

Happy New Year from the Nutrition Staff

Friendly reminders

- CDA offices are closed on January 2nd in observance of New Year's Day and also on January 16th in observance of Martin Luther King Jr. Day.
- We communicate with you through email. Look at your emails frequently. Reviewing Menu Letters are a great source of training and explains any disallowed meals for the previous month. Always feel free to call us with your questions or concerns.
- Call the CDA office if you will be closed, away at a mealtime or not claiming a meal for any reason so we don't conduct a virtual visit at that time.

Be prepared for your Monitor to conduct a virtual visit at any time. Have all Food Program documents available to review online or on paper. This includes menus, child enrollments (original or renewals), and medical forms (if applies).

Additionally, please be sure to:

- Serve the correct milk - unflavored only. Whole milk for children 1 year old; 1% or fat-free for those 2 years & older.
- Offer water throughout the day.
- Save labels for frequently used products, especially grain products, breakfast cereals, yogurt, and any CN labeled processed products.
- Have your facility License and WIC brochure posted visibly, and have your Meal Pattern posted in your meal prep area.
- Offer at least one Whole Grain item each day at a reimbursable meal and identify it as the whole grain item on your claim.
- Meat/meat alternates (M/MA) may only be served at breakfast a maximum of 3 times per week **in place of the entire grain component**. If you claim a M/MA at breakfast **DO NOT** claim a grain component. Serve a whole grain item at a different meal.

Looking to start the New Year out with a healthier nutrition lifestyle? Please review the label reading guidance.

Label Reading:

Don't be misled. Packaging is crowded with big, bold claims to convince us they are healthy choices to take home. Front-of-package claims and pictures are not always reliable, so be sure to look at the ingredients list and the Nutrition Facts label.

Here are some tricky terms to look out for:

All Natural: This term has no legal definition and no relation to the healthfulness of a product. Refined grains, added sugars, and salt are all natural, but unhealthy ingredients.

Multigrain: Multigrain does not mean whole grain. It's common for products to be made with multiple refined grains.

Sea Salt: Sea salt is still salt—and doesn't contain iodine (a protective nutrient added to regular salt). Compare Nutrition Facts labels to find the brands with the lowest sodium and the highest potassium, which helps protect against high blood pressure.

Fiber: Fiber can be natural (from ingredients like whole grains, vegetables, or beans) or added to refined products by manufacturers. Different fibers have different health-promoting qualities. Keep in mind that the benefits of fiber can be offset by too much refined starch and sugars

What to Do: When snacking between meals, it is best to reach for healthy choices like nuts, fruits, veggies, and unsweetened or reduced sugar yogurt. If you're looking for a healthy snack ignore the front-of-package marketing, and flip right to the back.

- **Check the ingredient list:** Don't rely on potentially misleading front-of-package claims and pictures. Find out what's really in a product by reading the ingredients label. What is listed as the first ingredient?
- **Look at the Nutrition Facts:** Compare milligrams of sodium per serving and more than one gram of Dietary Fiber for every 10 grams of Total Carbohydrate. Avoid added sugars.
- **Watch serving sizes:** The numbers on the Nutrition Facts label are based on one serving. It includes the serving size, number of servings per package and calories per serving.
- **Compare:** Take some time to look at the labels on different brands. When comparing two different packages, be sure to check the serving sizes, as they may be different.

Tufts Health & Nutrition

Slow Cooker Chili



Ingredients

- 1 tbsp. vegetable oil
- 1 yellow onion, chopped
- 1 green bell pepper, chopped
- 2 lbs. ground beef
- 4 garlic cloves, chopped
- 2 tbsp. chili powder
- 1 tbsp. ground cumin
- 2 tsp dried oregano
- 1 28oz. Can diced tomatoes
- 1 8oz Can tomato Sauce

- 3 15oz cans kidney beans, drained and rinsed
- 1 14oz can beef broth
- 1 tsp of salt and pepper
- Grated cheddar cheese (optional)

Directions

Heat the oil in a large skillet over medium-high heat. Add the onion and bell pepper and cook until softened, 5 to 7 minutes. Add the ground beef and cook 6 to 8 minutes. Add the garlic and cook 1 more minute. Drain the beef mixture then transfer to a slow cooker with the chili powder, cumin and oregano. Stir in the tomatoes (with their juices), tomato sauce, kidney beans, beef broth, salt and pepper. Cover and cook on high for 4 hours or low for 6 hours. Reduce the heat to warm and serve. Garnish with cheese (optional)