**The Good News**

January Volume 3 / Issue 4

**Happy New Year!**

**Office will be closed January 1st and January 15th**

January is . . .

Egg Month

Family Fit Lifestyle Month

Oatmeal Month

Soup Month

Wheat Bread Month

New Year's Day - Jan 1st (office closed),Spaghetti Day - Jan 4th, Bean Day - Jan 6th, Apricot Day - Jan 9th, Martin Luther King Jr day - Jan 15th (office closed), Peanut Butter Day- Jan 24th, Bubble Wrap Appreciation Day - Jan 25th, Blueberry Pancake Day- Jan 28, Kansas Day - Jan 29th and Reimbursement Date for December's Claim - January 30th.

**Important Reminders**

**Holidays and/or Weekends**

**Milk Policy**

**Whole Grain Question**

**Holidays and/or Weekends**

KSDE has reminded sponsors that if a provider serves meals on weekends and major holidays, the sponsor is required to monitor a meal during those days. We will be verifying the service of weekend meals and meals on holidays, so be sure if you claim these on a regular basis, have your paperwork up-to-date and ready for us. We don't have a major holiday until July 4th, so don't be surprised if I show up ready for lunch!

**Milk Policy**

KSDE Policy memo 11-020, Effective October 1, 2011 was the first change to the milk policy concerning 2% milk no longer being creditable for children over 2 years of age. USDA CACFP 17-2016 came out July 14, 2016 and effective October 1, 2017. This is the one we discussed in training, Children over 2 years of age receive low-fat (1%) or fat-free milk. Children from 1 to 2 years old receive whole milk. Children under 6 all receive unflavored milk. This milk policy is not only CACFP policy, but it is also written into the KDHE Kansas Laws and Regulations for licensing day care homes and group day care homes for children May 2017 edition page 57, #7. Please follow the policy and be ready to show your milk that you are serving to us so we can verify. Thank you.

**Whole Grain Question**

On the October and November claims we have been noting what items will qualify for the whole grain rich requirements and which items will not when needed. Corn flakes and Corn Chex are not whole grain rich items, they are creditable cereals and you can serve them, they just do not count as your whole grain once per day. Oatmeal does count as a whole grain. Cream-of-wheat does not count as a whole grain unless the first ingredient states whole wheat. Since not all Cream-of-wheat cereals meet the requirements for whole grain rich then please note WW when serving the whole wheat type.

**What’s New!**

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**Fiber Focus**

A diet that is rich in fiber is an important part of living a healthy lifestyle. Fiber lowers blood sugar and cholesterol and may even reduce the risk of getting certain types of cancers.

**What exactly is fiber?**

There are two types of fiber, insoluble and soluble.

Insoluble fiber gets its name because it is not soluble in water. Insoluble fiber is good for the Health of the intestinal track and keeps things moving.

Soluble fiber helps remove bad cholesterol from the blood. Lowering cholesterol can reduce the risk of developing heart disease.

**What Products contain fiber?**

Fiber is found in many healthy, great tasting foods.

Whole grain foods: whole wheat bread, tortillas, crackers. Pasta, oatmeal, brown and wild rice, buckwheat, bulgur, etc.

What makes these foods whole grain is because these grains contain the whole grain kernel. The outer layer of the whole grain kernel is called the bran which contains fiber as well as B vitamins.

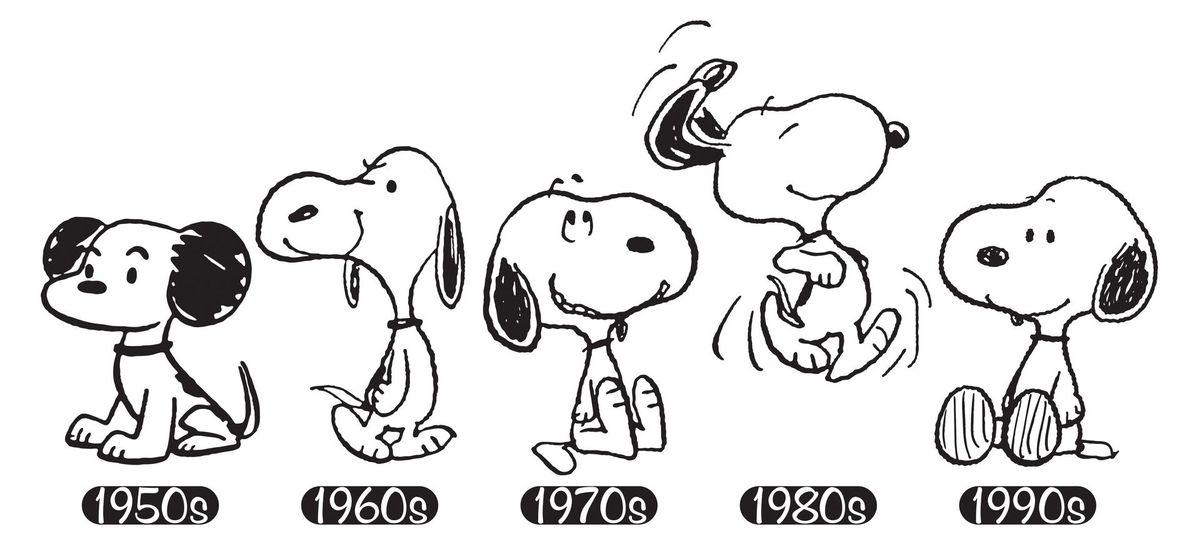
**Fruits:** berries, pomegranate, pears, kiwi, bananas and apples are good sources of fiber.

**Vegetables:** carrots and squash are good sources of soluble fiber.

**How much fiber do children need?**

At least five servings of fruits and vegetables each day along with other foods that are good sources of fiber.

Adapted From (<https://food.unl.edu/documents/fiber_3.pdf> )

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**Cook's Corner**

**Thai Beef and Noodles**

**Ingredients**

4 lb. 8 oz. beef, chuck roast (thawed)

2 cups of water (divided)

3/4 cup peanut butter

3/8 cup lime juice

1/2 cup soy sauce

1 tsp crushed red pepper

1 lb. 9oz whole wheat spaghetti

1/4 cup garlic, minced

1/2 cup ginger, minced

1/2 cup olive oil

1 lb. 6oz red bell pepper, chopped

3 1/8 cups carrots, shredded

**Directions**

1. Slice beef into 1 inch strips
2. In a bowl, combine 1 cup of water, peanut butter, lime juice, soy sauce and crushed red pepper. Set aside.
3. Cook pasta according to the package directions.
4. Heat oil in skillet. Add beef slices and cook, letting crust form on beef. When cooked through add rest of the water, garlic and ginger. Cook until garlic and ginger are translucent, about 4 minutes.
5. Stir in peanut butter mixture into beef mixture. Continue until the entire mixture is heated through.
6. Serve 1/2 cup pasta, with 2oz of beef mixture. Top with 1/8 shredded carrots and 1/8 cup of chopped red bell pepper.

Meal Pattern Contribution: 2oz meat/meat alternative, 1/4 cup vegetable and 1oz grain equivalent.

Consider buying locally grown carrots and bell peppers for the recipe above! Search for markets and growers near you at <https://fromthelandofkansas.com/>

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**Get Moving!**

**Activities for Colder days**

It is no secret that winters in Kansas are unpredictable! On the days when it is too cold or rainy to play outside, kids can still be active with these inside activities.

Fitness Shuffle: each child will put a bean bag or coin on the tops of their feet. Keeping their feet together, the children will "shuffle" their feet forward without letting the object fall off their feet. Create a finish line and have the children race or have a tag team event.

Follow the Leader: Encourage the "leader" to add some active movements such as running in place or hopping on one foot.

Freeze Dance Party: Turn on some tunes and have the children move to the beat. When the music stops have the children freeze in a pose and hold it until the music begins again.

<https://food.unl.edu/indoor-fitness-activities-what-to-do-during-spring-showers>

**UP and Coming**

First Aid & CPR Trainings

Safety Training Solutions (Shawnee, Geary & Riley Counties) visit http://safetytrainingsolutions.net for schedule.

CPR & First Aid by Tina (Northeast Kansas) call 785-221-3609 for schedule.

CPR & First Aid by Kimberlee (Geary County) call 785-363-0011 for schedule.

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