



Program Updates

Oct/Nov 2010



October 2010

Days to Remember...

- 1 - Mail In/Submit Your Claim
- 4 - Child Health Day
- 15 - Nat'l Grouch Day
- 28 - Plush Animal Lover's Day
- 31 - HALLOWEEN



November 2010

Days to Remember...

- 1 - Mail In/Submit Your Claim
- 2 - Cookie Monster's Birthday
- 6 - Basketball Day
- 7 - Hug a Bear Day
- 13 - World Kindness Day
- 17 - Take a Hike Day
- 18 - Mickey Mouse Day

SPECIAL UPDATES FROM OUR STATE REVIEW

- You need to be serving the meals during your approved meal times
- Special dietary statements need to include what the child should have to replace what they can't have. We have included the approved dietary statement in this newsletter.
- Claims need to be up to date or paperwork up to date
- Fire extinguishers need to have a current tag

Good Luck and remember we appreciate all you do!!

Remember..

- "All new Licenses and Enrollment Forms need to be IN our office by the last day of the month you begin claiming. Otherwise your claim may be disallowed. If you use the scannable claim form you can send them with your claim.
- If you claim dinner, night snacks and/or weekends you need to submit your sign in/out sheets, with the parents' full signature not initials). These are due in the office by the 5th day of each month. Don't forget to put your name on them as well.
- Remember everyone is required to have sign in/out sheets for all children in their care signed by the PARENT
- Please remember claims are due in our office by the 5th of each month. This has become a problem. Claims submitted or mailed after the 5th of the month, will be considered late and will not be reimbursed until the end of the following month.

REMEMBER: SCHOOL FORMS DUE IN THE OFFICE BY 9/15

This Institution is an equal opportunity provider.

You are responsible to understand the information in this newsletter. If you can't because of a language barrier, call this number (435) 797-2169 or 1-800-540-2169 for translation services.

CACFP Special Diet Statement

_____ is a participant in the Utah State Office of Education Child and Adult Care Food Program (CACFP). As a participant, this institution is required to serve the minimum amounts and types of foods required by the CACFP. If medically necessary, or because of special dietary needs, substitutions may be made. These substitutions must be authorized by a recognized medical authority, such as a physician, a registered dietician, or a nurse practitioner.

The medical authority must specify, in writing, the food(s) to be omitted from the child's diet and the food(s) to be substituted. If possible, food(s) should be substituted with similar type foods.

Child's Name: _____ Age: _____

Today's date: _____ Substitution Effective until: _____

Foods to eliminate from diet	Food to substitute
example: Milk	example: Rice milk
Signature and title:	Date:

Pumpkin Poems and Songs

Five Little Pumpkins

There were five little pumpkins
Sitting on a gate.
The first one said,
"Oh, my it's getting late!"
The second one said,
"There are witches in the air!"
The third one said,
"I don't care!"
The fourth one said,
"Let's run and run and run!"
The fifth one said,
"I'm in the mood for fun!"
Then crash went the thunder
And out went the lights
And the five little pumpkins
Rolled out of sight.

Pumpkin song

(tune: I'm a little teapot)
I'm a little pumpkin, orange and round
Here is my stem and there is the ground
When I get all cut up, don't you shout
Just open me up and scoop me out!

Pumpkin Song

(tune: Have you ever seen a lassie?)
Have you ever seen a pumpkin,
a pumpkin a pumpkin?
Have you ever seen a pumpkin,
that grows on a vine?
A round one, a tall one,
a bumpy one, a squashed one.
Have you ever seen a pumpkin,
that grows on a vine?

We are Pumpkins

(tune: Mary had a little lamb)
We are pumpkins, big and round
big and round, big and round
We are pumpkins, big and round
Seated on the ground.

Mr. Pumpkin

(tune: Where is thumbkin)
Mr. Pumpkin, Mr. Pumpkin
Round and fat, round and fat
Harvest time is coming
Harvest time is coming
Yum, yum, yum.
That is that!

Information from www.aftonapple.com/afton/pumpkins.htm
www.geocities.com/Athens/Troy/5059/ppoems.htm/
www.pumpkinnook.com

USU Dietetics Program



JUST FOR LAUGHS

What do you call a fat Jack-O-Lantern? A Plumpkin.

How do you fix a broken Jack-O-Lantern?
With a Pumpkin Patch.

Pumpkins are Edible

All varieties of pumpkins are edible. No two pumpkin varieties are equal in taste and texture. Some different types are:



- **Pie Pumpkins** (or sugar pumpkins, or sugar pie pumpkins): This is the best pumpkin for baking and cooking. It has a sweeter taste than other varieties. It also has a smooth texture.
- **Jack O'Lanterns**: These pumpkins are good in your favorite recipe. The larger ones get too stringy and have a courser texture. The best ones to use are the small or medium size jack o'lantern.
- **Miniatures** (Jack B. Littles): There isn't a lot of "meat" in these pumpkins. Most uses of the miniature pumpkins are as bowls to hold another recipe, but they are edible.
- **Giant Pumpkins**: These pumpkins tend to be coarse and have a less desirable taste. Many of them taste more like squash than pumpkin.

For more information on the different varieties of pumpkins check out:
<http://www.pumpkins-patch.com/varieties.html>

Pumpkin Purchase and Puree Preparation

Selecting a Pumpkin

Look for the pumpkin with 1 to 2 inches of stem left. If the stem is cut down too low, the pumpkin will decay quickly or may be decaying at the time of purchase. Avoid pumpkins with blemishes and soft spots. It should be heavy, shape is unimportant. Figure one pound of raw, untrimmed pumpkin for each cup of finished pumpkin puree.

Preparing the Pumpkin

Spread newspaper over your work surface. Start by removing the stem. Cut the pumpkin in half. Scoop out the seeds and scrape away all of the stingy mass.

Cooking the Pumpkin

Cut pumpkin in half, scraping away stringy mass and seeds. Rinse under cold water. Place pumpkin, peel side down on a large cookie sheet. Bake at 350°F for one hour or until fork tender.

Preparing the Puree

When the pumpkin is cool enough to handle, remove the peel using a small sharp knife and your fingers. Put the peeled pumpkin in a food processor and puree or use a food mill, ricer, strainer or potato masher to form a puree.

Pumpkin puree freezes well. To freeze, measure cooled puree into one cup portions, place in freezer, leaving $\frac{1}{2}$ inch headspace or pack into zip closure bags. Label, date and freeze at 0°F for up to one year.

Information adapted from <http://www.pumpkinnook.com>



Pumpkins are Nutritious

One cup of pumpkin puree

recipes from: www.pumpkin-patch.com/recipes

- Calories: 80
- Carbohydrates: 19 grams
- Cholesterol: 0
- Fat: less than 1 gram
- Potassium: 588 milligrams
- Protein: 2.4 grams
- Vitamin A: 310% of RDA
- Vitamin C: 20% of RDA
- Pumpkins are 90% water

Pumpkin Shake

- 1 teaspoon pumpkin
- 1 tablespoon skim milk
- $\frac{1}{2}$ cup vanilla frozen yogurt
- 1 candy pumpkin



Stir together frozen yogurt, milk and pumpkin puree in a cup. Place candy pumpkin on top and serve.

*Does not count on the Nutrition Program.

Pumpkin Muffins

- | | |
|-----------------------------|----------------------------|
| 3 $\frac{1}{2}$ cup flour | 4 large eggs |
| $\frac{1}{2}$ teaspoon salt | 1 $\frac{1}{2}$ cups sugar |
| 1 teaspoon baking soda | 1 cup oil |
| 1 teaspoon baking powder | 2 cups pumpkin |
| 2 teaspoons cinnamon | 1 cup raisins |
| 1 teaspoon vanilla | |



Preheat oven to 350°F. In a small bowl, combine pumpkin, vanilla, eggs, oil and sugar. Sift flour, baking powder, soda, cinnamon and salt. Combine wet and dry ingredients, beat until smooth. Add raisins. Pour batter into greased muffin pan, filling each cup 2/3 full. Bake for 30 minutes until lightly brown.

*Does NOT count as a bread; Can be counted as $\frac{1}{2}$ fruit/vegetable.

Pumpkin Butter

- | | |
|--|--------------------------------------|
| 1 can (15 oz.) pure pumpkin | 1 cup apple juice |
| 1 medium apple, peeled and grated | $\frac{1}{2}$ cup packed brown sugar |
| $\frac{1}{2}$ teaspoon pumpkin pie spice | |



Combine pumpkin, apple, apple juice, sugar and pumpkin pie spice in medium, heavy-duty saucepan. Bring to a boil; reduce heat to low. Cook, stirring occasionally, for 1 $\frac{1}{2}$ hours. Serve with buttermilk biscuits, breads, corn muffins or hot cereal. Store in airtight container in refrigerator for up to 2 months.

*Amounts are not large enough to be counted as a serving; Great served as an extra item at breakfast or snack.

Pumpkin, Pumpkin

By Jaime Lucero

Pumpkin, Pumpkin

Big and round

Pumpkin, pumpkin

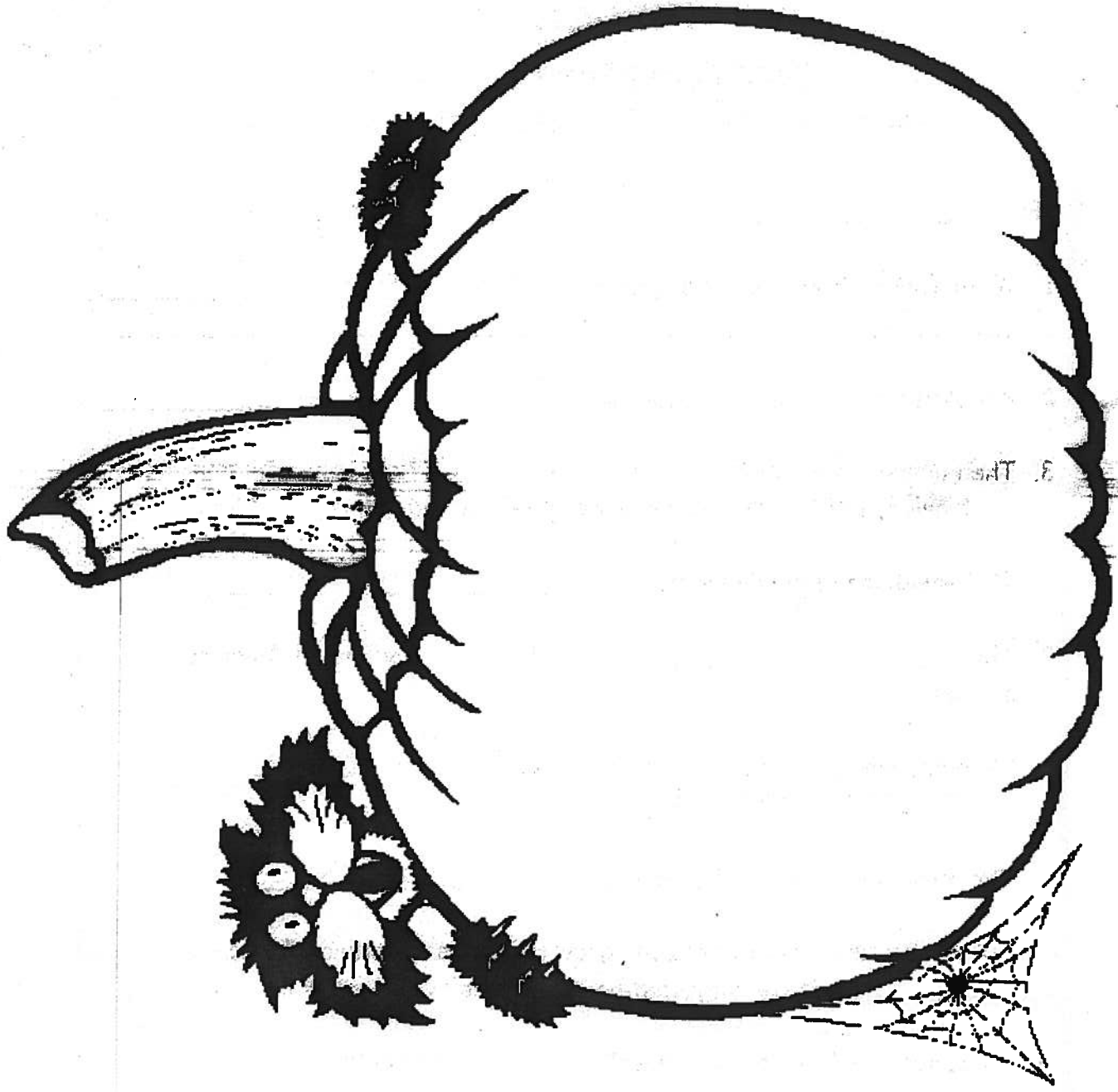
On the ground

With my finger

I will trace

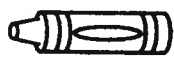
A smile upon

Your orange face.



"Pumpkins Grow" Booklet

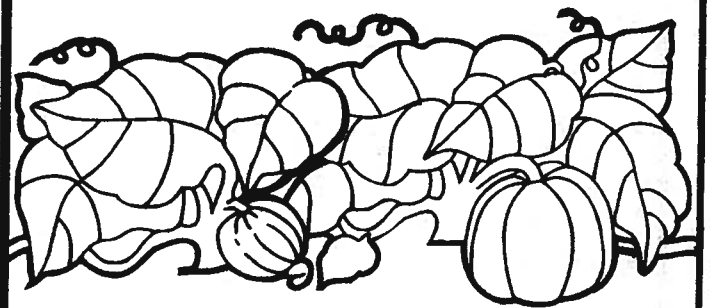
Read.

 Color.

 Cut.

 Staple.

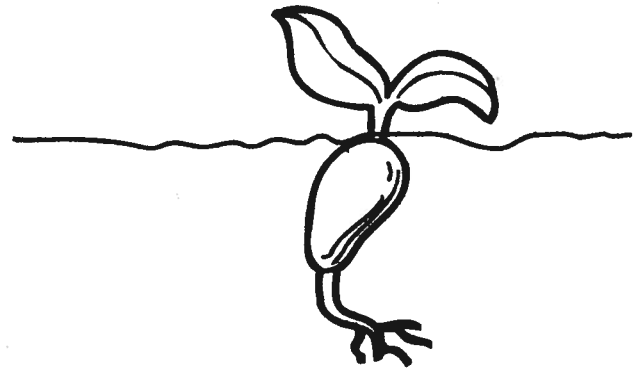
Pumpkins Grow



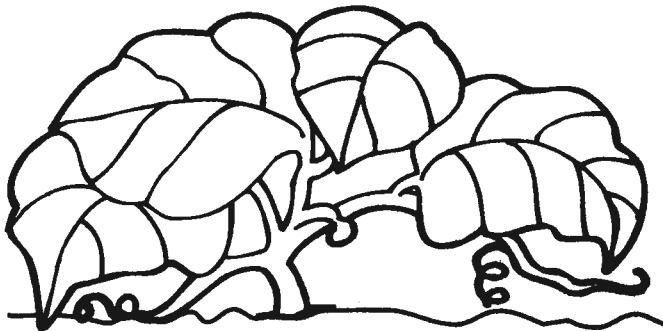
©The Education Center, Inc. • Pumpkins • Preschool/Kindergarten • TEC3174



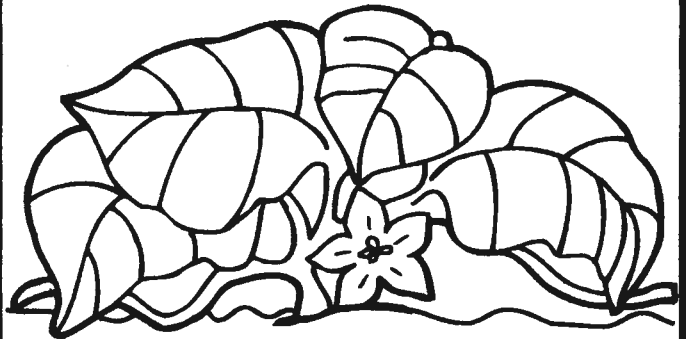
A pumpkin seed. 1



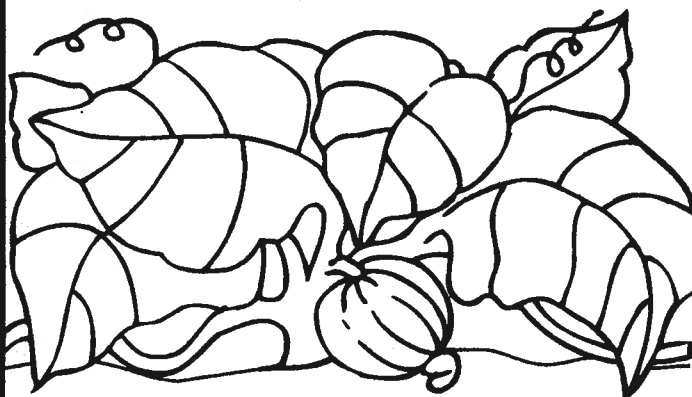
A pumpkin sprout. 2



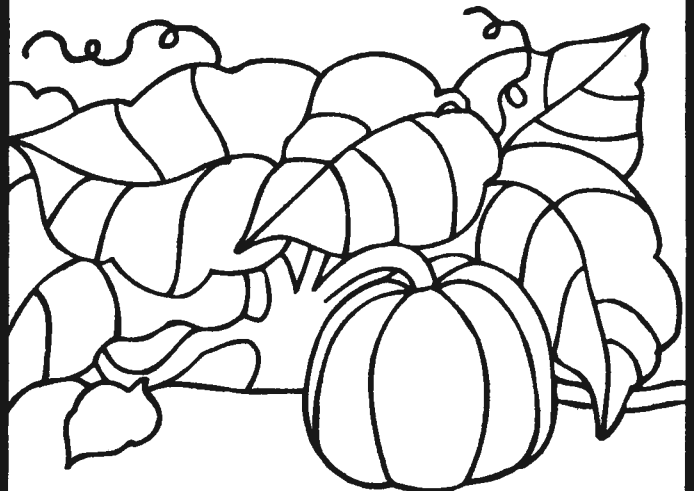
A pumpkin plant. 3



A pumpkin flower. 4



A little pumpkin. 5



A big pumpkin. 6