preparation and/or processing (so called because they kill bacteria that cause infections) include boiling, baking, roasting, microwaving, and frying. But with raw dough, no kill step has been used.

Parents of young children should be particularly aware. Child care homes and preschools should discourage the practice of using “play” clay that is homemade from raw dough. Even if they’re not munching on the dough, they’re putting their hands in their mouth after handling the dough.

**Handle Foods Safely:** FDA offers these tips for safe food handling to keep you, your day care children and your family healthy.

- ❖ Do not eat any raw cookie dough, cake mix, batter, or any other raw dough or batter product that is supposed to be cooked or baked.
- ❖ Follow package directions for cooking products containing flour at proper temperatures and for specified times.
- ❖ Wash hands, work surfaces, and utensils thoroughly after contact with flour and raw dough products.
- ❖ Keep raw foods separate from other foods while preparing them to prevent any contamination that may be present from spreading. Be aware that flour may spread easily due to its powdery nature.
- ❖ Follow label directions to chill products containing raw dough promptly after purchase until baked.



# Healthy Ways to Cook Fruits and Vegetables

## 🍴 Bake

—sweet potato fries by cutting into slices, toss in olive oil, with a dash cayenne pepper.

—cauliflower pieces tossed in olive oil and sprinkled with onion powder.

## 🍴 Broil

—winter squash and season with a sprinkle of cinnamon and a drizzle of olive oil.

—turnips and potatoes; mash them together and season with dash of salt and pepper.

## 🍴 Steam

—favorite vegetables with citrus juice and zest (grated skin of lemon) to the water to create bold, new flavors.

—cabbage, and season with caraway seed and a dash of pepper.

—green beans with chopped onion and a clove of garlic.

## 🍴 Stir-Fry

—zucchini, yellow squash, tomatoes and mushrooms with olive oil and herbs.

—broccoli in olive oil and chopped garlic; add a dash of soy sauce.

—onions, peppers, zucchini, corn and jicama and throw in some red or black beans and your favorite salsa.

## 🍴 Sauté

—pear and apple slices in a skillet with a little butter until tender, add orange slices, serve warm.

—cauliflower with nutmeg and oil after pre-steaming for a tasty twist on an old veggie.

—zucchini, yellow squash, peppers, onion and garlic, and a sprinkle of Parmesan cheese.

## 🍴 Roast

—whole red potatoes in the oven after tossing them in a mixture of olive oil, garlic and rosemary.

—winter vegetables such as parsnips, turnips, rutabagas, beets and sweet potatoes; cut in large pieces, coat lightly with olive oil, sprinkle with your favorite herbs and roast at 425° for 30 -40 minutes.

## 🍴 Stew

—cabbage with tomatoes and garlic.

—canned tomatoes, eggplant, peppers and chickpeas; add oregano and top with sliced olives.

## 🍴 Microwave

—spaghetti squash halved lengthwise, seeded and placed face down in a dish with water; then scoop out squash and serve like spaghetti with tomato sauce and parmesan cheese.

—a potato and top with broccoli and low fat yogurt.

—cranberries and orange zest with a little sugar and water to make a sweet cranberry relish.

## 🍴 Grill

—mushrooms, bell peppers, onions, eggplant and zucchini for perfect veggie kebobs.

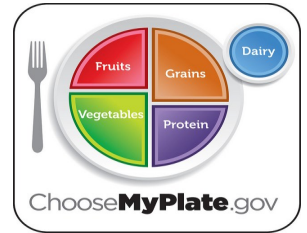


Source: Adapted from *Fruits and Veggies More Matters*; Nutrition Edition, Issue 54, Child Care Food Program Roundtable.



# Share With Parents

## Make healthier Holiday Choices



### 10 tips for a healthier holiday

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make this holiday season to create healthier meals and active days.

#### ❶ Create MyPlate makeovers

Makeover your favorite holiday dishes. Use My Recipe on Super Tracker to improve holiday recipes and get healthier results. Go to <https://www.supertracker.usda.gov/myrecipe.aspx>

#### ❷ Enjoy all the food groups at your celebration

Prepare whole-grain crackers with hummus as a snack; add black beans to a green-leaf salad; include a variety of fresh fruit; use low-fat milk (1% or skim) instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

#### ❸ Make sure your protein is lean

Turkey, chicken, lean beef, fresh ham, beans and some types of fish, such as cod or flounder, are lean protein choices. Trim fat before cooking meals. Go easy on the sauces and gravies—they can be high in saturated fat and sodium.

#### ❹ Cheers to good health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

#### ❺ Bake healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try cutting the amount of sugar listed in recipes in half. Use spices to add flavor such as cinnamon allspice or nutmeg instead of salt.

#### ❻ Limit the sweet

For dessert, try baked apples with cinnamon, nutmeg and a sprinkle of sugar instead of apple pie.

#### ❼ Be the life of the party

Laugh, mingle, dance and play games. Focus on fun and enjoy the company of others.

#### ❽ Make exercise a part of the fun

Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, sports equipment, and reusable water bottles.

#### ❾ Enjoy leftovers

Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches or salads. The possibilities are endless!

#### ❿ Give to others

Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.



Adapted from DG Tip Sheet No. 32. Revised January 2016.

Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.  
Source: Center for Nutrition Policy and Promotion.  
USDA is an equal opportunity provider and employer

# Nutrition Tips

## Sodium

**D**id you know your body uses sodium for proper fluid balance, nerve transmission, and muscle contraction? Although some sodium is essential, too much sodium can be unhealthy. It's important to watch the intake of foods high in sodium in children's diets. Processed foods, canned foods with added salt, snacks high in sodium, or adding salt to food after cooking are all ways extra sodium is added to the diet. Always read labels to see how much sodium is present in food item. Remember no salt added is best; however, if the label states less than 140 mg per serving, it is considered low sodium.



**T**he winter season usually involves festive celebrations with traditional holiday foods. Healthy holiday substitutions can help you boost recipes nutritionally while decreasing the fat, sodium, and calories.

### Here are some ideas:

- ✓ Substitute whole wheat flour for half of the all-purpose flour in recipes to increase dietary fiber, B vitamins, and minerals.
- ✓ Top off holiday pies with low-fat yogurt instead of whipped cream to increase potassium, vitamin D, and protein.
- ✓ Substitute garlic salt with garlic powder or fresh garlic to reduce sodium.
- ✓ Substitute onion salt with onion flakes or freshly chopped onion.
- ✓ Use diced dried fruits\* instead of chocolate chips or candies in recipes.



\* Dried fruits may be a choking hazard for children under 3 years of age.

## Vegetable of the Month:

### Brussels sprouts



Brussels sprouts are winter season crops that belong to the cabbage family. They are low in fat, sodium, and calories and are cholesterol and saturated fat free. They are a good source of dietary fiber and folate, and Brussels sprouts are high in vitamin C.

Choose firm, compact, bright green Brussels sprouts. Buy on the stalk when possible, as they will keep longer. They can be refrigerated in a plastic bag for up to one week.

An easy recipe to introduce Brussels sprouts in your child care program is to halve Brussels sprouts and steam until soft, then top with grated low fat cheddar cheese.

## Fruit of the Month:

### Clementine



The clementine is believed to have been discovered by Clément Rodier of Algeria in the 1900s. His mandarin tree produced a hybrid orange that was named the clementine. This fruit is the smallest of the mandarin oranges with a glossy, deep orange peel. The skin is loose on the fruit, making it easier to peel, pull apart, and enjoy.

Clementine oranges provide an excellent source of vitamin C and are saturated fat, cholesterol, and sodium-free. When shopping for clementines, choose those that are soft and without blemishes.

Store them at room temperature for two or three days, or store them in the refrigerator to preserve for longer periods. Serve clementine pieces as a fresh topping for salads or slices during meals or snacks.

Source: National Food Service Management Institute — The University of Mississippi, January 2015

## Menu RE-MINDERS

🕒 The most common menu error is no menus recorded for meals claimed, or menus that have missing food components.

🕒 By using the **Menu Planning** feature on Minute Menu you will be alerted when there is a missing component. **Menu Recording** will not.

🕒 Chicken nuggets, fish sticks and all commercially processed meats must be recorded as CN (Child Nutrition). If the product is not CN labeled, record and serve an additional meat/meat alternative.

**Best Practice:** Limit serving processed meats to no more than one serving per week.

🕒 Powdered cheese (in Boxed Macaroni and Cheese) is not creditable. Make home made macaroni and cheese and label as HM. Cook enriched or whole grain macaroni (all shapes!) and for each serving, according to age, add low fat or reduced fat cheese. Melt together, stir and serve. Easy!

🕒 Commercially fruited yogurt, from a purchased container, is not creditable as a fruit and meat/meat alternate at snack. By adding fruit to plain yogurt, in a measurable form, you can claim two separate groups at snack.

### GET READY!

New CACFP Meal Patterns will be in effect October 2017.

## Grains

❖ At least one serving of grains per day must be whole-grain rich.

❖ Grain-based desserts no longer count towards the grains component.



## Oatmeal Facts

Oatmeal Month is celebrated each January, the month in which we buy more oatmeal than any other month of the year.

- Eighty percent of U.S. households have oatmeal in their cupboard. Quaker oats was the first U.S. breakfast cereal to receive a registered trademark.

- Americans eat oatmeal as a breakfast cereal 89% percent of the time; 11 percent of the time we use oatmeal as an ingredient.

- Oats, a whole grain was the first food authorized by the Food and Drug administration (FDA) to claim health benefits. They are thought to reduce the risk of heart disease by lowering “bad” LDL blood cholesterol.

- Oats were one of the earliest cereal cultivated by man. Oats came to America in 1602 when they were used to relieve stomach discomfort.

## Quick Meatballs

1-1/2 pounds lean ground beef  
3/4 cup oats  
1/2 cup chopped onion or green pepper  
1/2 cup tomato sauce or ketchup  
1 large egg  
1/2 teaspoon salt  
1/4 teaspoon pepper

Combine all ingredients; mix well. Shape into 1-inch balls. Place on a rack in a shallow baking pan. Bake at 400°F for 18 to 20 minutes or until meatballs reach an internal temperature of 160° F. Serve immediately with your favorite sauce for dipping.

Yield: 12 servings for 3-5 year olds at lunch/ supper.

Serving Size: Divided equally into 12 servings, each serving provides 1-1/2 ounce of a meat/ meat alternate.

Source: [www.quakeroatmeal.com](http://www.quakeroatmeal.com)



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WHAT'S COOKIN' is published by Yours for Children, Inc., Linda Anderson, Executive Director; Cathy Parker, Editor. Articles contributed by Office Staff, Area Coordinators, Child Care Providers. Address your comments, recipes, questions, etc. to the Editor at the above address. YFCI is a non-profit, tax-exempt service organization.

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**TO:**

**December 2016**

**January 2017**

**Yours for Children, Inc.**  
**Family Child Care Conference**

**Mark your Calendar**  
**March 17 & 18, 2017**

**The Courtyard Marriott**  
**75 Felton Street,**  
**Marlborough, MA**

**Training and CEUs**  
**Exciting New Presenters!!!**  
**Watch for workshop details**



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