

## Accommodating Gluten-Free

As advances in modern medicine allow for greater awareness of digestive issues and dietary intolerances, more and more children are being prescribed a gluten-free diet. If you have a child in your program that cannot have gluten, meal planning and accommodating can be difficult but not impossible.

As the caregiver, it is important that you establish a comprehensive awareness of the child's issue and the foods that need to be avoided. Work with the parents to obtain information and to ensure the child is receiving a well-balanced diet. If a child on a gluten-free diet is bringing appropriate bread/alternate components from home and you are providing the other meal components, you should claim the child for meals served and must have a special diet form signed by a physician on file.

You can also make accommodations by adjusting your menu if you choose. Some gluten-free carbohydrate options include:

- corn flour
- potato flour
- buckwheat flour
- Millet
- Polenta
- rice & all rice products
- Tapioca
- Quinoa
- besan flour
- tamari.



While you are not expected to make your menu entirely gluten-free, you can make simple changes to some standard meals to accommodate this special dietary need. One such example is tacos.

By offering corn tortillas rather than, or in addition to, flour tortillas, you can make the entire taco meal available to children on a gluten-free diet. Other simple changes include:

- Serving rice cakes in place of crackers, which are commonly served as a snack component. Try spreading peanut butter on the rice cakes for a complete snack that kids will enjoy.
- Serving gluten-free option cornbread in place of regular bread. Bob's Red Mill offers a reasonably priced gluten-free cornbread mix.
- Replacing pasta with quinoa to fulfill the bread/alternate component of a meal.
- Serving rice to fulfill the bread/alternate component of a meal.
- Making rice patties with leftover rice to replace pancakes or waffles as the bread/alternate component of breakfast.

When grocery shopping for food items with the intent to purchase gluten-free options, make sure to read labels. Some items, such as some corn cereals, appear to be gluten-free but are not. To learn more about food items that surprisingly contain gluten, check out:

[http://diet.lovetoknow.com/wiki/List\\_of\\_Foods\\_Containing\\_Gluten](http://diet.lovetoknow.com/wiki/List_of_Foods_Containing_Gluten)

### Inside this issue:

Gluten-Free	1
A Few Things To Remember...	2
Produce Profile: Bell Peppers	3
Upcoming Trainings	4

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### CCC

#### Thermometers

We have refrigerator and freezer thermometers available for CACFP participants. If you are not currently equipped with thermometers or need to replace yours, please contact Lisa.



# Participants, A Few Things to Remember...

## ENROLLMENTS, ENROLLMENTS, ENROLLMENTS

Please remember to send a signed copy of enrollment forms to Child Care Connections by the end of the month in which a new child is enrolled. We must have a copy of the child enrollment form to reimburse meals served to a new child. If you experience issues or have questions, please contact Lisa.

## Monitoring Reviews

The next round of monitoring visits is scheduled to begin in mid-February and will focus on nutrition and menu planning. Over the course of the next few months, you will be receiving an unannounced, meal-time visit, which will give us an opportunity to answer any questions you may have regarding CACFP requirements, the new food list, nutrition and menu planning. Please remember to call us if you intend to be out of your program during a regularly scheduled meal time.

## More on the New Food List

We appreciate your patience and willingness to adapt to the new food list. In processing the January claim, we found that there are a few food items being offered that are no longer creditable. For example, juice is creditable as the fruit/vegetable component of snack but not breakfast. Hot dogs, corn dogs, packaged chicken nuggets and fish sticks and packaged French fries are no longer creditable. You can serve and claim homemade chicken nuggets, fish sticks and French fries.

Another common question we've had pertains to using the Master Menus. The publication lines them out in a calendar format. You can use them however you like and in whatever order you prefer. You do not need to follow the order on the calendar. While the food list changes can be challenging initially, they will help to ensure that children are receiving quality, nutritious meals while in care. Please call us with any questions you may have regarding the changes.



## 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.

A. Bauer	03/31/11	M. Donaldson	06/30/11
L. Dreyfuss	03/31/11	D. Flansaas	06/30/11
H. Hauck	03/31/11	A. Gappmayer	06/30/11
C. Rohrer	03/31/11	C. Goehring	06/30/11
T. Walker	03/31/11	W. Houghton	06/30/11
M. White	03/31/11	R. Howd	06/30/11
H. Brown	04/30/11	T. Jones	06/30/11
L. Ward	05/31/11	G. Taylor	06/30/11



Where Healthy Eating Becomes a Habit



# Produce Profile: Bell Peppers

## Health Benefits

Brightly colored bell peppers, whether green, red, orange or yellow, are rich sources of some of the best nutrients available. To start, peppers are excellent sources of vitamin C and vitamin A (through its concentration of carotenoids such as beta-carotene), two very powerful antioxidants. These antioxidants work together to effectively neutralize free radicals, which can travel through the body causing huge amounts of damage to cells. Free radicals are major players in the build up of cholesterol in the arteries that leads to atherosclerosis and heart disease, the nerve and blood vessel damage seen in diabetes, the cloudy lenses of cataracts, the joint pain and damage seen in osteoarthritis and rheumatoid arthritis, and the wheezing and airway tightening of asthma.

## Selection

Choose peppers that have deep vivid colors, taut skin, and that are free of soft spots, blemishes and darkened areas. Their stems should be green and fresh looking. Peppers should be heavy for their size and firm enough so that they will gently yield to slight pressure.

## Storage

Unwashed sweet peppers stored in the vegetable compartment of the refrigerator will keep for up to one week. Sweet peppers can be frozen without first being blanched. It is better to freeze them whole since there will be less exposure to air which can degrade both their nutrient content and flavor.

## Preparation

Before coring and/or cutting the pepper, wash it under running water. If the pepper has been waxed, you should also scrub it well. Use a paring knife to cut around the stem and then gently remove it. Peppers can be cut into various shapes and sizes or left whole for stuffed peppers after carefully removing the seeds from the inner cavity.

# Recipe: Sautéed Vegetables with Cashews

## **Ingredients:**

- 1/2 cup chicken or vegetable broth
- 1 cup each red and yellow bell peppers, sliced 1/2" thick
- 1 cup onion, sliced 1/2" thick
- 1 cup snow peas
- 1/4 cup cashews

## **Mediterranean Dressing:**

- 3 Tbs extra virgin olive oil
- 2 tsp lemon juice
- 2 cloves garlic, chopped or pressed
- Salt and pepper to taste

## **Directions:**

1. Chop or press garlic, slice onions, and let them sit for 5 minutes.
2. Heat broth in a stainless steel skillet over medium heat.
3. When broth is steaming, add bell peppers and onions, cover and sauté for 5 minutes.
4. Add snow peas and sauté covered for 2 minutes.
5. Transfer vegetable mixture to a serving bowl and toss with cashews and dressing

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### Child and Adult Care Food Program

“In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.”

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410, or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.”

## Please look for these materials in your mailing:

~ March Calendar and Activities

### Additional Resources:

Forms (such as pink, yellow, blue) are available online at:

[www.childcare.mt.gov](http://www.childcare.mt.gov)

From the home page, go to: “About Us” then: “Forms & Applications”

## Upcoming Health/Nutrition Trainings

Food Power Grocery Tour	Learn @ Home	Provider schedules	TBD	\$15
Start Fresh w/ Fresh Cooking	MSU Food Lab	March 15th	6:30-8:30pm	\$10
Annual Required CACFP Training	Mackenzie River, Belgrade	April 21st	6:30-8:30pm	Free
Annual Required CACFP Training	CCC	May 3rd	6:30-8:30pm	Free
Annual Required CACFP Training	Manhattan High School	May 17th	7:00-9:00pm	Free

**TRAINING REMINDER:** As CACFP participants, you must complete the CACFP Annual Training each program year (October 1st—September 30th). The Annual Required Trainings will be offered numerous times throughout the year, twice in Bozeman, twice in Belgrade, once in Livingston and once in Manhattan. You must also complete 2 additional hours of approved health, safety, and/or nutrition training. There are online options available at [childcaretraining.org](http://childcaretraining.org) and Learn-At-Home trainings available at Child Care Connections.



Remember that claims must be submitted by the **3rd day** of each month. One provider’s late claim can result in a delay in everyone’s payment. To accommodate the majority of providers, late claims might not be processed until the next month. Please call Lisa if experiencing a delay.