



# Nutrition News

*Building Healthy Eating Habits for Life*

## Child Care Food Program

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 Facts	
Serving Size	1 Cup (53g, 1.9 oz.)
Servings Per Container	About 8
Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Potassium</b> 300mg	<b>9%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 8g	<b>32%</b>
Soluble Fiber 3g	
Insoluble Fiber 5g	
<b>Sugars</b> 13g	

$$\frac{\text{grams of sugar per serving}}{\text{grams of cereal per serving}} =$$

Is it 0.212 or less?

☑ Yes, it is creditable!

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

### Our newest Family Child Care Home Providers!

Beatriz Febo

Dulce Maria Gutierrez-Carballos

Barbara Harrison

Rebecca Jackson

Brenda McClendon

Rhonda Ogochukwu

Ana Seruto-Lopez



### 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 [www.tbbreastfeeding.org](http://www.tbbreastfeeding.org)

## MEET OUR TEAM

### Sytindra 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.



**Knowledge is power!**

## ANNUAL PROVIDER TRAININGS

<b>When:</b> August 26 September 9 September 23	<b>Where:</b> Hillsborough Community College - Dale Mabry Campus 4001 W Tampa Bay Blvd, Tampa, FL 33614
--	---

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



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



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

We enjoyed learning with you!



## August is National Peach Month

### COOK'S CORNER

#### Grilled Peach Tacos with Peach Salsa

Prep time: 30 minutes

Makes: 4 Servings



#### Ingredients

##### 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 sazón 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 sazón 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

½ cup Fruit, ¼ cup Vegetables, 2 oz. Grains, 2.5 oz. Meat/Meat Alternate

(Source: <https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/grilled-fish-tacos-peach-salsa>)

#### Contact information:

LSF Child Care Food Program  
3615 W. Waters Ave, Tampa, FL 33614  
Phone: 813-676-9402 ♦ Fax: 813-514-9815  
Email: [ccfp@lsfnet.org](mailto:ccfp@lsfnet.org)