

## Heartland Child Nutrition

# HORIZONS

A Bimonthly Newsletter for ND Child Care Providers Participating  
in the Heartland Child Nutrition USDA Food Program

November/December 2018

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### Advice to Avoid Deductions

#### *Plan ahead. Re-check your claim.*

These are two critical actions to avoid repeating the same New Meal Pattern errors. Planning ahead is necessary to be sure at least one whole grain-rich food is served each day. Re-check each week to be sure you have recorded all needed information. For example, if a 6-11 month-old infant is not yet ready to for all the solid food requirements, documentation of this must appear once during the month on the menu form or in the comment box.

If you are unsure about one or more of the New Meal Pattern requirements, please call Heartland office for assistance. We will gladly help.

### KidKare Alerts

- During school breaks, snow days, and other days you are caring for school age children, during hours they normally would be in school, remember to click "**Sch Out**" when recording their daily attendance.
- New information and reminders for submitting accurate online claims are shared via messages that are to be opened when logging into your KidKare account. Click the flashing message button on your home page to view messages.
- Always check your processed online claim before the 10th of each month. If there are discrepancies, call the office no later than the 10th.

### Seasonal Foods

A few reminders.....

- Hot cocoa is no longer creditable as a milk component for ages 1-5; only unflavored milk is reimbursable for this age group. If the cocoa is made with skim milk, it is creditable for ages 6-12.
- Jellied cranberry sauce is not creditable. Whole cranberry sauce may count if at least 1/8 cup is served with the remaining portion requirement being met with additional fruit.
- Pumpkin in a pie, or similar menu item, may credit as a vegetable if there is enough pumpkin in a serving. If serving as a snack, 1/2 cup pumpkin would be needed for ages 1-5 (3/4 cup for 6-12) unless additional vegetable is served. Pie crust is no longer creditable.
- Lefse is no longer creditable as a vegetable nor a grain. It may be served as an extra food.



 **Heartland Child Nutrition, Inc.**  
Sponsor of the USDA Child & Adult Care Food Program

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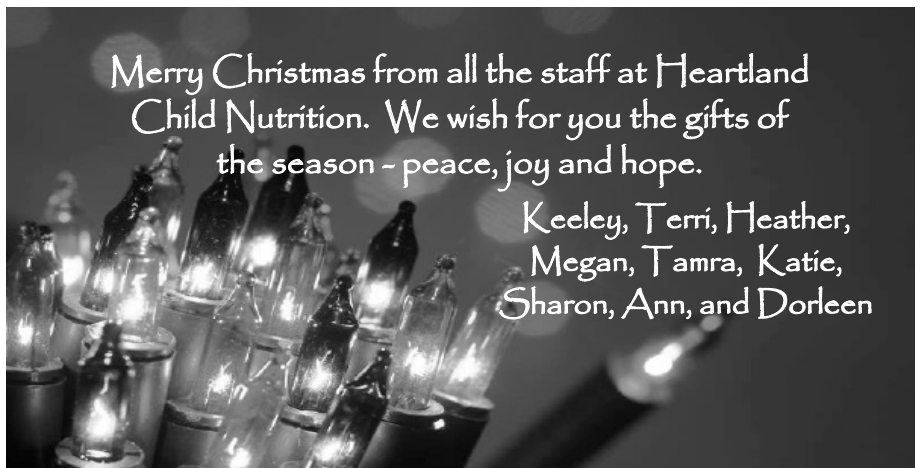
hcn@heartlandnutrition.org  
www.heartlandnutrition.org

The HCN office is open 7:30 AM to 4:30 PM Monday through Thursday; 8:00 AM to Noon on Fridays. Phone messages may be left after hours and we will respond the following business day.

This institution is an equal opportunity provider and employer.

Merry Christmas from all the staff at Heartland Child Nutrition. We wish for you the gifts of the season - peace, joy and hope.

Keeley, Terri, Heather,  
Megan, Tamra, Katie,  
Sharon, Ann, and Dorleen





## Welcome to Heartland Child Nutrition

Bismarck:	Jennifer Flemmer
Cassellton:	Rebecca Hornbaker
Horace:	Whitney Mischel
Flasher:	Shannon Nieuwsma
Grand Forks:	Katy Bye Michelle Martens
Jamestown:	Jeanne Harty Karen Schempp
Lincoln:	Kim Stevensen
Lisbon:	Jamie Stanton Ring

### DON'T LET YOUR CLAIM OR CHECK GET SNOWED IN

We strongly encourage providers to use KidKare to submit claims and have direct deposit for claim payment. Both of these will help avoid delays in getting your reimbursement due to weather, poor road conditions, or lost mail. An *Internet Claim Agreement* form and a *Direct Deposit Authorization* form are available from our office or at [www.heartlandnutrition.org](http://www.heartlandnutrition.org).



## Questions from Child Care Providers

Below are some recent questions posed by providers with answers that all child care providers may find helpful.

**Q:** I make a pizza hot dish that my kids like. If I make it with **half whole grain macaroni and half regular enriched macaroni**, can I count it as my Whole Grain-Rich (WGR) for the day?

**A:** Yes. This same process may also be used with other grains such as brown rice (whole grain) and enriched white rice (not whole grain). As long as 50% or more of the grains serving is a whole grain, it may be counted as WGR.

**Q:** A provider on a different food program said we have to cut out and save all the **WGR labels** of foods we claim. Do we have to do that?

**A:** Heartland Child Nutrition is not requiring that providers save WGR labels or ingredient lists. During home visits, your Regional Rep may ask to see the WGR product ingredient list of the WGR food(s) served that day. If you are storing cereals or other WGR products in containers other than their original packaging, cut out the ingredient label and attach to the container.

**Q:** When I am looking at the **nutrient label on cereal and yogurt** to see if the sugar content is within the CACFP limits, do I look at "Total Sugars" or "Added Sugars" or do I add the two together? Also, I lost the laminated credit-card sized Sugar Limits chart that Heartland gave me. Can I get another card?

**A:** You only need to consider "Total Sugars" when determining if the cereal or yogurt falls within the CACFP limitations. The sugar limits chart card comes in handy! You can ask your HCN Regional Rep or call our office for a replacement card.

**Q:** Can **yogurt be served to an infant** instead of IFIC at breakfast?

**A:** Yes. Meat and meat alternates may now be served instead of IFIC in an infant breakfast, lunch or dinner. However, a meat or meat alternate is not a substitute in a 6-11 month-old snack for the IFIC/ Cracker/Bread/Cereal component.

**Q:** Are **pancakes** creditable for a 6-11 month-old infant snack?

**A:** No. USDA allows the following foods to credit as a grain for ages 6-11 months at snack: ♦Bread (strips or small pieces of dry bread or toast) ♦Biscuits ♦Bagels ♦English muffins ♦Pita bread ♦Rolls ♦Soft tortillas ♦Teething biscuits ♦Crackers such as Saltines, rounds, ovals, small fish-shaped, graham and animal. ♦ Ready-to-eat breakfast cereal. Pancakes may be an extra food.

**Q:** The mother of a 6 month-old in my care wants to **bring her own homemade baby food** for her child. Can I still claim the infant?

**A:** It depends. For special dietary requests, a parent/guardian may supply no more than one component in a meal or snack. So if the parent is already supplying breast milk or formula, then bringing her child's solid foods would disqualify the meal for reimbursement. To accommodate the mother's request, you would not claim this infant's meal if more than one food is supplied by the parent. (If the provider is supplying the formula for this infant, then one of the foods may be brought by the parent at the parent's request.)

## Creditable Holiday Snacks

Below: The cheese on top of the ham and crackers has been cut with mini cookie cutters. Candy cane-shaped bread sticks may be made from refrigerated dough from twist-open containers or from a homemade recipe.



## Non-Creditable Grain Based Desserts

Sweets of all types surround us from Halloween through New Year's Day. While they may be served as an extra food, grain-based desserts are no longer creditable as a grain component in the food program.

USDA advises menu planners to use common perceptions of products to determine if its creditable. For example, a cookie may be called a "breakfast round" or a "biscuit" but it is still considered a cookie if it looks like one. A product labeled as a muffin, but is frosted and cake-like, is perceived as a cupcake, therefore it is not creditable.

The grain-based desserts which are no longer creditable, **whether homemade or purchased**, are:

- Bars, including cereal bars, breakfast bars, and granola bars
- Brownies
- Cakes, including coffee cake and cupcakes
- Cookies, including vanilla wafers
- Doughnuts, any kind
- Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies
- Gingerbread
- Ice cream cones
- Marshmallow cereal treats
- Pie crusts of dessert pies, cobblers, and fruit turnovers
- Sweet bread puddings and rice puddings
- Sweet cereal mixes, such as "puppy chow"
- Sweet scones, biscotti, and filled croissants
- Sweet pita chips, such as cinnamon-sugar flavored
- Sweet rolls, such as cinnamon rolls and caramel rolls
- Toaster pastries

## Should I Wash Fresh Produce in Vinegar?

A Facebook post says a good way to clean fruit is to fill a sink with water, add 1 cup of vinegar and stir. The post advises soaking the fruit for 10 minutes to make produce last longer. Does this really help? Two experts, Dr. Floyd Woods and Dr. Joe Kemble, from Auburn University, addressed this question in a recent article on the Best Food Facts website.

The above experts confirmed that it is safe to soak fruits and vegetables in vinegar, **however, is not necessary because simply washing fruits and vegetables with clean water will remove 98 percent of bacteria.** A vinegar soak may extend the shelf life of some fruits and vegetables, but not in all cases. Whether it works or not depends on the type of mold-causing bacteria that was on the produce to begin with, as not all types of bacteria are affected by vinegar. Drs. Woods and Kemble have suggestions for using a vinegar wash effectively.

- ▶ Using a solution that's three parts water and one part vinegar will be most effective at removing certain bacteria that cause mold.
- ▶ If soaking fruit in the sink, be sure to clean the sink first and use enough vinegar to meet the three-to-one ratio. The facebook post of adding one cup of vinegar to a sink full of water is not strong enough for best results.
- ▶ The water should be close to the same temperature as the produce.
- ▶ A soak of 5 to 10 minutes should be sufficient.
- ▶ Allow the produce, especially berries, to dry before refrigerating.
- ▶ When you have a variety of fruits and vegetables, it might be best to wash these separately. Remove visible dirt or debris before soaking.

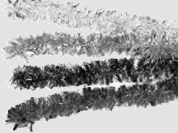


## Move to the Music in December

### Garland Wands

Materials needed: 1) Flexible Christmas tree garland or ribbons  
2) Empty paper towel or wrapping paper tubes 3) Sturdy tape or stapler

Staple or tape about two feet of garland or holiday ribbons to one end of a cardboard tube. The tube is the handle of the wand. Have the children shake, wave, and move their wand to the beat of holiday music. Give directions such as shake up high, shake down low, circle in the air, shake with your left hand, then with your right, etc.



### Lets' All Do a Little.....

Sung to the tune of "We Wish You a Merry Christmas," this song encourages physical movement.

*Let's all do a little reaching,  
Let's all do a little reaching.  
Let's all do a little reaching.  
And spread Christmas cheer.*

Change the "reaching" to other activities such as

- clapping ● jumping ● twirling
- bending ● waving ● skipping

### Merry Freeze Dancing

Play upbeat holiday music that you can easily start and stop. Have the children dance while the music is on. Periodically stop the music, which is a signal for all movement to stop. When the music and dancing freezes, the children yell "MERRY CHRISTMAS!" Restart the music and dance again.



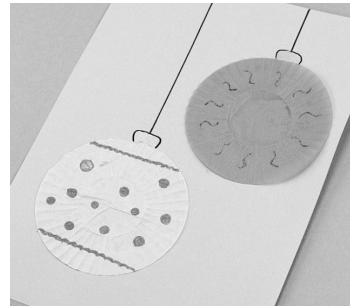
## Holiday Activities Using Kitchen Supplies

### Rice Tree Lights

To create brightly colored rice to use as tree "lights" on a paper tree, place several drops of food coloring and several drops of rubbing alcohol into a small plastic bag. Add about 3 spoons of uncooked rice (not quick-cooking rice) to the plastic bag.

Shake to distribute the coloring evenly on the rice. Pour out onto paper towels to dry for several hours. Repeat with different colors.

Cut tree shapes from sturdy green paper or have children color a tree on heavy paper. Spread thin glue on the tree. Sprinkle a variety of colored "lights" onto the glue.



### Paper Liner Ornaments

Have children flatten a cupcake liner and then decorate it. Glue the cupcake liner ornament to construction paper and draw a hanger.



### Apple Stars

Cut apples in half crosswise. Have the children find the natural star shape. Talk about the significance of the star at Christmas time.

## Tender Whole Grain Strawberry Pancakes

1½ cups whole wheat flour	3 eggs
3 Tbsp. sugar	⅓ cup vanilla or strawberry yogurt
1 tsp. baking powder	¾ cup water
½ tsp. baking soda	3 Tbsp. canola oil
½ tsp. salt	

Topping: Sliced strawberries and strawberry yogurt

Heat griddle to 375°F or medium-high heat. If necessary, grease with canola oil or spray with cooking spray before heating. (Spraying before heating is better to assure easy release.)

In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside. In medium bowl, beat eggs, yogurt, water and oil with a whisk until well blended. Pour egg mixture all at once into flour mixture; stir until moistened.

For each pancake, pour slightly less than ¼ cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn; cook 1 to 2 minutes more or until golden brown.

Credit as: one pancake is a grain serving for ages 1-5; two pancakes for ages 6-12. Record as WGR Pancakes.

Source: Betty Crocker

