

## Program Reminders

NEW WEBSITE

New CFC Website

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Choices for Children has a NEW and improved website! Same website address, [www.choices4children.org](http://www.choices4children.org) but easier navigation, clean, colorful design and mobile friendly! Check out [www.choices4children.org](http://www.choices4children.org) today and while you are there, plan to take the 2017 Online Annual Nutrition Training!

### 2017 Mandatory Annual Nutrition Training

The 2017 Online Annual Nutrition Training is now available on our NEW website at [www.choices4children.org](http://www.choices4children.org). You can access the training on the homepage by clicking the colorful banner that says: **Child Care Food Program Online Annual Nutrition Training June-August 2017** or by going to Programs>Child Care Food Program and clicking on the **Nutrition Training** button.

The training has two parts:

1. CCFP Compliance
2. Updated Meal Patterns



Please read through the instructions carefully and at the end of parts one and two, print the Certificate of Achievement and send them to us no later than **September 5, 2017**. Remember the Online Annual Nutrition Training is **mandatory** to continue your participation and is only online June through August 2017.

### Annual Meal Benefit Form Renewals for Providers and Parents July 2017

If you are a Tier 1 provider by income or have children that qualify Tier 1 by their parents income, it is time to renew your Meal Benefit Forms. You will be mailed the appropriate Meal Benefit Form with instructions by July 1, 2017. These forms are due back with any necessary supporting document (ie, 1040, Schedule C) no later than **July 21st**. If approved, the Meal Benefit Form will be effective July 1, 2017—June 30, 2018. Thank you!



## Policy Updates



### WIC Information

WIC (Woman, Infant & Children) is the CACFP's federally funded sister program. In addition to information about nutrition, health and breastfeeding, WIC provides special checks to buy healthy food. WIC has offices all over California. To see if you or your childcare parents may qualify, go to the [California WIC website](http://www.wic.ca.gov).

**Holidays/Closures: Tuesday, July 4**



### July Claim Deadlines

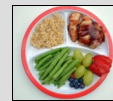
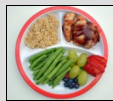
Web Kids: **Submit** by July 1st

Scan Forms: **Must Be Received by July 5th**  
(Late Scan Forms will not be accepted!)

Enrollment Forms: **Received by July 5th**

Continuing Development, Inc. (Choices for Children) is an equal opportunity provider.

## Nutrition News



### Meat and Meat Alternates: Build a Healthy Plate with Protein

**Children should eat a variety of meat and meat alternates each week.** These foods include fish, shellfish, dry beans and peas, nuts, and seeds, as well as lean meats, poultry, and eggs. Include a variety of meat and meat alternates at meals and snacks to:

- Give children the protein, B vitamins, and minerals (like iron, zinc, and magnesium) they need to grow, play, and learn.
- Protect children's hearts, brains, and nervous systems with heart-healthy oils from fish and seafood.
- Help children feel full for longer with protein.

Providing different choices each day helps children get the nutrition they need and introduces them to new foods.

**Fish and seafood (fresh, frozen, or canned) are good choices for meal time.**

Try salmon, tuna, trout, and tilapia prepared in different ways: baked, grilled, or in sandwiches or tacos.



**Poultry, like chicken or turkey,** can be served grilled, roasted, or in pastas or burritos.

**Look for lean cuts of meat, including beef, pork, and lamb.** Try round steaks and roasts (round eye, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts. The leanest pork choices include pork loin, tenderloin, or center loin.

**Choose the leanest ground meats possible** (including beef, pork, chicken, and turkey), preferably meats labeled "90% lean" or higher. The higher the % number, the lower the amount of solid fats in the meat.

**Offer unsalted, chopped or finely ground nuts and seeds (including almonds, mixed nuts, peanuts, walnuts, sunflower seeds),** and peanut and sunflower seed butters spread thinly.



**Prepare and serve eggs in different ways.** Try hard-boiled egg slices, scrambled eggs, or deviled eggs (prepared with low-fat mayo or mustard). Make sure the egg whites and yolks are cooked thoroughly to avoid foodborne illness.

**Cooked, canned, or frozen dry beans and peas are all great options.** Vary the choices for dry beans and peas.

**Yogurt and cheese can be credited as a meat alternate.** Offer yogurt labeled fat-free or low-fat (1%). When selecting cheese, choose low-fat or reduced-fat versions. Cheese must not include the words "processed cheese product" on the label.



**NEW! Tofu—Commercial tofu and soy products** (including soy yogurt) are creditable as a meat/ meat alternate as of **October 1, 2017**.

### New Meal Pattern

Starting October 1, 2017, meat/meat alternate, may be substituted for the entire grains component at breakfast at a maximum of 3 times per week.

**CONGRATULATIONS!**

*Providers of the Month*


**PATRICIA BRADLEY**

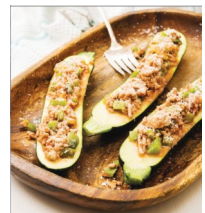

**ERICA BRETT**

**Minute Menu Magic**



2017

<i>All Day with</i>		<b>BREAKFAST</b>		<i>All Day with</i>	
<b>PATRICIA BRADLEY</b>	Yogurt 			<b>ERICA BRETT</b>	Scrambled Eggs
<b>Tangerines (44)</b>	Blueberries (06)	Strawberries (43)	<b>Cantaloupe (08)</b>	With Spinach (245)	
<b>Bagels (03)</b>	Raspberry Muffins (68)	Rice Krispies (181)	<b>Whole Wheat Bread (56)</b>	Wh. Wh. Pita Bread (40)	
<b>1% Milk (6)</b>	1% Milk (6)	1% Milk (6)	<b>1% Milk (6)</b>	1% Milk (6)	
<b>SNACK</b>					
<b>Wheat Thins (258)</b>	<i>*Aloha Coleslaw (174)</i>	Sliced Honeydew Melon (21) wrapped in	<b>Garbanzo Beans (114)</b>	HM Potato Salad (225)	
<b>1% Milk (6)</b>	Hawaiian Rolls (33)	Deli Turkey (106)	<b>Triscuits (256)</b>	1% Milk (06)	
<b>LUNCH/DINNER</b>					
<b>Mozzarella Cheese (140)</b>	<i>*Stuffed Zucchini Boats (Ground Beef (07))</i>	<i>*Slow-Cooker Pork Cacciatore (64)</i>	<b>Chicken Breast (30)</b>	*Grilled Fish ( )	
<b>Pizza Sauce (222)</b>	<i>Zucchini (263), Green Pepper &amp; Onions</i>	<i>Tomatoes (250), Onion, Mushrooms &amp; Peppers</i>	<b>Black Beans (160 )</b>	Grilled Eggplant (181)	
<b>Grapes (18)</b>	Asian Pears (32)	Fresh Figs (14)	<b>Pears (32)</b>	Grilled Peaches (31)	
<b>Pizza Crust (63)</b>	Quinoa (85)	Corn Muffins (14)	<b>Flour Tortilla (131)</b>	Garlic Bread (25)	
<b>1% Milk (6)</b>	1% Milk (6)	1% Milk (6)	<b>1% Milk (6)</b>	1% Milk (6)	

<b>W E E K L Y  G R O C E R Y  L I S T</b>	<b>Refrigerated</b>	<b>Canned/Bottled</b>	<b>*Aloha Coleslaw</b>	
	1% Milk	Pizza Sauce	1 medium head green Cabbage, thinly sliced	
	Mozzarella Cheese	Tomato Sauce	1 large Carrot, shredded	
	Vanilla Yogurt	Pasta Sauce	2 T non-fat plain Yogurt	
	Plain Yogurt	Diced Tomatoes	1/2 tsp. salt	
	Eggs	Parmesan Cheese	In a large bowl, stir together all ingredients. Serves 16, 3-5 years	
	<b>Meat</b>	White Wine Vinegar	<b>*Stuffed Zucchini Boats (a microwave recipe)</b>	
	Ground Beef	Pineapple	1/2 C chopped Onion	
	Boneless Pork Chops	Garbanzo Beans	1 (8 oz.) can Tomato Sauce	
	Turkey Breast	Black Beans	1/2 C chopped green Bell Pepper	
Fresh Fish	<b>Packaged</b>	1lb. Extra-lean Ground Beef		
Chicken Breast	Flour Tortillas	5 medium Zucchini		
<b>Produce</b>	Bagels	Combine onions, peppers and beef in a microwave-safe baking dish. Microwave on HIGH for 2 min, stir and cook for another 2 min. or until meat is no longer pink. Transfer to a colander and break up large chunks with a spoon. Cut zucchini in half lengthwise. Scoop out insides and chop coarsely. Return zucchini shells to baking dish. Place chopped zucchini in a medium bowl with beef mixture and add tomato sauce, 6 T of the cheese, garlic power and salt. Spread mixture evenly inside zucchini shells; sprinkle with remaining cheese. Cover with microwave-safe plastic wrap or lid. Microwave on HIGH about 5 minutes or until zucchini is cooked through. Serves 10, 3-5 years. <i>Source: Children's Health Fund Microwave Chef</i>		
Potatoes	Wh. Wh. Pita Bread	<b>*Slow-Cooker Pork Cacciatore</b>		
Celery	Corn Meal	2 T Olive Oil		
Garlic	Whole Wheat Bread	1 15 oz. can diced Tomatoes, drained		
Carrots	Hawaiian Rolls	4 1.5" thick boneless Pork Chops (about 1.5 lbs.)		
Cabbage	Wheat Thins	1 Onion, cut into thin strips		
Raspberries	Triscuits	1/2 C White Wine Vinegar		
Bell Peppers	Crackers	1 8oz. package sliced Mushrooms		
Onions	French Bread	2 large cloves Garlic, minced		
Zucchini	Rice Krispies	1 tsp. each, Italian Seasoning and dried Basil		
Asian Pears	Quinoa	4 slices Mozzarella Cheese		
Eggplant		Heat 1 T oil in a large skillet, over med-high heat. Brown chops, turning once, 2 min./side; transfer to slow cooker. In same skillet, reduce heat to med., add remaining oil and cook onion until browned (about 7 min.). Add mushrooms and bell pepper and cook stirring occasionally, until veggies are soft (about 7 min.); add to slow cooker. Add remaining ingredients to the slow cooker. Cook on low for 8 hours (or on high for 4 hours) To serve, top each chop with a slice of cheese and cover with sauce. Serves 16, 3-5 years. <i>Source: armagazine.com/pork-cacciatore</i>		
Mushrooms				
Blueberries				
Honeydew Melon				
Strawberries				
Cantaloupe				
Tangerines				
Cucumbers				
Grapes				
Peaches				
Spinach				