

# HORIZONS

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


May/June 2019

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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.

## Creditable Foods Updates

In April 2019, USDA sent memos to child nutrition programs that specified how newly allowable foods may be credited for the CACFP. This newsletter contains information from those memos for Heartland Child Nutrition providers. The changes are effective immediately.

### Popcorn



USDA will now allow popcorn to be credited as a whole grain. Popcorn is a whole grain food and a good source of fiber which is an "underconsumed nutrient" for many children.

#### CACFP providers may credit in a meal or snack:

- ¾ cup popped popcorn = ¼ oz. grain equivalent.
- 1½ cups popped popcorn as ½ oz. equivalent of whole grains. This is the minimum amount of a grains serving in the CACFP Meal Pattern for 3-5 year olds. (¾ cup is a ¼ oz. grain equivalent.)
- 3 cups popped popcorn as 1 oz. equivalent of whole grains. This amount is the minimum serving for ages 6-12 years.

Due to the high volume of popcorn required for crediting, USDA encourages providers to pair popcorn with another creditable grain such as serving popcorn in a mix of cereal and pretzels for a snack.

Providers are encouraged to limit the use of toppings such as salt, cheese and butter. Be aware that "puffed corn" snacks may not actually be popcorn.

USDA has not put age restrictions on the allowance of crediting popcorn. However, **providers should use extreme caution in only serving popcorn to developmentally-ready children.** According to the American Academy of Pediatrics (AAP), choking is the leading cause of injury in children, and children under the age of 4 experience the highest rate of food related choking.



### Coconut



Fresh and frozen coconut may now be credited as a fruit; 1/4 cup coconut = 1/4 cup fruit. Record as "fresh coconut."

Dried coconut, as well as coconut flour and coconut oil, continue to be non-creditable foods in the food program.



## Summer Sausage, Jerky, Meat Sticks & Pepperoni

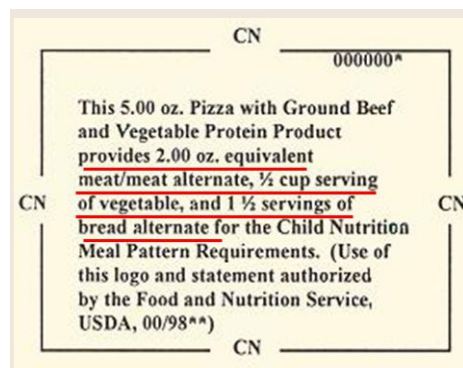
USDA has decided to allow dried and semi-dried meat, poultry and seafood products - including jerky and summer sausage - to be credited BUT the product must have a CN Label or a Product Formulation Statement must be obtained from the manufacturer. Without either of these, summer sausage, meat sticks, jerky or pepperoni are not CACFP creditable and must still be counted as an "extra" food.

Heartland has searched for a CN labeled summer sausage or jerky and could not locate any with a CN label on the retail level. CN labeling is a voluntary effort by the manufacturer.

Heartland has also contacted Cloverdale and Hillshire Farms for Product Formulation Statements for their summer sausages but have not received an answer as of the printing of this newsletter. Until we notify you that a Product Formulation Statement has been received, summer sausage or other dried or semi-dried meats cannot be credited as a meat/meat alternate.

As a review: A CN label will be framed with "CN" appearing on the edges. The CN label will state how much of the product needs to be served to meet the requirements of a federal child nutrition program. A Product Formulation Statement (PFS) or Product Analysis Sheet are only available directly from the manufacturer. A CACFP portion size may be determined from a PFS statement.

A CN label will look similar to the one below.



## Pasta Made From Vegetable Flour

USDA has announced that pasta made from 100% vegetable flour(s) may credit as a vegetable. Consistent with vegetable crediting, 1/2 cup of pasta made of 100% vegetable flour (not grain flour) credits as 1/2 cup vegetable.

Be aware that if the front label states "100% Vegetable Pasta," the product might not be made of vegetable flour. Reading the ingredient label is necessary. Please save the label to verify that it is correctly credited. Record as "veg. flour pasta."

Crediting these products as vegetables does not apply to grain-based pasta products that contain vegetable powder for color (such as spinach and sun-dried tomato). It also does not apply to products other than pasta that are made of vegetable flour such as some types of chips or "veggie straws."

If not crediting as a vegetable, **pastas made of 100% legume flour(s) may credit as a meat alternate**---BUT only if it is served with additional meat/meat alternate such as cheese or meat. Consistent with legume crediting, 1/2 cup cooked legume flour pasta may credit as a 2-ounce equivalent of meat alternate.



Ingredients:  
Red Lentil  
Flour.



Ingredients:  
Chickpea  
Flour, Lentil  
Flour.

The pasta products below are examples of "vegetable" pastas that **DO NOT** qualify to be credited as a vegetable because they are not made of all vegetable flour.



Ingredients: Semolina (Wheat), Durum Flour (Wheat), Dried Carrot, Dried Tomato, Dried Spinach, Niacin, Ferrous Sulfate (Iron), Thiamin Mononitrate, Riboflavin, Folic Acid.



Ingredients: Cooked Green Lentil Zucchini, Penne Pasta (Water, Green Lentil Flour, Zucchini, Egg White), Water, Extra Virgin Olive Oil, Corn Starch, Salt, Tara Gum.



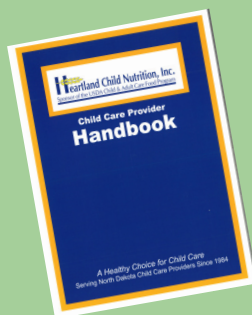
Ingredients:  
Chickpeas,  
Peas, Tapioca,  
Pea Protein,  
Xanthan Gum.



## Tempeh

Tempeh is a highly nutritious fermented soybean cake used as a meat alternate, typically in stir-fries, sandwiches and salads.

1 ounce of tempeh will now credit as 1 ounce of meat alternate. If the variety of tempeh includes other creditable ingredients, such as brown rice or vegetables, a CN label or Product Formulation Statement must be used to determine how it credits for child nutrition programs.



## Handbook Will Be Updated

Your Heartland Child Nutrition Regional Representative will be bringing you updated crediting information to be inserted into your HCN Provider Handbook. She will also be available to answer your questions about the newly allowable foods for the food program.

*"Anyone who does anything to help a child in life is a hero to me."*

*Mr. Rogers*



## Surimi Seafood

Surimi seafood is available in many forms, including chunks, flakes and sticks. It is often referred to as imitation crab meat. Surimi is an Asian-based term in reference to minced fish or fish paste.



Surimi seafood will credit as follows:

- 4.4 oz. of surimi seafood credits as 1.5 ounce meat/meat alternate.
- 3 oz. surimi seafood credits as 1 oz. meat/meat alternate.
- 1 oz. of surimi seafood credits as .25 oz. meat/meat alternate.

Note the portion sizes are large because these products also contain non-fish ingredients.



## Corn Masa, Corn Flour, Cornmeal and Hominy

Masa is a dough or flour made from milled corn that has typically been soaked and cooked in an alkaline (lime) solution. It is used for making tortilla chips, taco shells, tamales and other popular corn products. In the United States, very finely ground cornmeal is referred to as corn flour. When fine cornmeal is made from maize that has been soaked in an alkaline solution, it is called masa harina.

CACFP participants **may now credit corn masa, corn flour and cornmeal in the same manner as all other creditable grain ingredients and foods.** Corn products made with these ingredients will meet the WGR criteria. Previously, it was required that the ingredient list "whole corn....." in order to credit as a whole grain.

If the product is made with "degerminated corn meal," it is not a whole grain. Degerminated cornmeal products may credit as a regular grain if enriched.



**as a whole grain-rich food**

INGREDIENTS: CORN MASA FLOUR, WATER, VEGETABLE OIL, SEA SALT.



**as a whole grain-rich food**

INGREDIENTS: LIMED CORN FLOUR, PALM OIL, SALT.

## Hominy

Hominy is a processed corn product that is a traditional food in Mexican and Native American cultures. It is commonly served as a vegetable or as a milled grain product such as hominy grits. Hominy may now credit toward the vegetable or grain component (depending on how it is offered) in a reimbursable meal or snack. In its whole form, hominy credits as a vegetable. When offered in a dried, milled form (such as grits) it credits toward the grain component as a WGR food.





# Air Fryer Recipes

The HCN Regional Reps have noticed small daycare homes are finding an air fryer a handy appliance for crispy “frying” of convenience foods and their homemade counterparts.

## What’s an air fryer?

An air fryer is a compact, counter-top appliance that uses convection heating to circulate air around food. The food is held inside in a basket and a fan rapidly moves air around the food, surrounding it in a similar way to food submerged in hot oil in a deep fryer.

## How is air frying different from baking in an oven?

Air fryers use rapid air technology to create heat instead of a heating element. That helps them heat up much more quickly than an oven (not to mention that they’re much smaller, too). Their small size circulates the heat more evenly, crisping up food without hot spots.

### Air Fryer Carrot French Fries

4 carrots  
1 Tbsp. olive oil  
Salt, pepper and garlic powder to taste

1. Preheat your Air fryer to 350° F.
2. Peel and trim carrots. Cut into ½-inch sticks.
3. Coat the carrots with olive oil.
4. Set the timer for 5 minutes. After 5 minutes, flip the carrots with tongs, and set for another 5 minutes.
5. Remove from air fryer. Sprinkle with salt, pepper and/or garlic powder.

**Credit as:** about 3 fries, 4-inch by 1/2 inch = ¼ cup vegetable serving.

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

### Air Fryer Popcorn Chicken

*Makes 3-4 batches. If you don’t serve them all, freeze the leftovers for another meal.*

2 lbs chicken breast tenders, cut into small pieces

Marinade: 2 cups milk  
1 tsp salt  
½ tsp. black pepper  
½ tsp. paprika

Coating: 2 cups flour  
2 tsp. salt  
1 tsp. black pepper  
1 tsp. paprika  
Cooking spray

1. In a large bowl or ziplock bag, place the chicken and marinade ingredients. Marinade in the refrigerator for at least 2 hours, up to 6 hours.
2. In a plastic or paper bag mix the coating ingredients.
3. Drain the marinade from the chicken but do not throw away. Work in small batches to shake the chicken chunks with the dry ingredients. Then dunk the chicken chunks again briefly into the marinade; coat with flour mixture a second time.
4. Spray olive oil onto the bottom and sides of the inside of the air fryer. Place breaded chicken in an even layer; set aside the rest of the chicken. Give the tops of the chicken in the air fryer a quick spray with olive oil.
5. Cook in the air fryer at 370° F for 8 minutes; shake halfway through. Time may need adjustment depending on the size of your chicken chunks. When batch has cooked, repeat steps until all of the chicken is cooked.
6. Serve immediately. Place extra chicken into a freezer-safe plastic bag, after they have cooled, and freeze for up to 2-3 months.

**Yield:** 2 lbs. of boneless chicken provides 15 (1½ oz.) meat servings.

**Credit as:** Record as “HM Chicken Nuggets”

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



### Air Fryer Crispy Zucchini Chips

*This is the great way to make use of those abundant zucchini from the garden or farmer’s market. Serve with pizza or marinara sauce for dipping.*

1 cup panko bread crumbs  
¾ cup grated Parmesan cheese  
1 medium zucchini, thinly sliced into coin shapes  
1 large egg, beaten  
Cooking spray

1. Preheat air fryer to 350° F.
2. Combine panko and Parmesan cheese on a plate. Dip a zucchini slice into beaten egg, then into panko mixture, pressing to coat. Place zucchini slice on waxed paper and repeat with remaining slices. Lightly spray zucchini slices with cooking spray.
3. Place as many zucchini slices in the air fryer basket as you can without overlapping them.
4. Cook for 10 minutes. Flip with tongs. Cook for 2 minutes more. Remove from air fryer and repeat with remaining zucchini slices.

**Credit as:** about 4 chips = ¼ cup vegetable serving.