# **Nutrition News**

# Child Care Food Program

Building Healthy Eating Habits for Life

### August 2017

# **CHOOSE BREAKFAST CEREALS WISELY**

As of October 1, 2017, breakfast cereal served in the CCFP must contain **no more than 6 grams of sugar per dry ounce**. There are many types of cereal that meet this requirement. You can use any cereal that is listed on the Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the requirement using the Nutrition Facts label. Do a quick calculation by dividing the number of grams of sugar per serving by the number grams of cereal per serving. If the result is **0.212 or less**, the cereal is creditable.

Nutrition Fa Serving Size 1 Cup (5) Servings Per Container		grams of sugar per serving
	rom Fat 25	grams of cereal per serving
% D	aily Value*	
Total Fat 3g	5%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 2g		
Cholesterol Omg	0%	Is it 0.212 or less?
Sodium 100mg	4%	IS IT OIL IL OI ICSSI
Potassium 300mg	9%	Yes, it is creditable!
Total Carbohydrate 37g	12%	
Dietary Fiber 8g	32%	
Soluble Fiber 3g		
Insoluble Fiber 5g		
Sugars 13g		

Alternatively, check out the handy chart below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams



# AUGUST IS NATIONAL BREASTFEEDING MONTH!



Breastfeeding is an important way for mothers to bond with their babies and provides many benefits to mothers, infants, and care givers. Breastfed babies usually: get sick less often,

spit up less, have less constipation, and have less odor in stools.

Providing a breastfeeding friendly atmosphere can encourage mothers to continue breastfeeding. Create a quiet, comfortable space for nursing mothers in your family child care home. Remember, providers may now receive reimbursement for meals when a breastfeeding mother comes to the day care home and breastfeeds her infant.

For local resources, call us or visit the Tampa Bay Breastfeeding Taskforce website at <u>www.tbbreastfeeding.org</u>

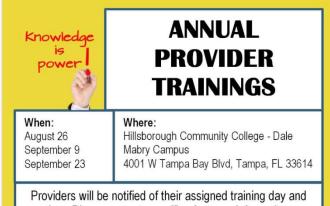
### **MEET OUR TEAM**

# Sytidra Coleman

has been part of our Administrative Staff for 2½ years and is responsible for various clerical



duties. She loves reading, singing, and spending time with family.



Providers will be notified of their assigned training day and time. Please contact our office for more information.



## Get started with **KidKare** today! Visit <u>http://help.kidkare.com</u>





SHOUTOUT to those who attended the NEW Meal Pattern and KidKare Trainings!

We enjoyed learning with you!

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# August is National Peach Month

# COOK'S CORNER

Grilled Peach Tacos with Peach Salsa Prep time: 30 minutes Makes: 4 Servings



### <u>Ingredients</u>

For the salsa:

1 can 15.25 ounces peach halves (drained, rinsed, and chopped, about 1 cup) 1/2 red bell pepper (finely chopped, about 1/2 cup)

- 1/4 red onion (finely chopped, about 1/4 cup)
- 1 whole jalapeno pepper (rinsed. seeded, and finely chopped)
- 1 tablespoon fresh cilantro (finely chopped)
- 2 teaspoons lemon juice

### For the fish:

- 4 tilapia fillets (about 1 lb)
- 1 tablespoon chili powder
- 1/4 teaspoon low-sodium adobo seasoning
- 1 package low-sodium sazon seasoning
- 8 6" flour tortillas (warmed)

### **Directions**

#### For the Salsa:

1. In a medium bowl, stir together chopped peaches, bell pepper, onions, jalapenos, cilantro, and lemon juice; cover and refrigerate until ready to use.

### For the fish:

1. Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry, transfer to plate.

2. In a small bowl, stir together chili powder, low-sodium adobo and sazon packet.

- 3. Rub fish with spice mixture to coat completely.
- 4. Place fish on hot greased grill grates.

5. Cook, flipping once until fish is opaque and flakes easily with a fork (145 degrees Fahrenheit), about 8 minutes.

6. Thinly slice fish.

7. To serve, fill each tortilla with 1/2 fish fillet and about 1/3 cup of salsa.

### **Meal Pattern Contribution**

% cup Fruit, % cup Vegetables, 2 oz. Grains, 2.5 oz. Meat/Meat Alternate

(Source: https://whatscooking.fns.usda.gov/recipes/myplatecnpp/grilled-fish-tacos-peach-salsa)

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