



CHILD CARE DEVELOPMENT SERVICES  
PROMOTING HEALTHY HABITS TO LAST A LIFETIME

CCDS  
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GRESHAM, OR 97030  
503-489-2528

#### Hot Topics:

- ) Happy New Year
- ) What foods are in the Grains Group?
- ) Tips to help you eat whole grains

#### Menu Due Dates:

Menus must be hand delivered or submitted by the 5th or post marked by the 2nd of each Month.

CCDS Department  
Directory:

USDA Food Program -  
503-489-2528  
Training -  
503-489-2599  
Human Resources -  
503-489-2541

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# Child Care Development Services Newsletter January 2017

## Happy New Year!

Happy New Year! The staff at Child Care Development Services wishes you and your families a healthy and prosperous New Year!

## What foods are in the Grains Group?

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Grains are divided into 2 subgroups, Whole Grains and Refined Grains. Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice. Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are white flour, de-germed cornmeal, white bread, and white rice.

Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word “enriched” is included in the grain name. Some food products are made from mixtures of whole grains and refined grains.

## Tips to help you eat whole grains

- ) To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It’s important to *substitute* the whole-grain product for the refined one, rather than *adding* the whole-grain product.
- ) For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
- ) Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in a casserole or stir-fry.
- ) Create a whole grain pilaf with a mixture of barley, wild rice, brown rice, broth and spices. For a special touch, stir in toasted nuts or chopped dried fruit.
- ) Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes. They may need a bit more leavening.
- ) Use whole-grain bread or cracker crumbs in meatloaf.
- ) Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
- ) Try an unsweetened, whole grain ready-to-eat cereal as croutons in salad or in place of crackers with soup.
- ) Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.



## Johnny Applesauce Pancakes

- 1/4 C Milk, 1% (low-fat) or fat-free
- 2 Eggs
- 1 T Vegetable Oil
- 1/2 C Applesauce, natural or unsweetened
- 3/4 C Flour, whole wheat
- 1/2 T Baking powder
- 1/4 t Salt
- 1 T Sugar
- Pinch Cinnamon, ground

### Nutrition Facts

Serving size: 1 pancake  
(68g) Servings Per Recipe:  
24

Amount Per Serving		
Calories	117	Cal. from Fat 39
		% Daily Value*
Total Fat	4g	8%
Saturated Fat	1g	4%
Cholesterol	71 mg	25%
Sodium	248mg	10%
Total Carbohydrate	16g	4%
Dietary Fiber	2g	8%
Sugars	5g	
Protein	5g	
Vitamin A	2%	Vitamin C 0%
Calcium	8%	Iron 6%

- Heat griddle over high heat (about 375°F).
- Combine milk, eggs, oil and applesauce in a mixing bowl.
- Mix on low speed until blended.
- Sift in flour, baking powder, salt, sugar and cinnamon.
- Using whip attachment, mix batter for 15 seconds on low speed.
- Scrape sides of bowl.
- Mix for 1 minute on medium speed.
- Portion 1/4 cup onto 375°F griddle for each pancake.
- Cook until bubbles appear on top and bottom is browned.
- Flip and cook other side (about 1 minute).

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**Food For Thought** Pancakes are a fun treat that kids can help make. Use whole wheat flour and their favorite fruit to make them a healthy breakfast or snack. To reheat leftover pancakes, try popping them in the toaster!

### Claim Summary and Error Letter—Code 110

The new Code 110 will disallow all meals if the meals are not checked on the enrollment form. Keep in mind that the times have to coincide with the meals (i.e. 8:00 am to 6:00 pm covers breakfast through dinner). If you have a school age child that is normally in your care for breakfast, pm snack and dinner and you claim them on off school days for am snack and lunch, Code 110 will disallow those meals. Make sure the parent checks “days and times vary” and have all meals checked, even if it’s occasionally.

### Helpful Website



<https://www.choosemyplate.gov/ten-tips-kid-friendly-veggies-and-fruits>

Visit this website where you will find ideas for kid-friendly veggies and fruits.