

CACFP PROVIDER UPDATE

Children and Nutrition Services, Inc.

June 2009

Vegetables on the CACFP



June 2009

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Option 1

or

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Besides tasting good, vegetables contain the same "good stuff" (vitamins, minerals, and fiber) as fruits. Vegetables are power packed with the vitamins and minerals that young children need to grow. Vegetables also have fiber, which helps regulate children's bowel habits.

Some children love all kinds of foods, and others are "picky" eaters. It may be easier to get young children to eat vegetables if the vegetables are presented in an appealing manner. Vegetables that are full of color and flavor, such as fresh, raw vegetables, or cooked vegetables that still have bright color and slightly crunchy texture, are appetizing. Children may turn down vegetables with strong odors, or soft textures, such as "slimy" okra, "smashed" peas, or greens with juice that mixes with other foods on the plate.

Try these ideas to make eating vegetables more interesting:

- Cook vegetables in different ways such as boiled, steamed, baked, stir-fried, grilled, or microwaved.
- Serve raw vegetables in place of cooked vegetables at some meals. Remember that some raw vegetables, such as carrots and celery, are harder for children to chew and can cause choking. Grate these for a safer crunchy snack.
- Offer dip, dressing, or sauces for dipping or spooning onto vegetables.
- Use snack time to introduce new vegetables or to serve 100 percent vegetable juices.
- Serve cooked vegetables as soon as they have cooled enough to eat.
- Add spices to vegetables, such as ground cinnamon or nutmeg on baked sweet potatoes and acorn squash, or oregano with cooked cabbage.

Here are some ways to get the most nutrients from vegetables:

- Leave skins on vegetables and cut them in large pieces so that vitamins are not lost in the cooking water.
- Cook vegetables in only about 1/2 to one inch of water (about 1 cup of water for four servings). However, when

introducing strong flavored vegetables such as cabbage, broccoli, cauliflower, or Brussels sprouts, you may want to use more water (some of the flavor is lost in the water).

- Save (freeze) the vitamin-rich cooking liquid to use in sauces or to thin canned soup.
- Put vegetables in rapidly boiling water and let the water come back to a full boil. Then cover them and reduce heat to medium. Leave the lid off when cooking green vegetables to keep them bright green.
- Steam vegetables by placing them in a basket over boiling water.
- Stir fry, sauté, or oven roast vegetables using just a little bit of oil.
- Cook vegetables only until tender.
- Offer cooked vegetables high in fiber like beans, peas, corn, and baked potato with skin.
- Add fresh, frozen or canned vegetables to pasta, soups, or entrees.

A reimbursable lunch and supper needs to contain two or more vegetables, or fruits, or a combination of both. Two forms of the same fruit or vegetable, served at the same meal, can not be counted toward the requirement. For example, if apple juice and applesauce are served, an additional and different fruit and/or vegetable must be served. This requirement is intended to provide the variety of fruits and vegetables needed for healthful growth.

A minimum of 1/8 cup fruit or vegetable per serving is required. Small amounts of fruits and vegetables used for flavorings or optional ingredients, such as garnishes, may not be counted to meet the requirement. Combination fruits or vegetables such as fruit cocktail or mixed vegetables may only be used for one of the required items for lunch or supper.

Sources: *HealthyChildCare.net* and *Crediting Foods In the CACFP*



Vegetable Variety Show

Show a variety of fresh vegetables and encourage children to explore. Discuss how some vegetables and fruits are alike (both contain seeds). Compare the taste of raw vegetables and fruits. Sort vegetables (or food models) by size, shape, color, and texture. Discuss that different parts of plants are eaten such as cabbage, (leaf), celery (stem), carrots/radishes (roots), peas (seeds), broccoli (flower), and zucchini, tomato or bell pepper (fruit/vegetables containing seeds). Encourage children to:

- Examine each vegetable.
- Discuss the various colors, textures, sizes.
- Identify each vegetable by name.
- Decide which part of the plant the different vegetables come from.
- Cut several vegetables open and talk about internal differences and similarities.

Wash vegetables and cut into pieces for snacking.

One Potato, Two Potato

Talk about potatoes, potatoes, and more potatoes!

- Read the story *Jamie O'Rourke And The Big Potato* by Tomie DePaola.
- Use a 10-pound bag of potatoes for math experiences. Help children guess the number of potatoes in the bag, count the potatoes, compare sizes of potatoes, or count potato eyes.

Name That Veggie

- Fill a large stockpot with vegetables (either fresh or food models). Include some less common ones such as artichokes or rutabagas.
- Give children tongs to remove vegetables one at a time and let the child (or the group of children) describe it.
- Serve vegetable soup for a meal and encourage children to name the vegetables, or look for various colors, sizes, or shapes of vegetables.

Sources: *HealthyChildCare.net*

CNS CLAIMS CONTEST

Beginning with your December 2008 claim you may be eligible to be entered in the first Annual CNS Claims Contest. Providers who turn in a claim each month, by the 3rd of the month, January 2009 through September 2009, will automatically be entered in to win a **Nintendo Wii and Nintendo Wii Fit!** Drawing to be held on October 15, 2009.

BABIES, BABIES, BABIES!

Angelique Cartier - Natrona County

Granddaughter - Madison Jade Cartier

May 2, 2009

5 lbs. 15 oz. 18.5 inches



Congratulations!

Crunchy Veggie Wrap

Ingredients:

- 1/2 cup fat-free cream cheese
- 4 8-inch flour tortillas
- 2/3 cup romaine lettuce, shredded
- 2/3 cup red cabbage, shredded
- 1 red tomato, diced
- 1/4 cup red onions, sliced
- 1/3 cup carrots, grated
- 1/4 cup blue cheese
- 1 cup alfalfa sprouts

Directions:

Spread 2 tbsp. cream cheese over one side of each tortilla.

Divide remaining ingredients evenly among tortillas.

Roll up each tortilla.

Cut each rolled wrap in half diagonally.

Serves 4

Source: *Kidshealth.org*

FY 2010 MANDATORY TRAINING ANNOUNCEMENT

Beginning with the FY 2010 CACFP Mandatory Training (October 1, 2009 – September 30, 2010), Children and Nutrition Services will be offering the CACFP Mandatory Trainings in conjunction with Nutrition and Child Development. This means that both CNS and NCD providers will be able to attend the same training and receive credit for meeting their annual obligation. Further details will be posted in the newsletter as they become available.



WELCOME NEW CNS PROVIDERS!

<i>Jaxine Hicks</i>	<i>Natrona</i>
<i>Angelique Cartier</i>	<i>Natrona</i>
<i>Victoria DeBoer</i>	<i>Natrona</i>
<i>Ericka Cushing</i>	<i>Carbon</i>
<i>Stacy Benson</i>	<i>Platte</i>



CHILDREN AND NUTRITION SERVICES, INC.

Child Care Food Program Sponsors

Child Care Finder Resource & Referral Network

Asset Building

Provider Business/Professional Development

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