



Nutrition News

Child Care Food Program

*Building a Healthier
Generation*

June 2018

METHODS FOR HEALTHY COOKING

How a food is cooked can make a difference in how healthy it is. Try some of the cooking methods below instead of deep-fat frying. Cooking with oils instead of butter or lard can be better for heart health.



Roast, Bake, or Broil: Cooking foods, usually at high heat, in the oven.



Sauté, Pan Fry, and Stir-Fry: Cooking foods with a small amount of hot oil over medium or high heat.



Grill: Cooking foods by placing them on a pre-heated metal grill, or grill pan, with high heat coming from below the food.

As of October 1, 2017, foods that are deep-fat fried onsite cannot count toward a reimbursable meal in the Child Care Food Program. Deep-fat frying means cooking by fully covering (submerging) food in hot oil or other fat.



QUIZ: (answers on page 2)

1) All of the following food items are creditable as part of a reimbursable meal except: Baked Chicken, Pan-Fried Turkey Burger, French Fries (baked onsite), Fried Chicken (deep-fat fried onsite)

2) Stir-fried or sautéed foods prepared at the family child care home can be served as part of a reimbursable meal. True or False



Our newest Family Child Care Home Providers!

Doraima Pita-Pita
Lissandra Luis-Felipe
Flilda Rivera

Don't
Forget!

✓ **Monthly claims and new Enrollment Forms** should be submitted by the third (3rd) day of each month. Delays in submitting claims may result in a reimbursement delay. Meals for any child with a missing or incomplete Enrollment Form will be disallowed and a Corrective Action Plan may be required.

✓ **Attendance** must be recorded by the end of each day.

✓ You must notify us **in advance** if your day care will be closed or if there are other changes such as days that you provide care (ex. going to start offering providing care on weekends), meals served, holidays that you provide care, etc.

TRAINING

Team Nutrition's Thirty on Thursdays:

June 21: **Adding Whole Grains to Your Menu**

July 19: **Feeding Infants: 0-5 months**

September 20: **Feeding Infants: Starting with Solids**

To register, go to <https://www.fns.usda.gov/cacfp-halftime-thirty-thursdays-training-webinar-series>

PROVIDER HIGHLIGHT

Congratulations to **Lourdes Salermo** and **Michelle Nowell** for earning the Breastfeeding-Friendly Child Care Home designation! They are committed on providing an atmosphere to encourage mothers to breastfeed.

Choosing to provide human milk is a healthcare decision that we support!



*Did you know that **79%** of mothers in Hillsborough County initiate breastfeeding?*

ANSWERS: (quiz on page 1)

- 1) Fried Chicken (deep-fat fried onsite). Foods that are deep-fat fried onsite cannot count toward a reimbursable meal
- 2) True. Food that is not covered with oil when stir-frying or sautéing is reimbursable.



June is Dairy Month!

Did you know that Florida has over 130 dairy farms? Or that the average dairy cow weighs 1,400 pounds? Visit the Florida Dairy Farmers' dairy facts page (<http://www.floridamilk.com/on-the-farm/florida-dairy-facts.shtml>) for more interesting facts.

Want to introduce your children to yoga? Visit the Florida Dairy Farmers' Mooga page (<http://www.floridamilk.com/in-the-schools/mooga/index.shtml>) for video tutorials and downloadable materials.



JOIN US ON FACEBOOK!

1. Visit the Lutheran Services Florida Facebook page at <https://www.facebook.com/Lutheranservicesflorida/>
2. Look for "Child Care Food Program" under "Groups"
3. Click on "Join".



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