Nutrition News CACFP Edition XXXVII - June 2018

GDA Food Recalls Alerts



The following food(s) have been recalled. Please check all packages of listed foods and follow the instructions on the official recall notice:

- <u>Melanie Wholesale Inc.</u> of Brooklyn, NY is recalling its 17.6 oz (500g) package of "Melanie Mini Cookies with Caramel Flavor," because they contain undeclared peanuts. People who have allergies to peanuts run the risk of serious or life-threatening allergic reaction if they consume these products. The recalled "Melanie Mini Cookies with Caramel Flavor" were distributed nationwide in retail stores. The product comes in a 17.6 oz (500g) clear plastic package with an expiration date (all dates). The product UPC is 4770049082126.
- <u>Hormel Food Corp.</u> "SPAM Classic" is being recalled for foreign material contamination (metal pieces). The recalled product was sold nationwide, and comes in a 12-oz metal can with a best-by of Feb. 2012 (production codes F020881, F020882, F020883, F020884, F020885, F020886, F020887, F020888 and F020889) with establishment number "EST. 199N" on the bottom of the can.
- <u>Divvies Benjamint Crunch Chocolate Bars</u> are being recalled due to undeclared allergen (milk) in the peppermint used in the bars. The product has a UPC number 8550011001389. The product was sold online through the company's website and will impact approximately 140 consumers, who purchased the product between Feb. 22 and May 18.
- <u>Ruiz Food Products, Inc.</u> is recalling Frozen Breakfast Burritos that may be contaminated with extraneous material. The "El Monterey Signature Burritos, Egg, Sausage, Cheese & Potato" comes in 3.38-lb. plastic wrapped packages containing 12 Count, 4.5-ounce individually wrapped frozen burritos with a best if used date of 3/3/2019 or 3/4/2019. The products also bear the USDA establishment number, "EST. 17523A" on the back of the packaging, and the product was shipped to retail locations nationwide.

Thirty on Thursdays Webinar Training - Adding Whole Grains to Your Menu

On June 21, 2018, USDA's Team Nutrition initiative will present "Adding Whole Grains to Your Menu", the eighth webinar of the CACFP Halftime: Thirty on Thursday webinar series. This webinar will provide ideas on how to offer whole grains at CACFP sites. Webinar participants will have the opportunity to submit questions to the presenters and check their knowledge through interactive polling.

The English webinar will be held from 2:00-2:30pm ET, and the Spanish webinar will be held from 3:00-3:30pm ET. To register for the English webinar, click <u>here</u>. To register for the Spanish webinar, please visit this <u>link</u>.



NUTRITION ED NOOK

ENJOY WATERMELON SORBET THIS SUMMER!

According to the <u>National Watermelon Association</u>, increasing your watermelon intake can decrease the risks of cancer, diabetes, and heart disease. One cup of diced watermelon (152 grams) contains 43 calories, 0 grams of fat, 2 grams of sodium, 11 grams of carbohydrate (including 9 grams of sugar and 1 gram of fiber), and 1 gram of fiber. In Georgia, the sweet melon is the number one produce crop with over 40,000 acres with most being grown in Crisp County (GA Dept. of Agriculture Statistics).

So, if you are searching for a cool, healthy, dairy-free alternative to ice cream, try one of these <u>Watermelon Sorbet</u> recipes.

Classic Watermelon Sorbet Ingredients:

- 2 Cups Watermelon, cubes
- Squeeze lime juice, 1/2 teaspoon

Directions:

Combine watermelon cubes and lime juice in a blender or food processor. Pulse until smooth consistency. Pour into a container that will fit into your freezer. (A loaf pan works well.) Freeze for 1 hour and then break up the ice crystals with a butter knife. Allow to freeze again. Remove after 3 - 4 hours and serve to your favorite people.

Creamy Watermelon Sorbet

Ingredients:

- 1 Cup Watermelon, cubes
- 1 Banana, Frozen
- Squeeze lime juice, 1/2 teaspoon

Directions:

Combine watermelon cubes, banana, and lime juice in a blender or food processor. Pulse until smooth consistency. Pour into a container that will fit into your freezer. (A loaf pan works well.) Freeze for 1 hour and then break up the ice crystals with a butter knife. Allow to freeze again. Remove after 3 – 4 hours and serve to your favorite people.

Strawberry Watermelon Sorbet Ingredients:

- 1 Cup Watermelon, cubes
- 1 Cup Strawberries, sliced
- Squeeze lime juice, 1/2 teaspoon

Directions:

Combine watermelon cubes, strawberries, and lime juice in a blender or food processor. Pulse until smooth consistency. Pour into a container that will fit into your freezer. (A loaf pan works well.) Freeze for 1 hour and then break up the ice crystals with a butter knife. Allow to freeze again. Remove after 3 – 4 hours and serve to your favorite people. This one is tart and pairs well with a scoop of the Creamy Watermelon Sorbet.