

TABLETALK

DECEMBER, 2009 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000, 1-877-395-6560, Fax: 281-395-7002

Season's Greetings!

Happy holidays from Carol, Robyn, Brenda, Wendy & Gerry to all of you. We wish y'all a healthy and prosperous New Year. The office will be closed starting Wednesday, December 23rd and will re-open Monday, January 4th. We just want you to know that we appreciate you're having chosen us as your sponsor and that we are 100% dedicated to this program and helping you succeed. We mean it when we say "Our Success Is Your Success." We must be doing something right.

Annual Mandatory Training

There will no longer be scheduled classes. The annual mandatory training will be conducted by your monitors on an individual basis in your day care home or center during a review.

The annual training will be based on the new recommended TDA menu modifications. They are voluntary, but if caregivers implement these minor changes to the meal patterns, they will lower total fat, saturated fat, trans fatty acids, added sugars and calories. At the same time, they will increase fruit, vegetable, Vitamins A and C, fiber and whole grain consumption.

The recommended modifications are as follows:

- Serve nonfat or 1% milk for children ages 2 years and older.
- Serve juice only once daily, for breakfast or snack (juice must not be served from a bottle).
- Serve one fresh or frozen fruit or vegetable daily for a required Vegetable/Fruit component at any meal service.
- Serve one good source of Vitamin C daily.
- Serve one good source of Vitamin A three days per week.
- Serve one whole grain daily (whole grain must be the first ingredient listed), for a required Grains/Breads component at any meal service.



Tips from Chef Bob

CHICKEN ITALIANO SKILLET

Ingredients: 1 lb. boneless skinless chicken breasts, cut into bite-size pieces; 1 green pepper, chopped; 1 small onion, cut into thin wedges; 1 can (14-1/2 oz.) diced tomatoes, undrained; 1 cup water; 1 pkg. (14 oz.) Macaroni & Cheese Dinner. **Directions:** Cook and stir chicken in large skillet sprayed with cooking spray on medium-high heat 5 min. or until chicken is no longer pink. Add peppers and onions; cook and stir 5 min. or until chicken is done and vegetables are crisp-tender. Stir in tomatoes, water and Macaroni. Bring to boil; cover. Simmer on low heat 10 min. or until macaroni is tender, stirring occasionally. Add Cheese Sauce; stir until blended.

- Serve Grains/Breads food items listed in Exhibit A: Group C through Group G of the *Food Buying Guide* no more than twice a week for a snack only.
- Serve ready-to-eat cereals with no more than 10 grams of sugar per serving.
- Do not serve vegetable or fruit juice as a Vegetables/Fruits component for lunch or supper.

Civil rights training must be done every year and will be done at the same time.