



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

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Nutrition Nuggets

World Milk Day

June 1st is world milk day. Drinking milk is an important habit for young children and serving them milk at meals is a CACFP meal requirement. Each sip of milk is loaded with essential nutrients needed for growth and development. Milk is high in protein, calcium, potassium, and vitamin D.

Dairy milk delivers more!

- Builds strong bones and teeth
- Contains high quality protein to help children grow and build strong muscles
- Keeps you fuller between meals and snacks
- Reduces risk of developing type 2 diabetes

All of these types of milk are equally wholesome and safe to drink and are creditable in the CACFP. Whole milk is only creditable for 1 year olds. Low fat and fat free milk are only creditable for ages 2 and older. Lactose free milk is creditable for all ages 1 and older. Low fat and fat free milk have all the same essential nutrients found in whole milk, but with less fat. No water is added. Not all 'milk' is the same. Drinks made with nuts, rice, or coconuts often contain little or no protein. Non dairy beverages that are not nutritionally equivalent to cow's milk are not a creditable replacement for milk in the CACFP.

The Truth About Dairy Milk

1. Milk is an important beverage for nutrients and hydration, even when your child has a cold.
2. Milk is a natural, fresh product that comes from cows, traveling from a local dairy farm to your grocery store in about two days.
3. In pasteurized milk, natural hormones and bacteria are destroyed or are broken down and do not enter the body.
 - ◆ Don't kids need fat to be healthy? Yes, children ages 12 months through 23 months need fat for brain and nerve growth and development. After age 2, children need less fat in their diet as growth slows significantly.
 - ◆ Isn't whole milk more nutritious than low fat? Low fat milk is equally nutritious as whole milk. Key nutrients in milk like vitamin A, vitamin D and calcium are the same or a little higher in 1% and fat-free milk compared to whole milk.
 - ◆ I'm concerned if I offer low fat milk my kids won't drink it. It is surprising how easily most children make the transition from whole milk to 1% or fat free. Serving milk very cold may be the key to the transition.
 - ◆ Are soy beverages creditable? Some fortified soy beverages may be creditable and served in the CACFP when the parent has submitted a written request and the soy beverage is nutritionally equivalent to cow's milk.



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Breakfast Pizza with Hashbrown Crust

2 cups ground turkey	1/4 tsp of cayenne pepper & red pepper flakes
1/2 tsp ground sage	1 tsp salt & fennel seeds, whole
2 1/2 tsp coriander seeds	3 tbsp canned applesauce, unsweetened
1 1/2 cup bell peppers, diced	1 cup, whole eggs, frozen, thawed
1 cup cheddar cheese, low fat	1 tbsp, green onion, diced
2 1/2 cups frozen hash brown potatoes, thawed	



Combine turkey, fennel, salt, cayenne pepper, sage, red pepper flakes, coriander, and applesauce in a large bowl. Stir well. In a large stock pot, add turkey mixture. Cook uncovered over medium high heat for 10 minutes. Remove turkey from heat. Drain turkey in a colander. Set aside. Combine 2/3 cup (about 5 oz) turkey, hash browns, and eggs in a large bowl. Stir well. Set remaining turkey aside. Set hash brown mixture aside. Pour 2 qt (about 3 lb 10 oz) hash brown mixture into a half sheet pan (18" x 13" x 1") lightly coated with pan release spray. Spread evenly. For 25 servings, use 1 pan. Bake: Conventional oven: 425 °F for 30 minutes. Convection oven: 400 °F for 20 minutes. Sprinkle the crust with remaining turkey, cheese, onions, and bell peppers. www.cacfp.org

CACFP in the Know

Here are some facts about what type of milk should be served based off a child's age, when serving milk as one of the creditable meal components.

- ◆ For newborn through 11 months, breastmilk and iron fortified formula are reimbursable. Breastmilk is allowed at any age in the CACFP.
- ◆ Between the ages of 12 months and 13 months, iron fortified formula may be served to children to help with the transition to whole milk.
- ◆ Between the ages of 24 months and 25 months, unflavored whole milk and unflavored reduced fat (2%) milk may be served to help with the transition to fat free (skim) or low fat (1%) milk.
- ◆ Many non dairy beverages may only be served when there is a medical statement on file. Contact your sponsoring organization or state agency for more information.
- ◆ Flavored milk is not allowed for children 5 years old and younger. (In California, licensing prohibits flavored milk.)
- ◆ Lactose free and organic milk are reimbursable without a written request.

