



CACFP Provider News January 2017

Menu Tool Kit Training to be scheduled this Spring

SDE is supplying a fantastic resource to share with you to help implement the New Meal Pattern which includes Seasonal Cycle Menus & Recipes.



Continue collecting

CN labels, Product Formulation Statements for processed meats/commercial products and nutrition labels for grain products.



- Choose foods that are naturally low in fat like fruits and vegetables, pasta, rice and whole-grain breads and cereals.
- Use non-stick cookware and go easy on the oil.
- Try using non-stick cooking spray instead of oil.
- Tenderize lean meats with fruit juice or vinegar-based marinades.
- Try grilling instead of frying

Mississippi State Department of Health

Working off the calories

A little exercise can get rid of those calories. Just follow the tips below:

| FOOD | WALK IT OFF | RUN IT OFF | SITTING ON THE COUCH |
|-------------------------|-------------|------------|----------------------|
| 1 large apple | 19 minutes | 5 minutes | 78 minutes |
| 1 chocolate chip cookie | 10 minutes | 3 minutes | 88 minutes |
| ¾ cup of ice cream | 37 minutes | 10 minutes | 148 minutes |
| 1 glazed donut | 44 minutes | 11 minutes | 176 minutes |
| T-bone steak | 45 minutes | 12 minutes | 181 minutes |

Mississippi State Department of Education



“This institution is an equal opportunity provider”

Small Hands Crafting

To make puffy snowflakes and snowmen, mix equal parts salt and flour in a bowl. Food coloring is optional. Add enough water to make the consistency of pancakes. Pour the mixture into a squirt bottle and let the children make their snowflakes on heavy paper. Microwave the drawing on high for about 30 seconds. The paint is dry and puffy!



Happy Winter

Did you know that maintaining a healthy diet also means you are careful with what you drink?

- High sugar drinks take away a child's appetite for healthy foods.
- Sugar can provide the calories, but not the vitamins and minerals children need to grow and be healthy.
- Fruit juice contains 6 teaspoons of sugar in an 8 oz serving.
- A 20 oz soft drink can contain 15-20 teaspoons of sugar.
- There are 15-20 teaspoons of sugar with 500-700 calories in a 20 oz milkshake.
- Children over the age of 2 should drink 1% or skim milk.

It is important to be aware of the sugar and fat in your favorite beverages. As a CACFP provider, we use the best practice of only serving non-flavored milk or water to keep your child healthy and strong!

Inside Fun: Movement in Winter

Mitten Match – Place numbered mitten pairs around the room. The kids locate all of the mittens and practice numbers while hanging all of the mittens on a clothesline. Try greatest to least and least to greatest. Make sure the the kids move around to complete the task.

Masking Tape Fun – You can use masking tape to make lines (Straight and curved), designs (zigzags, grids) hopscotch/obstacle course, alphabet mazes, and large tic tac toe boards all of over the floor to get the kids moving. Ask the kids to follow the lines. Can they jump between them? If they're on a grid can they put a foot and a hand each in a different box? Can they follow the letters through the maze?

Twister – Make your own large twister board. Using colored feet or circles secure them on the ground with clear contact paper.

Winter Stew

- 1 cup winter squash (diced, or 1/2 can, about 8 ounces, low-sodium sweet potatoes, drained)
- 1 cup turnips (diced, or 1/2 can, about 8 ounces, low-sodium sliced potatoes)
- 1/2 cup onion (diced)
- 2 1/2 cups low-sodium tomato juice
- 1/4 teaspoon black pepper
- 1 tablespoon paprika (optional)
- 1 1/2 pounds cooked stew meat
- 1/4 cup canned apricots (drained and diced, about 2 ounces, optional)

In a large pot, combine all ingredients except beef and apricots and mix well. Bring the pot to a boil for 5 minutes. Cook over low to medium heat for 30 minutes. Stir every 15 minutes. Add beef and apricots to the pot and mix well. Cook over low heat for 10 minutes.

Recipe from USDA Mixing Bowl

