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Reminders

Annual

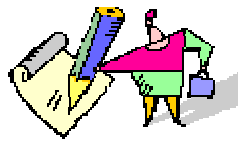
Regulations

Reminders (and

Appeal Process) Form It's time to
renew this annual form. We'll be
bringing it out on your next monitor
visit to get your signature.

Licensing Updates - don't miss

them! You can access licensing
updates on their website at
www.cclcd.ca.gov. As licensing is now
enforcing their civil penalties (which
can be as much as \$150 per day per
infraction) it is all the more critical
for you as licensed providers to stay
on top of any changes in regulations.
There are no specific release dates for
new regulations so checking the site
regularly is important. *You are expected
to keep yourself informed.* If you don't
have web access, call Choices or your
local R & R for the most recent
updates and changes.



March Calendar of Events & Celebrations

March 22nd is World Water Day –The US ranks 1st in total bottled
water consumption. In honor of World Water Day, put down the
plastic and turn on the tap! It takes up to 2000 times more energy to
produce a bottle of water than to run the faucet.

March is National Nutrition Month Check out our page 3 article on
how to *Eat Right with Color* - colorful meals are not only prettier, they
also give you a nutritional boost.

March is Frozen Food Month Frozen foods, particularly fruits and
vegetables provide us with opportunities to have near-fresh produce
not only when the foods are out of season but also at a fraction of
the cost of imported fresh. Supporting the US and local economies
is made easier too with frozen.

*“I used to eat a lot of natural foods until I learned that
most people die of natural causes.” ~Author Unknown*

Trainings This Month

This Month's offering is:

March 19th, 8am-5pm, CPR & First Aid Training

Pre-registration is required - call our office at (530) 676-0707.

Policy Update: Food Chart Changes

A New Milk Serving milk to a mixed age group of children sometimes
requires that 2 types of milk are served, whole milk to those age 1, and a
lower fat milk to those ages 2 and older.

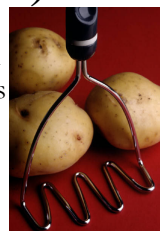
Minute Menu will now have a new Milk choice (#1) to include both
Whole + a Lower Fat Milk so now you can mark just one number but ex-
press that 2 types of milk were served.

Revising Potatoes. *The following commercial potato products are no
longer choices on your food chart:*

Scalloped (226) Au gratin (230), Instant (234), Mashed (235)

We direct you to use the “real potato” #s, (224) New/Red/
White or (228) Sweet/Yams, whenever potatoes are prepared
scalloped, au gratin or mashed. At this point, frozen potatoes
(hash browns, french fries, tator tots, etc.) are still ok.

Be sure to update your planned menus and menu templates
to reflect this change as all of the above potatoes will be
disallowed effective March 1, 2011.

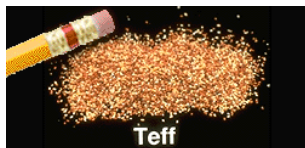


This Month's claim deadlines:

WebKids: Submit by Saturday, 3/5 .

Scanners: Received in San Jose office by
Friday, 3/4

Better Know ... Teff



Teff is an intriguing grain, ancient, miniscule in size, and packed with nutrition and gluten-free.

While teff grain still provides over two-thirds of the human nutrition in Ethiopia, it has been relatively unknown as a food crop elsewhere. Nowadays it is being grown in various places worldwide, including the U.S.

The principal use of teff grain for human food has been the Ethiopian bread, *injera*. But today, teff is moving way beyond its traditional uses. It's an ingredient in pancakes, snacks, breads, cereals and many other products, especially those created for the gluten-free market. You can also buy teff wraps.

Health Benefits of Teff

Teff leads all the grains – by a wide margin – in its calcium content, with a cup of cooked teff offering 123 mg, about the same amount of calcium as in a half-cup of cooked spinach. It's also an excellent source of vitamin C, a nutrient not commonly found in grains. It is high in resistant starch, a newly-discovered type of dietary fiber that can benefit blood-sugar management, weight control, and colon health. (About 20-40% of the carbohydrates in teff are resistant starches.) A gluten-free grain with a mild flavor, teff is a healthy and versatile ingredient for many gluten-free products.

Since teff's bran and germ make up a large percentage of the tiny grain, and it's too small to process, teff is always eaten in its whole form and can easily be ground into flour manually.

It's been estimated that Ethiopians get about two-thirds of their dietary protein from teff. Teff's protein content (around 14%) is largely easily digested albumins (similar to a vegetable version of egg whites). Many of Ethiopia's famed long-distance runners attribute their energy and health to teff.

Cooking Teff

In Ethiopia, teff is usually ground into flour and fermented to make the country's traditional spongy, sourdough flatbread known as *injera*. As anyone knows who has eaten at an Ethiopian restaurant, *injera* is used as an edible serving plate.

Food is piled on a large round of *injera* on a tray in the middle of the table and different foods are served directly onto the *injera*. The diners eat by tearing off bits of *injera*, and rolling the food inside. Here is a recipe for [Ethiopian Injera](#), which can be used a bread or a wrap:



1 C Teff Flour 1 1/2 C Warm Water 1/2 tsp. Salt
Mix flour and water together in a large bowl. Cover with paper towels for 24-48 hours at 75°-80°. Pour off liquid. Add salt and stir. Pour 1/2 C batter onto a medium hot skillet and cook for 2-3 minutes, until holes appear on the surface of the bread. Once surface is dry, remove from pan and let cool. Makes 4 Injeras. *Recipe from www.bobsredmill.com*

Teff flour can be used as a substitute for part of the flour in baked goods, or the grains added uncooked or substituted for part of the seeds, nuts, or other small grains in recipes. It is a good thickener for soups, stews, gravies, and puddings and can also be used in stir-fry and casserole dishes. Teff may be added to soups or stews in either of two ways: 1) Add them, uncooked to the pot a half-hour before serving time. 2) Add them cooked to the pot 10 minutes before serving.

The seeds can also be sprouted and the sprouts used in salads and on sandwiches.

Here are 2 methods to cook teff :

“Dry cooking” : Cook 1 cup of teff in 1 cup of water for 6-7 minutes, then, let it stand covered for five minutes. This results in a grain “with the texture of poppy seeds” that's great for sprinkling on vegetables as a toping, or for adding to soups. For a creamier product, cook 1 cup of teff in 3 cups of water or stock for about 20 minutes.

Eco Benefits

- Teff requires only 36 hours to sprout, the shortest time of any grain.
- One pound of teff can grow an acre, while 100 pounds of wheat grains are needed to grow an acre.
- Teff cooks quickly, using less fuel than other foods. Teff thrives in both waterlogged soils and during droughts, making it a dependable staple.
- Teff crops are relatively free of plant diseases compared to other cereal crops.
- Teff can grow where many other crops won't thrive, and in fact can be produced from sea level to as high as 9800 feet of altitude.

Source: www.wholegraincouncil.org

Providers of the Month

JANUARY 2011

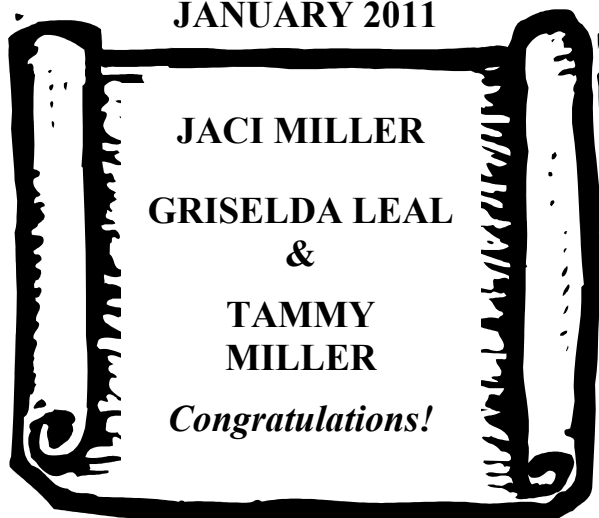
JACI MILLER

GRISELDA LEAL

&

TAMMY
MILLER

Congratulations!



Let Color Be Your Guide to Nutritious Meals

Eat Right with Color During National Nutrition Month—March 2011



National Nutrition Month® is a nutrition education and information campaign created annually in March by the American Dietetic Association. The

campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. While the trees may be bare in March, there are still plenty of colorful and nutritious foods to fill your plate. During National Nutrition Month 2011 and Beyond, American Dietetic Association encourages everyone to add color and nutrients to your meals through this year's theme: "Eat Right with Color." "Healthy eating includes more than counting calories alone. In fact, most children don't get enough of all the essential nutrients critical to normal growth and development,"

Brighten up your plate in every season with this quick color guide:

Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

- *Fruits:* avocado, apples, grapes, honeydew, kiwi and lime
- *Vegetables:* artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

Orange and **deep yellow** fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

- *Fruits:* apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- *Vegetables:* carrots, yellow pepper, yellow corn and sweet potatoes

Purple and **blue** options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

- *Fruits:* blackberries, blueberries, plums, raisins
- *Vegetables:* eggplant, purple cabbage, purple-fleshed potato

Red indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

- *Fruits:* cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon
- *Vegetables:* beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

White, tan, and brown foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

- *Fruits:* banana, brown pear, dates and white peaches
- *Vegetables:* cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn

Choose a variety of colors when shopping for seasonal fruits and vegetables. For additional options in the color palette, choose frozen or dried fruits and vegetables available throughout the year.

"Instead of grilled chicken and mashed potatoes, consider painting a more colorful plate, such as grilled chicken topped with salsa, mashed sweet potato, asparagus and spinach salad with orange slices. A colorful meal is not only visually appealing, but it also contains a variety of nutrients and is quite flavorful."

Source: www.eatright.org



Minute Menu Magic



BREAKFAST				
<i>Breakfast with</i>				March 2011
GRISELDA LEAL				
Grapes (18)	Tangelos (44)	Blueberries (06)	Pan-fried Potatoes (224)	Bananas (04)
French Toast (26)	Mini Bagels (03)	Zoom Hot Cereal (241)	Bran Muffin (68)	Cheerios (150)
Low Fat Milk (6)	Low Fat Milk (6)	Low Fat Milk (6)	Low Fat Milk (6)	Low Fat Milk (6)
SNACK				
<i>Snack with</i>				
Deviled Eggs (151)	JACI MILLER Goldfish Crackers (245)	Homemade Brown Rice Pudding (118)	Edamame (180)	Creamy Peanut Butter (155)
Celery Sticks (172)	Figs (014)	Sliced Bananas (04)	String Cheese (145)	Whole Grain Crackers (260)
LUNCH/DINNER				
				<i>Lunch with</i>
Turkey Meatloaf (102)	Tuna & Egg Salad Sandwiches (85)	Chicken Spaghetti (30)	*Corned Beef and Cabbage Soup (04)	TAMMY MILLER CN Chicken Nuggets (037)
Peas (218)	Carrot Sticks (170)	Asparagus (153)	Cabbage (168)	Fresh Pineapple (34)
Roasted New Potatoes (224)	Green Grapes (18)	Tomato Sauce (252)	Green Apple Slices (01)	Cherry Tomatoes (208)
Wheat Rolls (46)	Whole Wheat Bread (56)	Spaghetti Noodles (110)	*Kennealy's Irish Soda Bread (05)	Spanish Rice (123)
Low Fat Milk (6)	Low Fat Milk (6)	Low Fat Milk (6)	Low Fat Milk (6)	Whole Milk (9)

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- Refrigerated
 - Low Fat Milk
 - Buttermilk
 - Eggs
 - String Cheese
 - Produce
 - Tangelos
 - Potatoes
 - New Potatoes
 - Bananas
 - Celery
 - Figs
 - Peas
 - Carrots
 - Green Apples
 - Green Grapes
 - Asparagus
 - Cabbage
 - Onion
 - Pineapple
 - Cherry Tomatoes
 - Frozen
 - Blueberries
 - Edamame
 - Chicken Nuggets
 - French Fries

- Meat
 - Ground Turkey
 - Chicken Breasts
 - Corned Beef
- Canned/ Bottled
 - Peanut Butter
 - Tuna
 - Tomato Sauce
 - White Hominy
- Packaged
 - Zoom Hot Cereal
 - Bran Muffins
 - Cheerios
 - Goldfish Crackers
 - Brown Rice
 - Whole Grain Crackers
 - Wheat Rolls
 - Whole Wheat Bread
 - Spaghetti Noodles
 - Mini Bagels
 - Spanish Rice



***Corned Beef and Cabbage Soup**

1 medium head cabbage, shredded
 1 small onion, chopped
 2 1/2 cups water
 1/4 tsp salt 1/4 tsp pepper
 1 (15.5 ounce) can white hominy, rinsed and drained
 1 pound thinly sliced corned beef, chopped

In large Dutch oven or saucepan, combine cabbage, onion and water; bring to a boil. Reduce heat; cover and simmer for 15 minutes or until the cabbage is tender. Add remaining ingredients; simmer for 5 minutes.

Serves: 8

Adapted from: allrecipes.com



***Kennealy's Irish Soda Bread**

4 cups unbleached all-purpose flour
 1 tsp baking soda
 1 tsp salt (Kosher, if available)
 1 3/4 cups buttermilk
 Preheat oven to 475°

Mix together flour, baking soda and salt in a large bowl. Make a well in the center of mixture and pour in buttermilk. With out-stretched hand, stir in a full circular motion starting in the center and working outward. Dough should be soft, not too wet or sticky. When the dough comes together, turn out onto well floured work space. Pat the dough and flip over gently to form into a circle about 1 1/2 inches deep. With a knife, cut a deep cross on top of the loaf, then pinch the four corners to let out the fairies! Bake on a large cookie sheet for 15 mins. Turn oven down to 400° and bake another 25-30mins. When done, the bottom of the bread will sound hollow when you tap on it. Cool on wire rack. 12, 1/2 slice servings.

Adapted from: Ballymaloe Cookbook

