

FOOD PROGRAM Memo



APRIL 2017

REMINDER: Enrollment Renewal Reports are due back to the 4-C office by April 30, 2017!! Everyone was either sent or emailed information on how to complete this task. If you did not receive anything, or have any questions, please contact the 4-C CACFP office.

The March claim payment will be deposited or checks sent by Friday, May 5th.

PROVIDER SPOTLIGHT

This month we are spotlighting a 4-C CACFP provider – Salimeh Shurrush who after 41 years of providing family child care, is retiring in April of this year. Salimeh was the 8th provider to join the 4-C Food Program back when it started! 4-C Nutrition Specialist Jan Howe has had the pleasure of visiting Salimeh for over 25 years. According to Jan, one of the things that has impressed her the most about Salimeh is her wonderful way of talking to children in an encouraging way.



Salimeh is an excellent cook and her meals are always homemade from fresh ingredients. Salimeh grew up in Israel, so the food she served her daycare children was often different from food they were used to eating at home. However, the children loved it because everything was delicious, and made and served with so much love. The children's parents were so grateful for her introducing their children to these foods that she wrote a cookbook, called "Nazareth Cuisine" to share her favorite recipes.

According to Salimeh the children she cares for "are not only the children I take care of as part of my family day care business, but are extensions of my own family. I love them with all my heart. I'm so thankful that DCF, Satellite, and 4-C have provided me with the opportunity to serve the hundreds of children and families that have touched my heart over the last 41 years. My dear DCF, Satellite, and 4-C friends, you will always have a place in my heart. I love and will miss you. Continue to care for the children of Wisconsin as you have for so long." We are sure that Salimeh will have a place in the hearts of the children and families she helped over the years. We wish Salimeh all the best and a wonderful retirement.

NEW MEAL PATTERNS

The DPI has posted one more handouts in their New Meal Pattern series – this one is about the Grains Component. You can find this handout by going to <https://dpi.wi.gov/community-nutrition/cacfp/family-day-care-home> and clicking on the tab on the left side called "New CACFP Meal Pattern" and then scrolling down on the right to find the section called "New CACFP Meal Pattern Component Handouts."

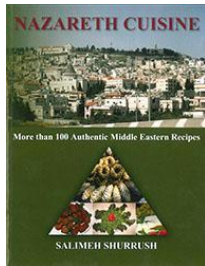
For Grains Component, the biggest changes will be: at least 1 serving of grains per day will need to be whole grain-rich; grain-based desserts will no longer be creditable; and breakfast cereals will need to contain no more than 6 grams of sugar per dry ounce. One of the two options to use to determine if a cereal will creditable is to use the WIC approved breakfast cereals. Here is a link: https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/cereals_hot.pdf

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RECIPES



Here is a recipe from Salimeh Shurrush's cookbook that is one of her daycare kid's favorites. She purees the meat and spinach mixture and mixes it with the rice, then adds lemon. The kids call it green rice and love it.

SPINACH WITH MEAT

- 1 pound beef sirloin or lamb, cut in ½ inch cubes
- 6 garlic gloves, minced
- 2 onions, chopped
- 1 teaspoon allspice
- 1 teaspoon cinnamon
- ½ teaspoon black pepper
- 3 cups hot water
- 30 ounces fresh spinach, washed
- 1 ½ teaspoon salt
- 2 lemon wedges

Brown meat and cook until the liquid evaporates. Add garlic and onion and cook until the onion is tender. Add spices and water; boil until the meat is tender. Stir in spinach. Cook another 10 minutes. Add salt. Serve with rice and lemon wedges.

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