



CASEWV

Family Day Care Food Program

Positive Energy

Summer 2021

Tips 4 Summer (& year-round, too!)

With Summer just around the corner it's important to keep making healthy choices. Here are some tips that can help throughout the year.

1. Although it's important to stay hydrated while you're out in the heat, watch what is in your drink of choice.

Drinks like lemonade, soda, sweet tea, and alcoholic beverages can be high in calories and sugar. Instead, drink water or calorie-free drinks, such as unsweetened tea, to stay hydrated.

2. Choose healthy, refreshing snacks.

Instead of potato chips which can be high in saturated and trans fats, choose raw vegetables, like cucumbers, carrots, and celery sticks with a low-fat dip or hummus to eat as a snack or appetizer.

3. Choose lean, grilled meats instead of fried meats.

– Choose white, skinless chicken or turkey breasts.
– Choose "loin" and "round" cuts of red meat and pork. Buy "choice" or "select" grades of beef instead of "prime." USDA select

is the leanest cut of meat and has the least amount of fat "marbling." USDA Choice is the second leanest, while USDA Prime cuts have the most marbling (fat). Always trim the fat when you get home, no matter what cut of meat you choose.

– Buy lean (93% lean) or extra lean (96% lean) beef or ground turkey breast for your burgers.



4. Choose whole grain buns for burgers, like whole wheat, whole rye, or buckwheat.

They add flavor to your meals and are good for you, too.

5. Eat fruit for dessert.

Grilled pineapple or peaches can be a healthy treat. Their natural sugars caramelize in the heat from the grill and give them a great

flavor. They are also high in vitamins, minerals, and fiber.

6. Watch your portion sizes.

Is your plate mostly meats and starches? Try putting grilled vegetables or salad on your plate first. This will leave less room for the high calorie meats and starches. Stop after your first plate and enjoy the company of the people you are with rather than the food.

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Program Policy Reminders...

Every month we do reviews, whether announced or unannounced, we need to make sure that state and federal regulations are being followed. What this means for you is that you are required to have your Food Program Agreement available, and your DHHR certificate & Crisis

Care Site (Covid) certificate available and easily accessible. If you're hours have changed or are going to, you need to let the office know, because this is how we set



up monitoring visits with you. If you are going to be closed or out of your home during a mealtime, this is something we also need to know, because if we try to do a review and can't get

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∞
A child's life
is like a piece of
paper on which
every person leaves
a mark.
∞

Program Policy Reminders cont'd

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you, it could mean a corrective action and your meals being disallowed for the day. Since school is closed, you need to watch your head count and you still need to keep your paperwork and records up-to-date; and check for errors, before submitting a claim, even if you're on KidKare. Whether you are on KidKare or doing bubble sheets, you

are required to have pre-planned menus of at least 5 days in advance either in



KidKare or in a notebook. You **MUST** enter your meals at the end of the day or at the point of service, if you're a facility! This is extremely important, because your records are to be kept

up-to-date and if you use KidKare, it allows us to see the date and time that you have entered your meals. Finally, you **MUST** submit new enrollment forms by the 25th of the month, in which you want to claim a new child; this means the proper printed and signed documentation sent (via USPS or email) to the office on or before the 25th, so you may be reimbursed for the new child(ren).

Kitchen Timesavers

Try these kitchen timesavers to cut back on time and make less work for you.

1. Organize Your Kitchen

Keep frequently used items such as cooking oils/sprays, spatulas, cutting boards, and spices within easy reach. This will save you from having to search for them later.

2. Clear the Clutter

Before you start cooking, clear off your counters. This allows more room for prep space.

"By taking the stress and hassle out of cooking, you'll have more time to enjoy and spend with your loved ones."

3. Have Everything in Place

Grab all ingredients needed for your meal. It will be easier to spot missing items and avoid skipping steps.

4. Clean as You Go

Fill up the sink with soapy water and wash the dishes as you cook; it'll make clean up go MUCH smoother!

5. Chop Extra

When chopping veggies for a meal, chop more than you need. Take the extra, place it in a reusable container, & freeze for next time.

6. Double Your Recipe

For your next casserole or stew, try doubling the recipe and freezing the extra. You'll make cooking next week's dinner a snap!

7. Save Some for Later

Freeze leftover soups, sauces, or gravies in small reusable containers, so they are easily available next time you want to use them in a recipe.

Make a Splash with Milk!

As we all know, our nutritional needs change as we grow; and we don't expect toddlers to eat the same foods as teenagers. One thing they both require are the nutrients available in milk!

Infants under the age of 1 year need to be breastfed or offered an iron fortified infant formula. Thanks to research, we know that an infant requires a higher amount of fat in their diet to help their brain and nerve development; breast

milk and infant formula that is iron fortified provide that proper balance of nutrition for an infant.

Up to the age of 2, children should be offered whole milk. After the age of 2, children should be switched to a low-fat option, such as 1% or skim milk, because of the saturated fat content being lower. Nutrition experts worry that children (older than 2 years) drinking whole milk could get ½ of their recommended daily fat intake from milk alone,

which would contribute to a higher fat diet in general, when you include the amount of fat in other "everyday" foods.



One gallon of whole milk has the same amount of fat as a stick of butter!

Whole-Wheat & How to Store It

The USDA CACFP requires that at least one serving of grains each day be whole grain for the

participants of the CACFP. An advantage of eating a diet filled with whole grain-rich foods along with



other plant foods, and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.

All whole-wheat flours are milled

with the entire grain seed.

Whole-wheat white flour is made from white wheat and has all of the

nutritional advantages of traditional whole-wheat flour, but with a lighter color and milder taste. White wheat has no major genes for bran color; therefore, it is like an albino wheat.

Because the germ contains a small amount of fat, B-vitamins, minerals, and protein, all whole-wheat flours should be stored in the refrigerator or freezer. When baking, allow it to return to room temperature before using.

Fruits & Veggies & Seasonings! Oh my!

Use herbs, spices, and citrus to add mouth-watering flavors to fruits and vegetables with the bonus of extra antioxidants! Best of all, you won't add any extra calories, fat, sodium, or sugar. You can purchase fresh herbs at your supermarket year-round or grow your own herbs in warmer weather. Dried herbs will impart a slightly different flavor and are great to use, too. Ground spices are convenient, and you can also try whole spices that you can grate as needed.

These pairings are a great place to start enhancing the flavor of fruits and veggies ...

Fruits –

- Add lime juice and zest to a mixture of cantaloupe and honeydew balls.
- Sprinkle sliced apples with cinnamon.
- Poach pears in apple juice with a twist of lemon peel and a pod of star anise.
- Defrost frozen blueberries in the

microwave and bring them back to life with some lemon zest and grated nutmeg.

- Try a dash of ground cloves on canned peaches.

Vegetables –

- Carrots taste even sweeter with a touch of tarragon.
- Add chopped dill and chives to sliced cucumbers.
- Sprinkle chopped parsley or mint over grilled summer squash.
- Grow nasturtiums and toss some petals into your salad for color and a mild radish-like bite.
- Tomatoes with fresh basil, fresh garlic and balsamic vinegar are a classic. For a twist on spaghetti or pizza sauce, add minced garlic, oregano, freshly ground pepper, and crushed fennel seeds to pureed tomatoes.



- Toss potato slices with rosemary, garlic powder and ground pepper and roast in the oven.
- Grate orange zest over mashed sweet potatoes.
- Toss steamed Brussels sprouts with Dijon mustard 04-27-70 and a pinch of thyme.

- Caraway seeds are a traditional favorite with cabbage.
- Add Herbes de Provence (Herbes de Provence is an aromatic mixture of dried Provençal herbs and spices, which traditionally includes thyme, basil, rosemary, tarragon, savory, marjoram, oregano, and bay leaf) to green beans.

- Try other no-salt-added herb blends on cooked vegetables.

With flavors such as these, who can resist eating fruits and vegetables? Experiment with other combinations!

By: Sylvia Emberger, RD,LDN



The CASEWV Family Day Care Food Program would like give 2 providers the ability to update their kitchen soon.

Want a kitchen makeover?

Items you could buy:

- A new blender
- New set of dish towels & dishcloths
- New Air Fryer
- New eating utensils
- Whatever else you may need



\$1 = 1 entry

\$5 = 5 entries*

*Details Below

Would you like to update a few things in your day care kitchen? If so, please send us a text to the work cell (304-320-2855) or message via Facebook that includes your name and that you're interested in the kitchen makeover. You can also send a note in with your next menus that says you're interested. **DO NOT SEND ANY MONEY AT THIS TIME!** If you are new to the food program, in the past we have had providers win anywhere from \$250 up to \$750 to be used for your kitchen ONLY (such as new dish towels, a blender, an air fryer, etc.). The winners will use the money for a shopping trip to Walmart to purchase items for your day care kitchen with a CASEWV Food Program employee.

Starting **JULY 1, 2021** – We will offer the Kitchen Makeover to every provider, who wishes to participate.

RULES ARE AS FOLLOWS:

1. The minimum contribution is \$1, and the maximum is \$5 per month. For every dollar you contribute, your name will be entered that number of times (\$1 = 1 entry, \$5 = 5 entries).
2. Only active providers may participate. At the time of the drawing, if the provider whose name is drawn is an inactive provider, then another provider will be chosen.
3. Money contributed is non-refundable.
4. Money contributed should be sent in with your monthly menus with a note or if you're using KidKare, you can mail it in with a note that includes your name. Money-orders or Checks need to be made out to CASEWV – FDCFP and write Fundraiser in the memo.
5. NO FDCFP staff member will partake in the drawing.

The purchases will only be for kitchen items for yourself or the children you care for; NO money will be substituted for the makeover items.

If you send a note and forget to put the money in with it, you will not be notified that you have forgotten.

Crazy & Fun Art Ideas for this Summer with your kiddos!

Tin Foil Painting

Let children paint on foil using several colors of paint. When they are done, lay a piece of paper over their creation, pressing firm but not hard to make neat looking prints.

Straw Picture

Place a drop or two of paint on a large sheet of white paper. Let the children use straws to blow the paint around the paper. Use several different colors.

**Because some children will “blow with all their might”, you might want to plan this as an outdoor activity. Paint smocks are also a good idea.

Line Art

Have the children put pieces of masking tape on finger paint paper in any design. Then let them paint over the paper and the tape with watercolors. Let dry completely, and carefully remove the tape. This will create an interesting design with white lines.

Rock Painting

Smooth flat stones are easier to paint, but any rocks will do. Make sure the rocks are clean and dry. Use a wide variety of paint colors and encourage the children to be creative. Squiggles and wide lines look nice. Let the rocks dry completely and use them to decorate a walkway or garden.

**Washable paint cannot be used or the rain will wash it away.

Food Stamping

Use a variety of foods and several colors of paint. Slice a potato, carrot, apple, onion or green pepper in half lengthwise. Dip in shallow paint and stamp on white paper.

Group Art

Give each child a sheet of paper and some markers. Have them draw one item on the paper.

Examples: a house, car, tree, sun, etc. Then each child will pass their paper to the right, where each child will add one thing to the picture. Continue until each child has their original picture.

Stained Glass Window

Use cotton balls to rub salad oil over a sheet of waxed paper. Let the children tear colored tissue paper into small pieces and press on the wax paper until covered. The oil makes the tissue paper stick and also makes the paper transparent. Let dry completely and add a black construction paper frame.

Design a Placemat

Give each child a piece of paper with a large circle drawn in the center. You could let them use markers or crayons to draw their favorite foods in the circle. Write the names of their favorite foods around the edge of the “plate”. Another option is to have them put something in each corner, which describes what they are eating – 1. what is it; 2. what is it’s shape; 3. what is its texture; 4. what is its smell and then a thumbs up and a thumbs down with each of the four questions. When finished, cover the piece of paper with clear contact paper (on both sides) to create placemats and if you use the second suggestion, it can help them try new foods and learn to describe them. They can reuse their placemats by using dry erase markers, as well.

Have an Art Fair

After the children have created several types of pictures with paint, markers, and crayons. Use string and clothes pins to create an area where the pictures can be put on display. Invite parents/ guardians to view the artwork.

**This is a great art activity for children because the children are so proud when their pictures are displayed in this way.



Family Day Care Food Program

"Empowering Caregivers to ensure optimal care for children."

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<https://www.ocio.usda.gov/document/ad-3027>, from any USDA office by calling 866-632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to the USDA by:

MAIL: USDA Office of the Assistant for Secretary for Civil Rights 1400 Independence Ave., SW, Washington, D.C. 20250-9410

FAX: 833-256-1665 OR 202-690-7442 **EMAIL:** program.intake@usda.gov

"This institution is an equal opportunity provider."

The Recipe Box

Strawberry Smoothie Bowl

This Smoothie Bowl recipe is a fresh and delicious way to incorporate fruits into the day! Sweet frozen strawberries blend deliciously with cool and creamy Greek yogurt.

One smoothie bowl (3/4 cup) provides 1/2 cup fruit and 1 oz equivalent meat alternate.

Ingredients:

3 c. Low-fat Greek Yogurt
1 lb 11 oz frozen Strawberries
1/4 c. Agave Syrup
1 1/2 tsp. Vanilla Extract

Instructions:

1. Place yogurt in a large mixing bowl.
2. Place bowl of yogurt in refrigerator, setting aside for step 4.
3. Pour strawberries into a high-speed blender.
4. Puree strawberries on medium speed until strawberries have a smooth consistency. **DO NOT OVERMIX.**
5. Pour strawberry puree over yogurt. Stir well.



6. Add agave syrup and vanilla extract. Stir well.
7. Pour smoothie mixture into a serving bowl. {Critical Control Point: Hold at 40° F or below.}

Makes 6 servings.

Did you happen to notice your birthdate in the newsletter? Call the office to see what you've won!