

Food For Thought!



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Bright from the Start: Georgia Dept. of Early Care and Learning - Nutrition Services' Vision Statement:
Working together with our partners to *eradicate* hunger and ensure nutritious meals for ALL Georgians!

From the Chair of the Director

Bright from the Start's mission is to deliver exemplary early care and education programs that improve the quality of early learning experiences, increase school readiness, and improve overall school performance. The Nutrition Services Division of Bright from the Start supports this mission by administering USDA feeding programs and an innovative nutrition education initiative.

The initiative's goal is to improve lifelong healthy eating habits and promote increased physical activity among children between the ages of birth and five years old and their caregivers. The two primary objectives of the initiative are to: (1) increase the number of early childcare facilities that implement healthy eating and physical activity programs, and (2) create environments that promote healthy eating, physical activity and support breastfeeding mothers.

Last year, five 15- second public service announcements (PSAs) were developed for radio that addressed healthy eating habits and participation in physical activity. The PSAs were aired on 17 Georgia Public Broadcasting radio stations throughout the state reaching an estimated 17.7 million people. The media campaign continues with the development and distribution of four new PSAs for television, music CDs and DVDs that reinforce the value of healthy eating and physical activity.

Bright from the Start's Nutrition and Physical Activity Education initiative also supports various trainings that encourages and teaches ways to support healthy eating and physical activity habits. Additional information about the initiative, current research, and additional resources can be found at www.healthyeatingforlife.org.



Congratulations to the following Child and Adult Care Food Program Institution and 2008 Summer Food Service Program Sponsors who had perfect reviews:

Child and Adult Care Food Program

The Home Place Adult Daycare, Inc.

Summer Food Service Program

Atlanta Metropolitan College - Upward Bound
Christian Outreach Church, Inc.
Dawson Street Christian School, Inc.
DeKalb County Recreation Department
Educational Talent Search - University of Georgia
Glascocok Action Partners, Inc.
McIntosh County Board of Commissioners
Monticello Police Department
Neighborhood Enterprise, Inc
New Destiny Ministries

Creditable Meal Components and Child Nutrition (CN) Labels

Child and Adult Care Food Program (CACFP) and Summer Food Service Program (SFSP) institutions are required to follow USDA guidelines when claiming meals for reimbursement.

In order for a meal to be reimbursable, all of the required meal components have to be served and they must be served in the required amounts. Serving the required amount can sometimes pose a challenge when combination food items such as pizza, chicken nuggets, fish sticks, spaghetti, and lasagna are served. Such combination foods can be counted as a bread and meat component only if the food is purchased with a Child Nutrition (CN) label, or if the food items are adequately measured as per the Food Buying Guide.

A CN label is a standardized food crediting statement on commercially packaged products. The labels are approved by USDA, and has a meal pattern contribution statement. Please visit <http://www.fns.usda.gov/cnd/cnlabeling/default.htm> to see an example of a CN label. The Food Buying Guide can be accessed at <http://teammnutrition.usda.gov/Resources/foodbuyingguide.html>.

Below are recipes that can be used toward serving creditable meals.

Please ensure that servings sizes are adequate for each age group, as per the CACFP meal pattern requirements.

The CACFP Sponsor's Association 22nd Annual Conference

Since 1986, The Sponsor's Association (TSA) has been the leading national organization for sponsors who administer the USDA Child and Adult Care Food Program (CACFP). TSA provides education and support to CACFP sponsors of all sizes from across the country and strives to improve communication between individual sponsors and their supervising government agencies. TSA's Annual Conference offers the opportunity for sponsors to network and share ideas on how to improve the operation of the CACFP.

At the 22nd Annual Conference, CACFP sponsors, state agencies, and the USDA came together to discuss successes and challenges, introduce new ideas and share information on best practices for managing the CACFP. The keynote and featured speaker shared their passion and commitment for the work they do as well as the importance of the CACFP. There were numerous workshops, and the presenters shared a wealth of information to benefit all CACFP participants.

Cindy Long, Director of the Child Nutrition Programs Division of Food and Nutrition Services, acknowledged the great work being done by CACFP participants. She gave CACFP updates and emphasized the importance of taking an active role in the CACFP reauthorization process. She strongly encouraged participants to submit their concerns about CACFP to the USDA. The USDA welcomes participants' input as it is essential in planning for reauthorization.

For sponsors who were not able to attend the conference, information is be available at www.CACFP.org. Be sure to join TSA next year at the 2009 Conference, September 20-22, 2009 at the Hilton Bellevue in Bellevue, WA.

Mexican Pizza (48 servings)

- 24 enriched flour tortillas**
(at least 0.9 oz each)
- 6 oz. canned tomato paste**
- 1 qt. & 1/2 cup salsa**
- 3 qt. & 1/2 cup refried beans**
- 1 1/2 lbs. reduced fat mozzarella cheese, shredded**

1. Place tortillas in a single layer on sheet pans (about 6/ 13"x18"x1"pans).
2. In a bowl, combine tomato paste and salsa.
3. Spread each tortilla with 1/2 cup of refried beans, 2 2/3 tbsp. of salsa, and 1/4 cup of cheese.
4. Bake until thoroughly heated and cheese is melted:
Conventional oven: 375 degrees for 9 minutes
Convection oven: 350 degrees for 9 minutes
5. Cut each pizza into 4 pieces. Portion is 2 pieces.

Serving: 2 pieces (1/2 pizza) provides the equivalent of 1 1/2 oz. of cooked lean meat, 1/8 cup of vegetable, and the equivalent of 1/2 slice of bread.

Sesame Broccoli (50 servings)

- 3 cups chicken stock (non-MSG)**
- 1/4 tsp. ground ginger**
- 1/4 cup sugar**
- 1/4 cup low-sodium soy sauce**
- 2 tbsp. & 2 tsp. cornstarch**
- 1/4 cup sesame oil**
- 5 lbs. & 4 oz. frozen chopped broccoli**

1. In a pot, bring chicken stock, ginger, sugar, and soy sauce to a boil. Reduce heat and simmer for 5 minutes.
2. Dissolve cornstarch in cold water. Add to stock and cook for 3 minutes, stirring occasionally, until slightly thickened.
3. Remove sauce from heat and slowly whisk in sesame oil.
4. Steam broccoli for 5 minutes.
5. Pour sauce over broccoli and stir to coat. Portion is 50 1/4 cup servings.

Serving: 1/4 cup provides 1/4 cup of vegetables.

“Red” Light Food

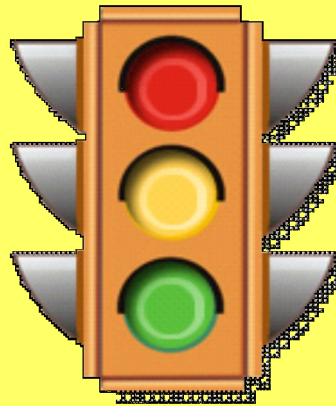
Fast Food
Fried Food
Sodas
Cookies
Hot Dogs

“Yellow” Light Food

Cheese
Whole Eggs
100% Juice
White Bread
Lean Beef

“Green” Light Food

Vegetables
Fruit
Low-fat Yogurt
Skim or 1% Milk
Whole grain bread
Chicken
Fish
Tofu



Red Light, Green Light – One, Two, Three!

RED LIGHT, GREEN LIGHT - ONE, TWO, THREE is a simple childhood game we can incorporate into our lifestyle to encourage healthy eating habits. A balanced diet is needed for proper growth and development. With so many food choices, it is sometimes difficult to choose the right food.

No food should be “off limits” to kids. Like adults, children need food from all of the food groups. Some foods should be eaten daily, while other foods should be limited to no more than one day per week. The Food Traffic Light is an easy way to show which foods can be eaten daily, and which foods should be eaten once a week. It is a tool that can be used to assist us in making good food choices, and it is a great way for us to help our children develop healthy eating habits.

When you think about the traffic light, green means “go,” yellow means “slow down,” and red means “stop.” Green Light Foods have nutrients that give your body the energy it needs to “go.” Green Light Foods should be eaten seven days a week, and Green Light Foods such as fruit and vegetables should be eaten several times a day. Yellow Light Foods should be consumed in moderation; meaning that they can be eaten 3-4 days per week. Red Light Foods have very little nutrients and should not be consumed more than one day per week.

Help children learn how to identify the Green, Yellow, and Red Light Foods by creating a Food Traffic Light as a fun activity. Have children identify food items as “Green,” “Yellow,” or “Red,” by matching them to the colors on the Food Traffic Light. This activity will help the children you serve move toward healthier eating habits.

Stress-Free Feeding

“Stress-Free Feeding” is a curriculum developed by Children’s Healthcare of Atlanta. It is based on research that was published by Elynn Satter, MS, RD and Leann L. Birch, PhD. The curriculum helps parents and caregivers understand what a child is communicating while eating, so they can help children become healthy eaters.

Stress-Free Feeding indicates that parents and caregivers have the responsibility of planning, preparing, and providing meals (the 3 P’s) when feeding young children. It also teaches that the child’s role is to choose to eat, choose what to eat, and choose how much to eat (the 3 C’s). The 3 P’s and the 3 C’s helps a parent or caregiver acknowledge a child’s unique personality and his or her needs, to help the child develop trust that will be the basis of their emotional well-being. This is significant because the way children are fed is just as important as what they are fed.

The curriculum features 6 modules that focus on the 3 P’s and the 3 C’s, and it has videos of parents feeding young children to exemplify and reinforce the information that is being discussed.

For more information about the Stress-Free Feeding curriculum, please contact Marissa Hamm at (404) 651 – 7181 or Meggan Hemans-Reese at (404) 651 – 7192.

We are here for YOU!

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