



Nutrition News

Building Healthy Eating Habits for Life

Child Care Food Program

June 2017

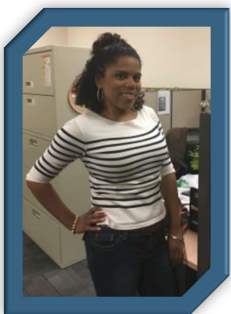
FRUIT JUICE RECOMMENDATIONS

Good news! In May 2017, the American Academy of Pediatrics (AAP) released updated juice recommendations for children which align with USDA CACFP's new meal patterns. According to the new Infant Meal Patterns, 100% fruit juice is not offered until an infant is 1-year-old. The new AAP recommendations state that the main source of nutrition for infants should be breast milk or iron-fortified formula. If 100% juice is offered, the maximum amount is 4 oz. for children ages 1-3 years, and 4-6 oz. for children ages 4-6 years.

Juice is limited to once per day for children according to the CCFP meal pattern!



MEET OUR TEAM



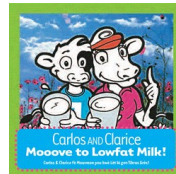
Sara Sanchez has been a Program Monitor with LSF since 2008. Sara visits 30-40 Providers' homes per month and wants to make sure that children are eating well. She has a 7 year old son and loves to sing and to decorate. She likes to help people in any way



Newborn through 11 months old	
✓ Breastmilk	12 months through 23 months (1 year through 1 year and 11 months)
✓ Iron-fortified formula	✓ Unflavored whole milk
<small>Breastmilk is allowed at any age in CACFP.</small>	
2 years through 5 years (up to 6th birthday)	6 through 12 years, 13 through 18 years
✓ Unflavored fat-free (skim) milk	✓ Unflavored fat-free (skim) milk
✓ Unflavored low-fat (1%) milk	✓ Flavored fat-free (skim) milk
	✓ Unflavored low-fat (1%) milk

JUNE IS NATIONAL DAIRY MONTH

Dairy foods, such as milk, cheese, and yogurt, are a safe, wholesome and delicious source of essential nutrients — available at a reasonable cost. Dairy foods are a good source of protein, calcium, vitamin D and more, making dairy foods an important part of overall health.



Check out this book and lesson plan about the importance of drinking low-fat and fat-free milk:

<http://www.floridahealth.gov/programs-and-services/wic/nutrition-materials/carlos-and-clarice/index.html>



Our newest Day Care Home Providers!

Marquila Charles
Yicel Gonzalez
Latoya Jones

We hope you enjoy the messages we've been sending to you for **Meal Pattern Mondays**. If you haven't seen them, make sure to check your messages next time you log on to Minute Menu.



KIDKARE!

We encourage you to visit the KidKare support page at <http://help.kidkare.com> to learn how to get started. You can sign-up for a live webinar, view instructional videos, and find answers to frequently asked questions.

Upcoming Live Webinars:

- "Getting Started with KidKare" (June 6, June 19, July 6, and July 24) - this is a 45-minute webinar that explores how to add a child, enter meals, schedule menus, and more!
- "KidKare Extra: Reports" (June 16, July 11, July 27) - this is a 30-minute webinar that explores reports on child, meals and attendance, claim statements, and more!
- "KidKare Extra: Schedule Menus" (June 8, June 21, July 6, July 17) - this 30 minute webinar will explore add/edit menus, infants, non-infants, schedule menus and more!

Recorded Webinars

- Getting Started with KidKare (<https://help.kidkare.com/help/recorded-webinar>)
- KidKare: Reports (<https://help.kidkare.com/help/videos-recorded-webinar>)
- KidKare: Schedule Menus (<https://help.kidkare.com/help/videos-recorded-webinar-menus>)



We will start migration to KidKare in July and August. All Providers will be using KidKare starting September 2017.

Knowledge is power!



Do you want to learn more about the **NEW Meal Pattern and KidKare**? We are offering the following training opportunities:

June 10, 10:30am – 12:30pm
Brandon Regional Library
619 Vonderburg Dr
Brandon, FL 33511

July 15, 10:30am – 12:30pm
North Tampa Branch Library
8916 North Blvd
Tampa, FL 33604

There are 2 ways to sign-up:

- 1) Call us and speak to a member of our team.
- 2) Email ccfp@lsfnet.org and let us know which training session you want to attend.



COOK'S CORNER

Chic' Penne

Prep time: 20 minutes

Cook time: 20 minutes

Makes: 6 Servings



Ingredients

- 3 cups penne pasta, whole-wheat, dry (12 oz)
- 1 teaspoon granulated garlic (½ tsp Garlic Powder)
- 2 cups fresh broccoli florets
- 1 cup cooked diced chicken, ½" pieces (4 oz)
- 1½ cups fat-free half and half
- 1 tablespoon enriched all-purpose flour
- 1/8 cup low-sodium chicken broth
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ½ cup reduced-fat cheddar cheese, shredded (2 oz)
- ½ cup low-fat mozzarella cheese, low-moisture, part-skim, shredded (2 oz)

Directions

1. Preheat oven to 350 °F.
2. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for 8-10 minutes or until tender. Do not overcook. Drain well. Toss pasta with ½ teaspoon garlic.
3. Fill a medium pot with water and bring to a boil. Add broccoli florets and cook for 5 minutes. Drain well. Sprinkle with remaining garlic.
4. Transfer pasta and broccoli to a medium casserole dish (about 8" x 11") coated with nonstick cooking spray. Add chicken. Mix well.
5. In a small mixing bowl, mix ½ cup half and half with flour. Whisk to remove lumps.
6. In a medium skillet, heat chicken broth, salt, pepper, and remaining half and half. Stir constantly. Stir in half and half/flour mixture. Stir constantly and bring to a boil.
7. Reduce heat to low. Stir frequently for 5 minutes. Sauce will thicken. Add cheese and stir until cheese melts. Remove from heat. Pour sauce over broccoli/pasta mixture.
8. Cover casserole dish with lid or with foil. Bake at 350 °F for 8 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Remove from oven. Serve hot.

1½ cup provides:

Vegetables: ¼ cup, Grains: 2 oz., Protein: 1 oz.

(Source: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/chic-penne>)

Contact information:

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