## **Nutrition News** CACFP Edition XLI · November 2018



#### DECAL Commissioner Presents Golden Radish and Baby Golden Radish Awards

Courtesy of Decidedly DECAL, DECAL's Quarterly Publication.

Last month, eighty-four of Georgia's 181 school districts received recognition for Farm-to-School Program excellence at the Fifth Annual Golden Radish Awards at the Georgia Freight Depot. These districts served more than 1.3 million students a whopping 109 million school meals with locally grown food. They also taught more than 61,000 curriculum-based lessons incorporating food and agriculture.



The Golden Radish Awards honor Georgia school districts for best practices in Farm-to-School Programs. Best practices include local food procurement, exposing students to new foods through taste tests, and incorporating cooking and gardening activities into class curriculums. This year, the Golden Radish Partners are Georgia Organics, Georgia Department of Agriculture, Georgia Department of Education, Georgia Department of Public Health, UGA Extension Service, and DECAL.

DECAL Commissioner Amy M. Jacobs presented the inaugural Baby Golden Radish Award to the Bleckley County School District for creating an innovative and exemplary Farm-to-Early Care and Education Program that advances the learning and development of its Pre-K and Head Start students. Nutrition Services led the selection process for this prestigious award.

# UPDATE on Nature's Serving Veggie Products

### NATURE'S SERVING

Attention CACFP Sponsors, Nature's Serving Veggie Slice and Veggie Crisp products have been determined not creditable as a vegetable for use in Child Nutrition Programs (CNP) by our National Office (NETTA.) The nutrition education aspect of the CNP is important. One of the goals is to help children easily recognize the key food groups that contribute to a healthy meal, this is not evident in the product. The vegetable slice product does not contain an adequate quantity of vegetables in the form required to credit to the vegetable component for meals served in nutrition programs. These products should not be purchased to meet meal pattern requirements.

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#### Scholarships Available for the 2018 Child Nutrition Conference!

For 32 years, the National CACFP Sponsors Association has offered unparalleled training, education, and networking opportunities to the child nutrition community for professionals dedicated to ensuring access to healthy foods for children aged 0-5 in homes and centers.

The scholarship application for the 33rd National Child Nutrition Conference is open now through **Thursday, January 17, 2019** for the April conference. Fifteen winners will receive complimentary conference registration, lodging, and \$300 towards transportation costs at a value of \$1,500 per scholarship. The recipients will be selected by the conference committee and notified by **February 8, 2019**.

For more information regarding the scholarship application and to apply, visit this link:

https://www.cacfp.org/news-events-conferences/nationalcacfp-sponsors-association-conference/scholarshipapplication/

For more information about the 2019 National Child Nutrition Conference, visit this link: <u>https://www.cacfp.org/news-events-conferences/national-</u> <u>cacfp-sponsors-association-conference/</u>



#### Food Buying Guide for Child Nutrition Programs Interactive Web-Based Tool Enhancements!

On November 1st, FNS released new enhancements to the Food Buying Guide for Child Nutrition Programs (FBG) Interactive Web-Based Tool. FNS staff has received feedback and is continuously working to enhance the user experience. The following enhancements are specific to the Recipe Analysis Workbook (RAW) which now has the following capabilities: allow an existing RAW to be copied and easily recreated for multiple serving sizes; include the total vegetable amount with a breakdown of vegetable subgroup amounts on the meal pattern contribution statement; and create a notes section. This release also includes the addition of three preschool meal pattern charts.

The Food Buying Guide Interactive Tool may be accessed at: <u>https://foodbuyingguide.fns.usda.gov/</u>.

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**Outbreak Investigations** 

The following is an outbreak update from FDA of concern to subscribers.

#### FDA Investigating Recalled Duncan Hines Cake Mixes Potentially Linked to Salmonella Agbeni Illnesses

Notice recieved on November 7, 2018

The FDA is investigating the manufacturing facility that made recalled Duncan Hines cake mixes.

FDA and the CDC informed Conagra Brands that a sample of Duncan Hines Classic White Cake Mix that contained Salmonella Agbeni matched the Salmonella collected from ill persons reported to the CDC. This was determined through Whole Genome Sequencing, a type of DNA analysis. The sample was collected by Oregon health officials.

Based on this information, Conagra Brands is working with FDA to proactively conduct a voluntary recall of Duncan Hines cake mixes from the market. The FDA is conducting an inspection at the Conagra Brands-owned manufacturing facility that produced the cake mixes. The FDA is also collecting environmental and product samples.

#### **Recommendation:**

Consumers should not bake with or eat the recalled product. Additionally, consumers should not eat uncooked batter, flour, or cake mix powder. <u>Read the full update</u>



# NUTRITION ED NOOK



#### A Kid Friendly Thanksgiving! Crinkly Carrot Fries

With Thanksgiving just days away, it's a perfect time to plan holiday menus for your young eaters. What fun ways can you incorporate healthy items into your menu while encouraging the use of locally grown produce? FRIES!! Who doesn't love fries?!? Instead of the usual grease-laden, fried potatoes, try turning traditional Fall/Winter vegetables into fries. Sweet Potatoes, Green Beans and even Carrots are all great examples. Instead of frying them in oil, place them in the oven with a drizzle of olive oil.

According to <u>WebMd</u>, carrots contain an ingredient known as beta-carotene which provides ample mind energy and decreases your chance of getting heart disease and some cancers. Your body also has the ability to transform the beta-carotene into Vitamin A which is good for your eyes.



Try incorporating veggie fries into your menus to give an extra boost of vitamins and minerals to your meals. You can experiment using this super simple recipe from <u>Parents.com</u>.

#### To Make:

Slice carrots into 1/2-inch-wide sticks -- with a crinkle cutter, if possible.

Toss with olive oil and salt. Bake until crisp.

#### **Cheesy Cauliflower Tots**

Struggling to incorporate more veggies into classic comfort foods? Try revamping a childhood favorite with these Cheesy Cauliflower Tots. This twist on traditional "tater-tots" offers an easy way to incorporate nutrients into your diet. According to <u>Healthline.com</u>, cauliflower is high in fiber and rich with antioxidants! Try out this recipe from registered dietician <u>Julie Harrington</u>.



#### **Ingredients:**

- 4 cups finely chopped cauliflower (or cauliflower crumbles)
- 1 egg, whisked
- 1/4 cup grated parmesan cheese
- 1/4 cup Cabot cheddar cheese, shredded
- 1/3 cup whole wheat panko
- 1 tablespoon garlic powder
- 1 teaspoon dried parsley