



Solano Family & Children's Services, Child and Adult Care Food Program

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Nutrition Nuggets

Identifying Gluten Free Foods in the CACFP

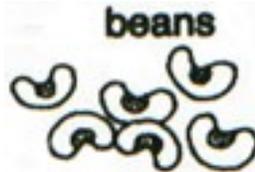
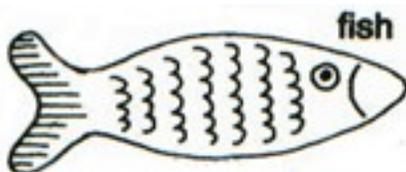
What is Gluten? In the Child and Adult Care Food Program (CACFP), gluten is a protein found in some grains such as wheat, barley, rye and malt. Children with celiac disease or a gluten intolerance cannot eat foods containing gluten. Gluten causes damage to the lining of the small intestine in individuals with celiac disease. Here are three tips on identifying gluten free foods:

- Check the ingredient statement. Avoid foods that contain wheat, rye, barley and malt. Other gluten containing ingredients to look for include durum, graham flour, hydrolyzed wheat protein, modified wheat starch, semolina and malt extract or syrup, among others. Quick tip: Ingredients can change over time so check the label for gluten containing ingredients every time you buy a product. You can also contact the manufacturer to confirm.
- Look for foods labeled as gluten free. Only foods that meet the Food & Drug Administration's definition for gluten free can be labeled as gluten free. Quick tip: Wheat free does not mean gluten free.
- Know which foods commonly contain gluten. Many common foods such as breads, breaded meats, cakes, cereals, cookies, crackers, pasta and pizza often contain gluten. Other foods that may contain gluten but are not as obvious include taco seasoning, soy sauce, salad dressing or even hot dogs and deli meats. That's why it is so important to check the ingredients!

Are there whole grains that are also gluten free? Serving at least one of the grain requirements as whole grain rich is still doable for a gluten free diet! Whole grains that do not naturally contain gluten include whole grain rich corn, brown rice, some oats and other grains that are less commonly eaten like sorghum, teff and quinoa. Foods that are generally gluten free are:

- Plain beef, pork, lamb and turkey
- Plain fish and shellfish
- Plain fruits and Vegetables
- Plain beans
- Some yogurts
- Eggs
- Milk
- Nuts and seeds

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Chicken Pepper Popper

- 1 (10 oz) can chicken breast, drained
- 4 oz low-fat cream cheese
- 1/2 cup plain Greek yogurt
- 1/2 tsp paprika or smoked paprika
- 1 cup canned corn kernels
- 1 cup diced bell peppers
- 60 (4-inch x 1/2-inch) celery sticks



In a large bowl, mix all ingredients together until well combined. Serve 1/4 cup of the chicken pepper popper mix with five celery sticks. Makes 12 servings.

One serving provides 3/4 oz eq meat/meat alternate and 1/2 cup vegetable.
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Celebrations that Support Child Health

Honoring special occasions with students and staff is an important part of building community within a classroom. Have you ever stopped to think about how many celebrations occur during the school year? From birthdays to holidays, these events can add up quickly. It's important to make sure that your celebrations reflect the same healthy messages you promote elsewhere throughout the school day.

In fact, school celebrations can be an opportunity to reinforce messages about good nutrition and health when they include healthy foods and beverages and provide opportunities for kids to dance, play games and engage in sports.

Some of our favorite suggestions include using non food rewards, such as:

- Stickers
- Rulers
- Bookmarks

Use these in lieu of sweet treats, and try swapping in plenty of healthy party food. Think more fruit kabobs and nut butters and less cookies and cupcakes.

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