

FOOD PROGRAM Memo



FEBRUARY 2019

*The January claim payment will be deposited or checks sent by Friday,
March 8, 2019.*

DID YOU KNOW....

Next month is National Nutrition Month! Click the links below for resources:

Academy of Nutrition and Dietetics

<https://www.eatright.org/food/resources/national-nutrition-month>

Choose My Plate

<https://www.choosemyplate.gov/national-nutrition-month>

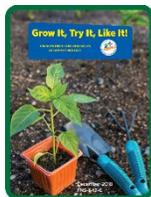


FUN WITH FRUITS & VEGETABLES



Fruit and Vegetable cards – A colorful picture of a fruit or vegetable for each letter of the alphabet on the front of the card and fun facts, poems, recipes, and activities on the back.

https://www.cacfp.org/files/9515/3549/7135/ABCs_Fruit_and_Vegetable_Cards_cacfp.org.pdf?platform=hootsuite



Fruit and Vegetable memory card game from USDA Team Nutrition “Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care”

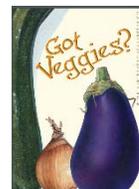
<https://fns-prod.azureedge.net/sites/default/files/tn/GITILcard.pdf>



“Got Dirt?” and “Got Veggies?” Garden-based nutrition education curriculum created with the goal of getting children to eat more fresh fruits and vegetables.

<https://www.dhs.wisconsin.gov/publications/p4/p40112.pdf>

<https://www.dhs.wisconsin.gov/publications/p0/p00228.pdf>



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REMINDERS

Paper providers:

- ✓ If you use handwritten menus, please remember to fill in the pay circles.



- ✓ Please do not leave blank columns on your menus – you can use every column. If you are not doing care a certain day, it is not necessary to fill in the day and say “closed”.
- ✓ Remember to sign at least the first page of your menus.

On Line providers:

- ✓ You need to indicate which meal or snack a whole grain was served at.
- ✓ Remember to review your claim before submitting.
- ✓ You can always check the “Get Help” button on the left side of KidKare. This will give you helpful information.

RECIPE

5 A Day Bulgur Wheat

- 1 onion (medium, chopped)
- 1 cup broccoli (chopped)
- 1 cup carrot (shredded)
- 1 green pepper (small, chopped, - may use red or yellow pepper)
- 1/3 cup fresh parsley (chopped, or 2 Tablespoons dried)
- 1 teaspoon canola oil
- 1 1/2 cups bulgur (dry)
- 2 cups chicken broth (low-sodium)
- 8 ounces chickpeas or garbanzo beans (canned, drained)



Wash and chop fresh onion, broccoli, carrots, pepper and parsley (if using fresh parsley). Heat canola oil in a large skillet. Add onions and cook until soft. Add bulgur and stir to coat. Add 2 cups chicken broth to the skillet, bring to a boil. Lower the heat, add remaining vegetables and chickpeas. Cook for 10 minutes or until the liquid is absorbed. Add parsley and stir. Serve warm or cold.

Note: Bulgur comes from wheat. It is actually the kernel of wheat, cracked for cooking. It has a nutty, chewy flavor that is sure to please and contains fiber. Canola oil is a healthy choice for vegetable oil.

Source: <https://whatscooking.fns.usda.gov>

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