



December 2014

Holiday Food Safety

www.communitybridges.org

The CACFP wishes you a beautiful holiday season filled with the warmth of friends and loved ones, and with the promise of a happy new year.



HOLIDAY FOOD SAFETY

Each year, the Center for Disease Control estimates that one out of six Americans gets sick by consuming contaminated foods or beverages. Typical symptoms of food-borne illness are vomiting, diarrhea, and flu-like symptoms, which can start anywhere from hours to days after contaminated food or drinks are consumed.

During the holidays the proper handling and preparation of food is important in preventing food-borne illnesses.



When preparing meals remember to follow these safety tips:

- Clean: Wash hands, cutting boards, utensils and countertops.
- Separate: Keep raw meat, poultry and seafood separate from ready-to-eat foods.
- Cook: Use a food thermometer to ensure that foods are cooked to a safe internal temperature; 145°F for whole meats (allowing the meat to rest for 3 minutes before carving or consuming), 160°F for ground meats, and 165°F for all poultry.
- Chill: Keep your refrigerator below 40°F and refrigerate food that will spoil.

When transporting food, it is important to remember that harmful bacteria can start to grow when prepared food falls between temperatures of 40 and 140°F; perishable food transported without an ice or heat source won't stay safe long. It is important to properly store and refrigerate leftovers.



Keep in mind the following when storing and eating leftovers:

- Refrigerate cooked leftovers within 2 hours and ensure the temperature in the refrigerator is at 40°F or below.
- Divide leftovers into smaller portions and store in shallow containers in the refrigerator.
- Leftovers should be eaten, frozen or discarded within 3 to 4 days.
- Wash hands with warm water and soap for 20 seconds before and after handling food.
- Reheat cooked leftovers to 165°F as measured with a food thermometer. Sauces, soups and gravies should be reheated by bringing them to a boil.
- When microwaving leftovers, make sure there are no cold spots in food (where bacteria can survive).

Source: Choices 4 Children Santa Clara, Dec. 2013

Holiday Closures:

The CACFP office will be closed to the public from December 22—January 4, 2015

Are you going away?

The busy holiday season and family events may take you out of the house. If you will be gone from your home during a mealtime, remember to call/email your program consultant and let us know in advance.




How Can You Help CACFP?

We would like to encourage providers who have low attendance during the winter months (Dec-March) to participate with CACFP. Your participation with the program helps funding and enables CACFP to continue offering you valuable services. So please, continue to submit reports even though you may just have drop-in care, a grandchild, one child, etc. CACFP would like to thank those who have helped in the past and those who will now help in keeping CACFP a viable, successful program.



CACFP Update/Reminder

- Infant cereal should never be served in a baby bottle.
- Although you may add a little formula to infant cereal, it does not count toward the minimum serving of formula.
- Formula must be bottle fed. 

Menu Ideas - with Meatless Mondays

Breakfast				
Porridge/oatmeal	Crepes	WW Waffles	Raisin bread & PB	WW English Muffins
Persimmons	Strawberries	Warm applesauce	Bananas	Tomato, spinach, eggs scr.
Milk	Milk	Milk	Milk	Milk
Lunch/Dinner				
*Smokin' Chili	Chicken & chedr Chz	Jack Cheese	Fish Chowder (HM)	Turkey Burger
Quinoa	Ww Tortilla Quesad	Macaroni	Sourdough Bread	WW roll
Tomatoes,bell pepper	Spinach	Peas	Potato, corn, bl. pep	Lettuce & tomato
Persimmons	Orange slices	Pear	Apple	Corn
Milk	Milk	Milk	Milk	Milk
Snack Am/Pm				
Trail mix (HM)	Salsa (HM)	Carrots	Grapes	Toast & PB
Cottage cheese	Corn chips	Hummus	WW crackers	Banana sliced

Share your story

You make a difference in the lives of numerous families each and every day. We, at the CACFP would like to know about it and any achievements you are particularly proud of, so that we can share your success on our social media websites (e.g. Facebook). If you have a story you want to share or even just a great quote from a kid, please send it in by March 2015.



Did you know?



- In this country the average person eats about 19 lbs. of turkey a year.
- "Jingle bells" was composed in 1857, & not for Christmas – it was meant to be a Thanksgiving song.
- Spiders and spider webs are considered good luck on Christmas day.
- December 3rd is International Day of the Disabled
- December 10th is International Humans Rights Day
Source: <http://kaplaninternational.com/blog/top-12-facts-about-december/>

*Smokin' Powerhouse Chili

<p>2/3 cup Quinoa, dry</p> <p>1 cup Fresh onion, peeled, diced</p> <p>2 tsp Fresh garlic, minced</p> <p>3/4 cup Low-sodium vegetable stock</p> <p>1 1/4 cup Fresh carrots, peeled, diced 1/2 "</p> <p>1/2 cup Fresh red bell pepper, seeded, diced</p> <p>1/2 tsp Ground chipotle pepper (optional)</p> <p>1 cup Fresh sweet potatoes, peeled, diced 1/2 "</p>	<p>1 3/4 cup canned low – sodium diced tomatoes</p> <p>1 cup canned low- sodium tomato sauce</p> <p>1/4 cup fresh cilantro, chopped</p> <p>2 1/2 tsp chili powder</p> <p>2 1/2 ground cumin</p> <p>1/4 tsp salt</p> <p>2 cups canned low sodium black beans, drained, rinsed</p> <p>1/2 cup frozen corn</p>
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1. Rinse Quinoa until water runs clear. Combine quinoa and 1 1/3 cups of water in a small pot. Cover and bring to boil. Turn heat down to low and simmer uncovered until water is completely absorbed, about 10 – 15 minutes.
2. In a large pot coated with nonstick cooking spray, cook onions and garlic over low-medium heat for 2 minutes. Add half of the vegetable stock and bring to boil.
3. Add carrots, red bell peppers, and optional ground chipotle pepper. Cook uncovered over medium heat for 10 minutes.
4. Steam sweet potatoes in a steam basket over high heat. Cover and steam for 15 minutes or until fork-tender.
5. Add remaining vegetable stock to pot along with diced tomatoes, tomato sauce, cilantro, chili powder, cumin, and salt. Cook uncovered over medium heat, stirring occasionally, allowing mixture to thicken and flavors to blend for about 15 minutes.
6. Add black beans, corn, and steamed sweet potatoes. Cover and continue cooking over low heat for 10-15 minutes.

Source: Recipes for Healthy Kids Cookbook

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