

Where Healthy Eating Becomes a Habit



**CHILD & ADULT CARE FOOD PROGRAM**

# CACFP NUTRITION NEWS

Kansas State Department of Education  
120 SE 10<sup>th</sup> Avenue, Topeka, KS 66612-1182  
785-296-2276

## September 2009

[www.ksde.org](http://www.ksde.org)

[www.kn-eat.org](http://www.kn-eat.org)

### SEPTEMBER IS...

Children's Good Manners Month  
National Chicken Month  
National Mushroom Month  
National Preparedness Month  
National Rice Month  
Healthy Ageing<sup>®</sup> Month

September 6-12	National Waffle Week
September 11-20	Kansas State Fair
September 20-26	Deaf Awareness Week
	National Clean Hands Week
	National Keep Kids Creative Week
	National Farm Safety & Health Week
September 7	Labor Day
September 18	National Respect Day
September 19	International Eat an Apple Day
September 24	Jim Henson's Birthday (Creator of the Muppets)
September 26	Family Healthy and Fitness Day
September 30	National Women's Health Fitness Day

Source: Chase's 2009 Calendar of Events

### FALL WORKSHOP UPDATE

The CACFP Fall Workshop will be Thursday, October 29, 2009 at the Grand Prairie Inn in Hutchison. A special block of rooms have been reserved for CACFP participants for the night before the workshop. To make reservations for Wednesday, October 28, call the Grand Prairie Inn at 866-577-7527 or 620-669-9311 and state that you are with the **Kansas State Department of Education CACFP** to get the rate of \$69 plus tax for 1 to 4 persons. To get the discounted rate, reservations need to be made by October 13.

The workshop will begin at 7:30 a.m. and end at 4:15 p.m. General sessions, breakout sessions, and lunch will be included during the day-long conference. Participants will be able to receive 7 hours of CACFP training by attending all day.

### CACFP BUSINESS

#### CACFP Reimbursement Rates

New reimbursement rates have been published and are also enclosed with this newsletter. The new rates are effective July 1, 2009 – June 30, 2010. See the enclosed pink sheet for details.

#### KSDE Offices Closed

KSDE offices will be closed September 7 for Labor Day.

#### CACFP Menu Books

Due to printing errors, the Child Care Center Menu Books were reprinted and re-sent to child care centers. For those with snacks only, suppers, or adult care menus books, reprinting was not necessary and you should keep the books previously received in July. If you have questions regarding the menu book you received, please contact your CACFP consultant.

#### CACFP Website

Long awaited, the CACFP website is up and available. Child Nutrition & Wellness has a redesigned web page and the CACFP is there and working! Just type in [www.kn-eat.org](http://www.kn-eat.org) and then click on Child and Adult Care Food Program. There you will see information regarding the CACFP in Kansas. You will find newsletters, the handbooks and forms, training information, and links to other sources. We will be updating information along the way and adding more, so keep checking on us!

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The following person has been designated to handle inquiries regarding the non-discrimination policies at the Kansas Department of Education. KSDE General Counsel, 120 SE 10<sup>th</sup> Avenue, Topeka, KS 66612 (785) 296-3204.

## CAN YOU TEACH A TODDLER ETIQUETTE? YOU BET!

Etiquette is all about building good relationships. So children need to learn how to act in ways that are respectful, considerate, and honest – the fundamental principles of etiquette and building strong relationships with family and friends.



Can toddlers learn concepts like respect and consideration? While toddlers may not understand principles and concepts, children this age can learn some basic behaviors that are fundamental to developing strong relationships. Most three-year-olds, for example, are able to understand that sharing and caring make the other person feel good. They know this because they can see the smiles that sharing and caring bring.

A smile is concrete. Toddlers can see the results of positive behavior in smiles. And they can identify with the feeling they get from making someone else smile – it makes them smile, too. It will take patience, repetition, and good modeling on your part to teach your toddlers to share and care. But hang in there; it's well worth it.

Source: Cindy Post Senning, <http://www.thegiftofgoodmanners.com>

## CELEBRATE CHICKEN MONTH

With the weather turning cooler, try warming up with this recipe. It's great over rice!

### Chicken a la King

6 pounds cooked chicken  
1 pound 12 ounces margarine  
4 ounces onions, minced  
1 pound 4 ounces all-purpose flour  
1 ounce (1½ teaspoon) salt  
1 teaspoon white pepper  
3 quarts chicken stock  
2 ¼ quarts milk  
4 ounces green bell pepper, chopped  
4 ounces pimento, shredded or diced  
1 pound mushrooms, sliced and sautéed

Dice chicken and set aside. Melt margarine in a large pot or kettle. Add onions and sauté until tender. Add flour and seasonings to the onions. Stir and cook 5 minutes. Add stock and milk, stirring constantly with a wire whip. Cook until sauce is thickened. Add green pepper, pimentos, and mushrooms to sauce. Fold chicken gently into sauce. Heat to 170 degrees. For CACFP the recipe yields 63 - 1½ ounce servings of meat/meat alternate.

Source: *Food for Fifty*, Molt

## THE RICE ANSWER

A growing number of consumers today are interested in gluten-free diets. The reason is Celiac disease that, according to National Institutes of Health estimates, may affect three million or about 1 in every 100 Americans. Celiac disease is an autoimmune disorder characterized by a chronic inflammation of the lining of the gastrointestinal tract caused by the gluten protein found in grain-based foods such as wheat, barley, rye and oats (WBRO). In gluten-intolerant persons, this protein interferes with the absorption of nutrients and may cause one or more of over 20 symptoms, but some of the most common include gas, chronic diarrhea, rashes, painful joints, weight changes, fatigue and anemia.

The cornerstone of treatment for individuals with Celiac disease is to follow a life-long gluten-free diet.

### Stop Avoiding and Start Including

A newly diagnosed Celiac disease patient is often given a long list of foods to avoid and asks: Are there grains I can eat? Will I be able to achieve the Dietary Guidelines recommendations? Can you suggest convenient, low calorie foods that still give me flavor and variety?

*The answer is RICE!*

### Rice for 20

7 cups water  
2 tablespoons butter, optional  
2 teaspoons salt, optional  
4 cups uncooked long grain rice

**STOVETOP METHOD:** The traditional way to cook rice in a large pot with a tight cover. Bring water, butter and salt to boil in a 5-quart stock pot or Dutch oven over high heat. Add rice and stir with a fork. Reduce heat to low, cover tightly and simmer according to the time given on package. Remove from heat, let stand 5 minutes. Fluff with a fork.

**OVEN METHOD:** An advantage to the oven method is you won't tie up stovetop space needed to cook other dishes. Preheat oven to 350 degrees. Bring water, butter and salt to boil over high heat in a saucepan. Place 13-inch by 9-inch metal or disposable foil baking pan on a flat baking sheet; add rice. When water boils, place baking sheet with pan in oven. CAREFULLY pour the boiling water into the pan. Stir with a fork, cover tightly with foil and bake 25 minutes. Turn off oven; let stand 5 minutes. Fluff with a fork. For firmer rice, reduce water by 1/2 cup; for softer rice, increase more water by 1/2 cup.

Yields: 20 - ¾ cup servings. For CACFP the recipe yields 60 – ¼ cup servings (1- to 5-year-olds) or 30 – ½ cup servings (6- to 12-year-olds).

Source: [www.usarice.com](http://www.usarice.com)