

# tasty times

important updates for success and more resources from the child care healthy food program



## Dear Child Care Provider,

Some foods are nutritional superstars. However, it can be easy to overlook the nutrient-rich staples in your kitchen in favor of flashier foods. Remember, these staples are more than just a supplement or base for other vegetables and meat—they got their status for a reason! Since groceries can get expensive, knowing the benefits of inexpensive kitchen basics will help you serve the healthy meals for less. This Tasty Times examines some inexpensive, common foods that pack a surprising nutritional punch. Easy and inexpensive meals can be more nutritious than you think! Stay Fresh,

—Julia Whiting, Healthy Food Program Intern

## Healthy Food Program Number

For the Out of Home voicemail, payment information or to speak to a customer service representative:

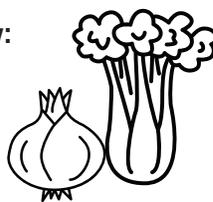
Call:  
**(773)  
564-8861**



## Inexpensive Kitchen Basics

### Onions and Celery: The Flavor Twins

Onions and celery are flavorful vegetables that are essentials for many dishes. Would that soup taste the same without them? Nope. These two are good for more than just flavor, though. Onions have been linked to lower rates of cancer. Onions have vitamin C, which helps your immune system. They also contain vitamin B6, which is crucial to children's brain development. The flavorful bulbs also may help the body absorb lycopene, an antioxidant found in tomatoes. Celery has been a long-time foundation for meals and snacks too. From soup bases to ants on a log, celery is a steady feature in the kitchen. Not only will it make your meatloaf tastier, celery adds many vitamins to your table. It is also high in fiber. Celery is rich vitamin K, which helps the body clot blood when injured. It also contains folate, which is good for the immune system, and vitamin A, which helps vision, teeth, and skin.



### Legumes: Truly Magical Fruit

This family of plants contains chickpeas, beans, peas, and lentils.

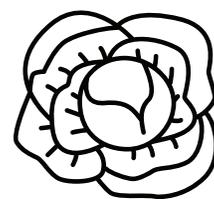


Beans and lentils are some of the best deals on nutrition that you can get. They are low in price and high in protein, fiber, complex carbs, iron, potassium, magnesium, and zinc. The fiber helps keep digestion regular, prevents diabetes, and helps

people feel full longer. Iron is important for healthy blood, and can also help fight lead poisoning. Potassium helps the body get rid of excess sodium, which helps keep blood pressure in a healthy range, and keeps bones and muscles healthy. You can help this process by rinsing canned beans before you cook with them, which helps reduce added sodium. Magnesium improves calcium absorption for strong bones, and lowers the risk of type 2 diabetes. Legumes are incredibly versatile. They can be turned into a dip, like hummus, a soup, salads, stews and more.

### Cabbage: Pick of the Patch

Cabbage, both green and red, is a base of many cuisines around the world. It is affordable, and very nutritious. According to the USDA, cabbage is behind only potatoes as the most economical cooked vegetable in terms of price per cup. In the same plant family as kale, broccoli, and brussels sprouts, cabbage shares many of the health benefits with its more famous cousins. It is high in vitamin K and vitamin C. Vitamin C isn't just good for your immune system—it is necessary for the development of healthy skin and muscles as well. Red cabbage is a good source of antioxidants that support heart health. All kinds of cabbage have been linked to cancer prevention, which helps set up the children in your care for long, healthy lives. Cabbage has plenty of insoluble fiber and water, which keeps the digestive tract healthy.



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### Attention Providers! New Rule— 1 Serving of Whole Grains Per Day

Effective October 1st, 2017, the new CACFP meal pattern went into effect for the Healthy Food Program. As part of these changes, the USDA has instituted a new rule that child care providers must offer at least 1 serving of whole grains per day.

This requirement can be fulfilled by offering oatmeal at breakfast, using whole grain bread in a sandwich at lunch, or by using brown rice in a dinner. But each day, Healthy Food Program providers must offer 1 meal that contains a whole grain food.

Failure to meet this requirement will result in a deduction of the lowest reimbursing meal or snack offered by the provider that day.

Contact the Healthy Food Program office with any questions you may have.

### Attention Providers! New Change— Reduced Number of Infant Groups

Effective October 1st, 2017, the new CACFP meal pattern went into effect for the Healthy Food Program. As part of these changes, the USDA has reduced the number of infant groups from 3 (0-3 months, 4-7 months, and 8-11 months) to 2 (0-5 months and 6-11 months). Infants 6-11 months are expected to receive foods from all food groups at meals and snacks once the child is developmentally ready to receive them.

It is the expectation that children 8 months and older are developmentally ready to receive all foods. If you have a child that is not developmentally ready or a child whose parents do not believe is developmentally ready at 8 months of age, please notify the Healthy Food Program.

### Inexpensive Kitchen Basics *Continued*

These benefits are heightened by pickling. So feed those kids some sauerkraut!

#### Canned Tomatoes: What Can't They Do?

Tomatoes show up in many different dishes—from pasta sauce to chili, salsa to salads, they provide flavorful acidity as a base or accent flavor. Canned tomatoes are less expensive than fresh, last longer, and even have some unique nutritional



benefits. Cooking tomatoes (which happens before they are canned) helps release lycopene, one of the major antioxidants of the plant. Cook them with onions for an even greater benefit! Lycopene improves heart, skin, and bone health, as well as potentially preventing cancer. It is also what gives tomatoes their red color. In addition to lycopene, canned tomatoes have plenty of immune-boosting vitamin C and digestive-defending fiber.



### Cabbage Patch Chili

Want to create a dish that is nutritious, easy, and made from these inexpensive staples? Look no further than this chili that is packed with vegetables and protein!

#### INGREDIENTS

- ½ pound ground beef
- 1 ½ cups chopped onion
- ½ cup sliced celery
- 2 cans kidney beans
- 1 can stewed tomatoes
- 1 cup shredded cabbage
- 1 teaspoon chili powder
- ½ teaspoon salt

#### PREPARATION

1. In a medium sauce pan over medium heat, cook beef, onion, and celery until beef is browned and vegetables are tender. Remove excess fat.
2. Add 2 cups water, tomatoes, beans, cabbage, chili powder and salt. Bring to a boil. Reduce heat to low and simmer covered, until the cabbage is tender (about 20 minutes).

Remember, **January** claims are due February **5th!**  
**Warning! Late claims WILL result in late payment!**

### Welcome New Providers

Yeshimet Berhe  
Tawanna James  
Sheriee D Johnson  
Lonnie Tucker  
Areka Wilkes



Illinois Action for Children,  
4753 N. Broadway, Suite 1200,  
Chicago, IL 60640  
main: 312-823-1100  
direct: 773-564-8861  
fax: 773-564-8721  
web: [www.actforchildren.org](http://www.actforchildren.org)

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