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## Leftovers: Saving Time and Money

Here are some tips for making the most of leftovers to save time and money while reducing food waste.

**Cereal:** crush well, dip chicken pieces into egg wash, then roll in the crushed cereal. Bake according to your favorite oven baked-chicken recipe.

**Easter and Halloween Candy:** take pure chocolate candy, break it into little pieces, and save it in a sealed bag. Use in recipes calling for chocolate morsels.

**Oatmeal:** add cooked oatmeal or quick cooking oatmeal to pancake or muffin batter.

**Poultry:** turn it into **chicken or turkey** salad by dicing the meat and mixing it with celery, pickle relish, and mayonnaise. Similarly, combine chunks of leftover **fish** with pickle relish and diced onions for a great sandwich filling.

**Rice:** add to scrambled eggs or simmer with some milk to make a quick rice pudding. When the rice has absorbed add some raisins and cinnamon for a tasty treat.

**Roast beef:** place in a slow cooker with diced green chiles, cumin, and a little water. Cook until the beef is easily shredded, then use as a burrito filling.

**Sloppy Joe meat:** spread over toasted English muffin halves, top with cheese, and broil just until the cheese melts.



Observe the contents of your refrigerator and freezer often for leftover items in which you might be able to combine to make a great new dish. To insure food safety throw leftovers in the freezer for a few days until they can be used in combinations of leftovers.

## Banana Bread Pudding

4 slices whole wheat bread or any leftover homemade bread

1 cup rolled oats

2 1/2 cup milk

1 tablespoon butter or margarine, softened

4 ripe bananas, sliced

1/4 cup brown sugar

1/4 cup raisins (optional)

Preheat oven to 350 degrees F. Mist an 8-inch square pan with cooking spray. In a large bowl, break bread into small pieces. Stir in oats and milk. Allow to stand for 30 minutes. Add butter or margarine, bananas, brown sugar and raisins to the milk mixture. Stir just to combine and pour into prepared pan. Bake for 45-55 minutes, or until pudding has set. Cool before serving.

## Simple Fried Rice

Canned bean sprouts and small jars of toasted sesame oil can be found in the Asian section of the grocery store. The price of each combined with the other inexpensive ingredients yields a great meal that's also easy on the budget.

2 teaspoons toasted sesame oil

3 eggs

4 cups leftover cold, cooked rice

1 cup frozen green peas, thawed

3/4 teaspoon salt

1/4 teaspoon pepper

1 cup bean sprouts

1 cup leftover cooked chicken, turkey or ham, diced (optional)

Combine the sesame oil and eggs in a small bowl. Stir well, and set aside. Coat a large nonstick skillet with cooking spray and adjust heat to medium-high.

Add egg mixture and stir-fry 2 minutes. Add rice; stir-fry 3 minutes. Add green peas, salt, and pepper; stir-fry 5 minutes. Add bean sprouts and meat; stir-fry 2 minutes. Serve immediately.

Participants, A Few Things to Remember...

**Direct Deposit of Reimbursements Going Strong**

The Direct Deposit process is well in action. Please call if you are experiencing any delay or challenge with this process. If you have not sent in a direct deposit form you may still do so. Please remember to include a voided check with the form.

**Enrollment Form Retention**

You have all been doing a great job of getting new child enrollment forms to me. Please continue to remember **they must be in my office before I am able to release your reimbursement**. All forms must be signed by the parent. **Equally important is that you keep an enrollment form, signed by the parent, on file in your location for each child you claim on the food program**. Ideally the forms should be in a file and in alphabetical order. It is our responsibility to check that this is being done as part of the monitoring reviews we conduct three times annually.

*Remember the due date for claim submission to CCC. It is due by the **3rd day** of the month. Please call Lisa, if you are experiencing a delay, to ensure the processing of your claim.*

**DPHHS Renewal Reminders**



Our records indicate the following child care programs will need to renew their registration as a child care provider soon in order to continue to participate with the CACFP. Renewal applications can be requested from Cori Kerins in Helena at 444-9460 and should be requested at least 2 to 3 months prior to expiration.

J. Dickson	06/06/09
M. Donaldson	06/30/09

D. Williams	06/30/09	M. Brown	08/31/09
A. Gappmayer	06/30/09	A. Haxton	08/31/09
C. Goehring	06/30/09	J. Inabnit	08/31/09
W. Houghton	06/30/09	B. Limpus	08/31/09
P. Howard	06/30/09	K. Nisbet	08/31/09
R. Howd	06/30/09	R. Reardon	08/31/09
G. Taylor	06/30/09	A. Robinson	08/31/09
L. Bagley	07/31/09	J.C. Sullivan	08/31/09
S. Gaona	07/31/09	A. Frederick	09/30/09
S. Jacobson	07/31/09	S. Graham	09/30/09
M. Padilla	07/31/09	S. Hillman	09/30/09
J. Strelnik	07/31/09	P. Ligtenberg	09/30/09
A. Bolin	08/31/09	S. Smith	09/30/09
M. Britten	08/31/09	A. Stucker	09/30/09

**Welcome Lisa - to the CACFP**

Lisa Curry is making the transition from the Family Services department to the CACFP and will replace Ginnie as the manager of the CACFP and publications editor. Lisa is excited to work more directly with child care providers and with a focus on nutrition, health and wellness. Lisa is passionate about nutrition education and places a great value on the rewards of healthy living. Lisa can be reached by calling Child Care Connections at 587-7786 or by e-mail at [lisa@childcareconnections.info](mailto:lisa@childcareconnections.info).

**Water Works**

Want to lose weight? Water beats other beverages.

Researchers monitored 173 overweight women age 25 to 50 who took part in the Stanford A TO A weight loss program (which tested several popular diets). Based on the people in the study, the authors estimated that if overweight women dieters replaced 80 percent of their sweetened beverages with water for one year, they would lose five pounds and their waist would shrink by one inch.

Switching to diet soft drinks would have a smaller impact on weight and waist size, the researchers estimated.

**What to do:** If you are trying to lose weight, drink water instead of other beverages.

Nutrition Action Healthletter, March 2009



## Produce Profile: Spinach

Spinach is a nutrient powerhouse. It is an excellent source of vitamin K, vitamin A, manganese, folate, magnesium, iron, vitamin E as well as omega-3 fatty acids, niacin, and selenium.

Despite Popeye's assertions, spinach is not overly rich in iron. It actually has nearly the same iron content as other dark green vegetables. The idea that it contained exceptional levels of iron originated in 1870 and wasn't corrected for almost seventy years. In 1937 it was discovered that - due to a misplaced decimal point - the iron content of spinach is ten times less than what had been recorded. Although this particular nutritional myth has been "busted," spinach does contain a wealth of nutrients.

At the supermarket, you can find spinach packaged fresh, canned, or frozen. Fresh spinach is usually found loose or bagged. For the best quality, select leaves that are green and crisp, with a nice fresh fragrance. Avoid leaves that are limp, damaged, or spotted. Fresh spinach should be dried and packed loosely in a cellophane or plastic bag and stored in the refrigerator crisper. If stored properly, it should last 4 days or more.

Spinach grows in sandy soil, so wash it thoroughly to get rid of the grainy, sandy particles. It is a good idea to wash "pre-washed" spinach as well. Make sure to tear off the stem. Separate the leaves, and place them in a large bowl of water. Gently wash leaves, and let the sand drift to the bottom of the bowl. Remove leaves from the water, then repeat with fresh water until the leaves are clean. If it is to be eaten raw, dry spinach completely by using a salad spinner or blotting it with paper towels.

The three basic types of spinach are savoy, flat or smooth leaf, and semi-savoy. Savoy has dark green, crinkly, curly leaves. It is sold in fresh bunches in most supermarkets. Flat or smooth leaf spinach has broad smooth leaves that are easier to clean than savoy. This type is often grown for canned and frozen spinach as well as soups, baby foods, and processed foods. Semi-savoy is a hybrid variety with slightly crinkled leaves. It has the same texture as savoy but is easier to clean. It is grown for both fresh market and processing.

### Four Ways to Prepare Spinach

**Blanching:** Drop leaves into a large pot of boiling water. Once the leaves slightly wilt, drain and squeeze out excess moisture. This method is used to quick-cook spinach or to prepare it for sautéing, braising, or stuffing. It usually takes 2-5 minutes.

**Microwaving:** This method can be used instead of blanching. Place washed, slightly damp spinach in a microwaveable dish, loosely cover, and cook until tender, 4-7 minutes for 8 ounces of spinach.

**Sautéing:** Blanched spinach can be sautéed quickly. If cooked in a non-stick pan, only a light spray of oil is needed for several cups of chopped spinach.

**Steaming:** if you plan to steam the spinach, do not dry the leaves after washing. Steamed spinach makes a great side dish and only takes 5-10 minutes.

## Sleep Less, Snack More

People who get less sleep are more likely to be overweight. A new study may explain why. Researchers kept 11 sedentary men and women aged 34 to 49 in a sleep lab. While awake, the volunteers had unlimited access to breakfast, lunch, dinner, and snacks (as well as telephone, TV, videos, reading materials, and the Internet). They were allowed to sleep 8 1/2 hours per night for one two-week period, but only 5 1/2 hours per night for another two-week stint.

On the days after the participants were allowed to sleep 5 1/2 hours, they consumed an average of 220 more calories from snacks than on the days after they could sleep longer. Most of the increase occurred after 7 p.m., and the researchers saw a shift to higher-carb snacks. The calories consumed from meals stayed the same no matter how long the participants slept the night before.

**What to do:** Get enough sleep. If you can't, keep snacks - especially high-calorie carbs like chips, pretzels, muffins, cookies, and candy - out of reach.

### Quick Tip

Make a quick side salad for four. Whisk together

2 Tbs. canola oil

1 Tbs. balsamic vinegar

1/8 tsp. kosher salt

1/4 tsp. honey.

Drizzle over a mixture (totaling 2 cups) of watercress, endive and spinach, 1 sliced apple, and 1/4 cup walnuts.

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Child & Adult Care Food Program

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*Ensuring the health and well-being of children in child care settings.*

**Child and Adult Care Food Program**

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**Please look for these materials in your mailing:**

- ~ Providers Choice June Calendar & Activities
- ~ Eat Right Montana Handouts

Forms (such as pink, yellow, blue... are available online at: [www.childcare.mt.gov](http://www.childcare.mt.gov) by accessing from the home page of through "About Us"; "forms & Applications"

**An Apple A Day...**

**Want to keep a lid on your calories?** Fruit beats fruit juice, even if the juice has added fiber.

Once a week for five weeks, researchers gave 58 adults one of four "pre-loads" 15 minutes before lunch: peeled apple segments, applesauce, ordinary apple juice, or apple juice with 5 grams of added fiber (pectin). That's how much fiber the apple and applesauce supplied naturally. Serving sizes were adjusted so that all four pre-loads had the same number of calories (125).

After the apple segments, the participants ate 15% (roughly 190) fewer calories at lunch than they did with no pre-load. The applesauce shaved 100 calories off lunch, but the juices trimmed none. The volunteers felt more full after the apple than after the applesauce, and more full after the applesauce than after juice with or without fiber.

**What to do:** Always pick fresh fruit over juice. Try snacking on fresh fruit before meals to see if it curbs your appetite.



Nutrition Action Healthletter, March 2009

**CACFP Training - Spring 2009**

Date	Time	Name	Location	Presenter	Hours
6/16/09	6:30 - 8:30 pm	Using the Food You Grow to Feed Your Growing Children	Child Care Connections	Wendy Houghton	2 Hrs.

Remember, CACFP requires 4 hours of training annually (10/01/08 to 9/30/09). Two of these hours must be one of the **CACFP Annual Training** sessions. The other two a course containing a nutrition component. **Please call Lisa if you are not certain you have completed all training requirements.**