



Tasteful Tidbits

Summer Words

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Free and Reduced Meals: Don't Miss Out!

It's finally summer time! School is out and it is finally time to have some fun in the sun. It also means that your meal benefits are about to end and you **MUST** reapply in order to enjoy those same benefits next school year. Now is the time to do that! If you forget to reapply, you will need to pay for your child's lunch, even if you qualify for free or reduced meals. But don't worry, because this process is now easier than ever with electronic applications.

With electronic applications, you can apply for your benefits much more quickly and efficiently. It is all done in one place, so it can't get lost, and you can be assured when you are submitting the application that it is fully complete and correct. For these reasons, you will receive your benefits faster than if you filled out a paper application. So what are you waiting for? Hop online and reapply for your benefits today so your children can enjoy some more tasty free and reduced meals in August!

New Meal Regulations for Pre-schoolers

Attention preschool students and their parents! Beginning in October of 2017, there will be new nutrition standards for Child and Adult Care Food Program (CACFP) meals and snacks. Previously, preschool children followed the same guidelines as all other students, and were allowed to choose which meal components they wanted to eat. However, starting this fall, all children 3-5 years of age must take all five meal components with every meal. Additionally, they must drink white milk with their meals, rather than having the option of strawberry or chocolate.

The purpose of these new regulations is to ensure that our children are getting the best nutrition possible. This includes serving more whole grains and larger variety of fruits and veggies, as well as reducing the amount of added sugar and solid fats in their diet. These changes follow the MyPlate guidelines and will benefit your young children as they grow up!

For more information on free and reduced meals:
<https://www.fns.usda.gov/school-meals/applying-free-and-reduced-price-school-meals>

For more information on CACFP regulations:
<https://www.fns.usda.gov/cacfp/meals-and-snacks>
<https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools>

**Healthy, Hunger-Free Kids Act
(HHFKA)**



**According to the MyPlate
guidelines, half of your
plate at each meal should
be fruits and vegetables!**

Fresh at the Farmer's Market

A one-stop shop to get all of your delicious fresh produce!

Farmers markets offer you the freshest produce, as it comes straight from a local farm. Here are a few reasons why it is definitely worth your time to do your summer shopping at a farmer's market!



1. In-season fresh produce is the most flavorful and nutritious that you can get!
2. Buying local produce helps support farmers and the economy.
3. Taking your kids to the market is a wonderful way to get them involved and excited about eating healthy fruits and vegetables!
4. It's a great place to find and try new fruits and vegetables.
5. They all offer a variety of foods that meet the MyPlate guidelines.

Summer Roasted Corn Salad

Ingredients:

- 3 ears of corn
- 1 medium zucchini, thinly sliced
- ½ small onion, diced
- 1 teaspoon balsamic vinegar
- 4 large basil leaves
- Salt and pepper to taste



Directions:

Preheat oven to 350 F. Place corn (still in husks) in oven to roast for 30 minutes. Allow corn to cool and cut it off the cob. Put the corn in a bowl and add the onion, zucchini and basil. Season with salt and pepper and drizzle with balsamic vinegar right before serving. Enjoy this light and refreshing summer salad!

<http://www.yummly.co/#recipe/Summer-Roasted-Corn-Salad-2066465>

Nutritional Facts: for ½ cup

Calories: 20
Fat: 0 g
Cholesterol: 0 mg
Sodium: 200 mg
Carbohydrates: 5 g
Fiber: 1 g
Protein: 1 g