

NUTRITION NEWS

LSF Child Care Food Program

Building a Healthier Generation

JULY 2018

WE WISH YOU A BERRY GOOD MONTH!

July is **National Berries Month**! Blackberries, blueberries, strawberries and raspberries are all harvested during the summer months. They contain tons of vitamins and minerals and are a rich source of antioxidants which help increase our immune function and protect against cancer and heart disease.

Look for firm, plump, full-colored berries. Avoid buying bruised or oozing berries, and make sure you turn the container over to check berries at the bottom. Berries stay fresh in the refrigerator for up to one (1) week, but its' best to eat them within three (3) days. Store them in a sealed container (except for blackberries which can remain uncovered). Before eating, rinse them in cold water. Enjoy!



Fun Facts!

The little yellow specks on the outside of **strawberries** aren't actually seeds. In fact, they are called *achene* and are considered by botanists to be tiny little fruit.

The scientific study of **blackberries** is called *batology*. So, a batologist is someone who has a keen interest in blackberries ... not bats!

Blueberries make a great natural food dye. If you are looking for a vibrant purple color, use it instead of a synthetic food dye the next time you bake.

Raspberries come in red, yellow, purple, gold, and black. You'll find that the gold ones are the sweetest of them all.

Attendance must be recorded **daily**.

You must **notify us in advance** if your day care home will be closed or if there changes such as days that you provide care, types of meals served, etc.

Monthly claims and new Enrollment forms are due on the **third (3rd) day** of each month.



ANNUAL PROVIDERS TRAINING

WHEN:

AUGUST 18, 2018 AUGUST 25, 2018
SEPTEMBER 8, 2018 SEPTEMBER 15, 2018

WHERE:

Hillsborough Community College- Dale Mabry Campus
Learning Resources Center Building (DLRC) - 106
4001 W. Tampa Blvd, Tampa, FL 33614

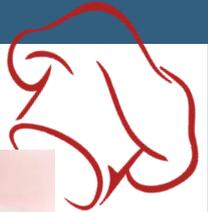
More details to come!

WELCOME

TO OUR NEWEST
DAY CARE HOME
PROVIDERS!

Maria Molina-Ortiz
Leticia Rodriguez-Ayo
Saray Solongo Dominguez

Whole Grain Strawberry Pancakes



Ingredients

- 1 1/2 cups whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 cup water
- 1 3/4 cups sliced fresh strawberries
- 1 container vanilla low-fat yogurt (6 oz)
- 1 container strawberry low-fat yogurt (6 oz)
- 3 tablespoons sugar
- 1/2 teaspoon baking soda
- 3 eggs
- 3 tablespoons canola oil



Directions

1. Heat griddle to 375°F or heat 12-inch skillet over medium heat. Grease with canola oil if necessary (or spray with cooking spray before heating).
2. In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside.
3. In medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended.
4. Pour egg mixture all at once into flour mixture; stir until moistened.
5. For each pancake, pour slightly less than 1/4 cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn; cook other sides 1 to 2 minutes or until golden brown.
6. Top each serving (2 pancakes) with 1/4 cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.

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

SERVE WHOLE GRAINS DAILY!

A 100% whole grain item must be served at least one serving per day, across all eating occasions. This is **requirement**. Starting in October 2018, meal disallowances may occur if this rule is not followed. Look here for some whole grain ideas!

Oatmeal or Oats

ANY BRAND Instant, Quick, Old Fashioned, or Rolled
16 oz (1 lb) OR 32 oz (2 lb) bag, box, or container

Allowed brands include:

- Bob's Red Mill
- Mom's Best
- McCann's
- Vitarroz
- Goya
- JCS
- Finest Brand
- Lakay
- N'ap boule
- Madame Gougousse
- Iberia

Note: 16 oz and 32 oz Oatmeal or Oats may be purchased as **Whole Grains** while 11.8 oz Quaker, Ralston, and store brands of Instant Oatmeal Original/Regular may be purchased as **Breakfast Cereal**.

ANY BRAND OATMEAL



Bulgur or Cracked Wheat

ANY BRAND 16 oz (1 lb) OR 32 oz (2 lb) bag, box, or container

ANY BRAND BULGUR

100% Whole Wheat Tortillas

16 oz (1 lb) bag only

ANY BRAND

100% whole wheat tortillas

"Whole wheat flour" must be the only flour listed in the ingredient list.



Corn Tortillas

16 oz (1 lb) bag only

Allowed brands:

- Best Choice
- Chi-Chi's
- Daisy
- Essential Everyday
- La Banderita
- La Real
- Mi Tia
- Mission
- ShurFine

No taco shells or tortilla chips.



Brown Rice

ANY BRAND

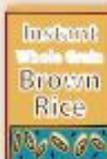
14 to 16 oz bag or box = 1 lb

28 to 32 oz bag or box = 2 lb

Regular, Instant, Boil-in-Bag, Basmati, Short Grain, and Long Grain are allowed.

No white rice or wild rice. No added ingredients such as seasonings.

No rice in jars. No frozen rice.



100% Whole Wheat Bread & Buns

16 oz (1 lb) loaf or package only

Allowed brands:

- Arnold "Sliced Buns" and "Sliced Hot Dog Buns"
- Bimbo
- Nature's Own "Sugar Free" and "with Honey"
- Pepperidge Farm "Swirl," "Light Style," "Stone Ground" and "Very Thin"
- Sara Lee
- Wonder
- Any store brand



100% Whole Wheat Pasta

16 oz (1 lb) size only

ANY BRAND, ANY SHAPE

100% whole wheat pasta (macaroni product). "Whole wheat flour" and/or "whole durum wheat flour" must be the only flours listed in the ingredient list.

No added vegetables, sugars, fats, oils, or salt (sodium).

ANY BRAND

100% Whole Wheat Pasta



16 oz (1 lb)

ANY BRAND

100% Whole Wheat Pasta 16 oz (1 lb)

Source: Florida WIC