Dear Child Care Provider,

The beautiful weather is here now that summer is in full swing. In Chicago, that means barbecues! Outdoor grilling is a much more attractive option to indoor cooking for family gatherings, a July 4th celebration or mild summer nights. In this issue of Tasty Times, we give some ideas on how to keep your grilling options healthy, while still delivering the flavor.

—John R. Gadient, RD LDN, Healthy Food Program Manager

Summer Barbecue Tips

For Meats and Poultry:

1. Go for grilled fish more often. The healthiest fish are salmon, trout and herring. They are high in heart healthy omega-3 fatty acids, and can withstand the grill better than more delicate fish, like tilapia.

2. Buy chicken breasts instead of fattier dark meat pieces, like legs and thighs. Remove the skin (where a lot of the fat is located) before eating. Or, combine ground chicken or turkey with diced onions and spices for a healthy alternative to beef burgers.

3. Choose “loin” and “round” cuts of red meat or pork. Look for “choice” or “select” grades of beef instead of “prime.” These have a lower amount of fat than other cuts or grades.

4. Use a rack so the fat drips away from the food.

For side dishes and desserts:

1. Include a variety of colors by serving fruit salads or green leafy salads instead of mayonnaise-based salads like potato salad. You can add some crunch by including toasted walnuts or almonds instead of croutons.

2. Instead of serving potato chips, which can be very high in fat, serve raw veggies. Cucumbers, carrots, celery sticks, cherry tomatoes and broccoli with a low-fat dip are a great alternative.

3. Cut back on store bought desserts like cookies, cakes and pies. They are often made with egg yolks, shortening and butter and can be extremely high in fat. Remember, home-made always tastes better.

4. Try grilling fruits like pineapple, nectarines, peaches or plums. These fruits have natural sugars, which caramelize with heat and give them a sweet flavor.

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Summer Is Here!
Many schools are on summer vacation and you have to let us know that SCHOOL-AGED CHILDREN ARE IN YOUR CARE ALL DAY! If you submit claims on scan menus, then you would indicate that on your Claim Information Form (CIF). If you use KidKare, when you mark attendance you must also check the box that reads “Sch Out” next to any school-aged children. You must do this for EACH school-aged child in your care for the summer. You will not be reimbursed for school-aged children in your care if you do not tell us that they are out of school for the summer.

Welcome New Providers
Roberda Garner
Vivian Gilbert
Thelma Johnson
LaDonna Pittman
Rochelle Satchell
Vernell Silvera
Delphine Smith
Latonya Stokes

Alert: ‘Master Menu’ Meal Plans Are No Longer Creditable
The Healthy Food Program is no longer honoring the “Master Menu” format. The new meal pattern, instituted by the USDA on October 1st, has rendered many of the “Master Menu” meals as not creditable. Because of this, the Healthy Food Program has decided to discontinue its use. Providers are still welcome to use old “Master Menu” meals as ideas for meals to serve the children in their care, but they should take care to double check that the meals they use fit the new meal pattern. Any meals that do not fit in the new meal pattern will be deducted.

New Menus! The Healthy Food Program has new menus!
If you have any questions as to how to complete these new menus, please contact the Healthy Food Program at (773) 564-8861 and a representative will assist you!

¡Menus nuevo! El Programa Alimentos Saludable tiene Menus nuevo! Si tiene cualquier pregunta en completar estos menus, Por favor llamenos al (773) 564-8861 y un representante le ayudara!

Healthy Food Program Number
For the Out of Home voicemail, payment information or to speak to a customer service representative:
Call: (773) 564-8861

Remember, June claims are due in our office by July 6th! Warning! Late claims WILL result in late payment!

Summer Barbecue Tips
(Continued)
great flavor. Fruits are loaded with vitamins, minerals and fiber and are much lower in calories then desserts like cookies and cupcakes.

Other tips to remember:
1. Always try to use low fat, reduced fat, or fat free dressings for your salads, dips and marinades.
2. Try to minimize the use of certain condiments like soy sauce, teriyaki sauce and barbecue sauce. They can have high amounts of salt.
3. Always try to use low fat, reduced fat, or fat free cheeses for your cheese burgers and other foods.
4. Always try to use whole breads and rolls for your barbecue. These include whole wheat, oat, oatmeal, whole grain, and buckwheat. They add great texture and have more vitamins, minerals and fiber than white breads and rolls.

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