

# The Scoop

A Healthy Plate Initiative

## Follow us on Facebook!

Healthy Plate Solutions is now on Facebook!

We will post fun recipes, CACFP facts, and make sure you are up to date with the latest CACFP information

[facebook.com/HealthyPlateSolutions](https://facebook.com/HealthyPlateSolutions)



## CACFP Updates

With the end of the COVID-19 pandemic, USDA has officially released the end of a nationwide waiver of offsite monitoring.

Effective June 10, 2023, all monitoring reviews will be conducted on site. We hope this transition will go smoothly and we are happy to see you all back in person, face to face.

Our staff at HPS will continue to utilize virtual options for training.

## KidKare Updates

It's time to upgrade your Minute Menu CX experience and try KidKare!

KidKare is not a different software or coming from a different company. It's simply an improved version of Minute Menu CX, with the same login and preferences you're used to. All you need to do is log in!

Staff can use a phone or tablet to capture all the data electronically, right at the point of service. It also allows for faster, more streamlined access to upgrades.



# Spring Recipe



It's SPRING TIME, time to bring out all the fresh veggies! Toss in seasonal veggies to make a fresh, spring veggie saute. Pair this with chicken breast, whole wheat roll, fruit, and milk for an amazing CACFP approved lunch/dinner.

## Ingredients

- 1 teaspoon olive oil
- 1/2 cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 new potatoes (tiny, quartered)
- 3/4 cup carrot (sliced)
- 3/4 cup asparagus pieces
- 3/4 cup sugar snap peas, or green beans
- 1/2 cup radishes (quartered)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dill (dried), optional

## Directions

1. Heat the oil in a skillet. Cook the onion two minutes, add the garlic and cook another minute
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a Tablespoon or 2 of water.
4. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about 4 minutes more.
5. Serve immediately.

# Thank You

*We appreciate working with you day to day and all the hard work you put into the food program. Our goal as a sponsor is to ensure to maximize your reimbursement while staying compliant with TDA guidelines.*

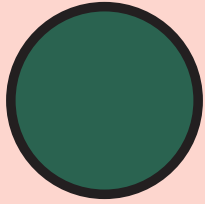
*Your referrals are the greatest compliment we could receive.*

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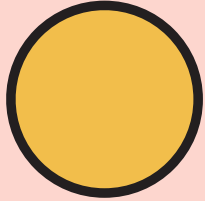
# Go, Slow, Whoa



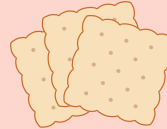
## Eat Anytime!



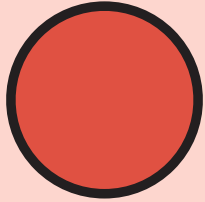
*Go Foods are whole grain, unprocessed fruits and vegetables, lowest in fat, contain no added sugar, and can be eaten daily.*



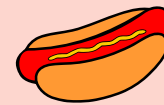
## Eat Sometimes!



*Slow Foods are slightly processed and may have some added salt, fat or sugar.*



## Eat Once in a While!



*WHOA foods are generally the most processed and are highest in unhealthy solid fats, added sugars, and/or salt.*

*Eat more GO foods than SLOW foods, and eat WHOA foods occasionally!*

## Celebrate Earth Day!

### **BIRD FEEDER** **YOU WILL NEED:**

- Cardboard tubes
- Peanut Butter
- Birdseed
- Twine



### **Directions:**

1. Use a popsicle stick or butter knife to spread peanut butter on a clean toilet paper roll.
2. Roll the toilet paper roll on a plate filled with birdseed.
3. If desired, string a loop of twine through the toilet paper roll.
4. Hang the toilet paper roll bird feeder on a bush, or slide it onto a branch.

*Your toilet paper roll bird feeder is complete!*

