

# FOOD PROGRAM Memo



**FEBRUARY 2018**

***The January claim payment will be deposited or checks sent by Friday, March 2, 2018.***

## YOUNGSTAR...

Have you been considering participating in YoungStar? 4-C would love to talk with you more about the program. With generous funds from DCF we are able to offer you this FREE materials kit filled with many high-quality items for your environment. For more information contact [Amanda.Ehlert@4-c.org](mailto:Amanda.Ehlert@4-c.org).



*Note: This is available to regulated programs in Dane, Sauk, Rock, Green, Dodge, Walworth, Columbia, & Jefferson Counties through 4-C. For Grant, Iowa, Richland, and LaFayette counties, please contact Family Connections of Southwest Wisconsin at 800-267-1018.*

## PAPER CLAIMERS



**Good job using the new menus – just a few reminders**

- Remember to sign at least the first page of your menus. Signature line is on the left side.
- The pay circle for infants has been moved from the left side to the right side.
- It is not required to fill in the child attendance section at the top.
- For breakfast a meat/meat alternative should not be served more than three times a week.
- On all dot infant menus remember to fill in the circle for type of meal/snack you are entering foods for.



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## WHOLE GRAINS....

Are you still trying to understand the "whole grain" concept? Here is a website you might want to check out -- <https://wholegrainscouncil.org/whole-grains-101/identifying-whole-grain-products>. In addition, DPI has updated their Grains Component handout. You can find it on their website at: [https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/cacfp\\_grain\\_component\\_handout.pdf](https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/cacfp_grain_component_handout.pdf)

## INFANT SPOTLIGHT

The New Meal Pattern for Infants puts an emphasis on Developmental Readiness to eat solid foods. There is no longer a mandatory age in which you have to start offering and claiming meals/snacks to an infant beyond breastmilk/formula. The New Meal Pattern recognizes that not only should infants be developmentally ready before eating solid foods (and that this varies for each child) but also that being developmentally ready to eat some solid foods does not mean they have to eat solid foods at all meals/snacks. If you have an infant that is developmentally ready to start eating solid foods at breakfast but at snack is still having just breastmilk/formula – you can claim both of these.

## RECIPE

Have you ever tried jicama? They are a white fibrous root vegetable native to Mexico, but you can find them in all of the grocery stores. It is a cross between both a potato and an apple. Delicious eaten raw or cooked - especially thrown into salads! They are wonderful substitutes for apples because they are subtly sweet, crisp and crunchy. Below is a recipe shared by a provider named Shelley, who says that her children really like eating Jicama ☺

### Baked Cinnamon Jicama (Apples)



- 3 cups jicama peeled and cubed or you could slice them thin
- 3 tbsp butter, melted
- 1/4 tsp apple pie spice
- 1/4 tsp ground cinnamon
- 3 packets stevia in the raw

Preheat oven to 350 degrees. Line a cookie sheet or baking pan with non-stick foil. Mix jicama with melted butter in a medium sized bowl. Add cinnamon, apple pie spice, and stevia stirring until combined. Pour on to foil lined pan. Cover with foil. Bake for 20 minutes. Uncover and bake an additional 15 minutes. The jicama will not get completely soft when baking. Expect to have a slight crisp center when eating and a slightly sweetened taste.

Source: [www.sandyskitchenadventures.com](http://www.sandyskitchenadventures.com)

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