

TABLETALK



JANUARY, 2017 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000

Due to upcoming changes, we strongly advise you to start modifying your meals now so you will be ready when these changes take place.

❁ Winter Schedule ❁

CLOSED Christmas & New Years December 23 – January 3

CACFP PROGRAM MEAL PATTERN CHANGES

Infant Meals: Ages 0 – 11 months

- Only breakmilk and infant formula are served to infants 0 – 5 months old. Reimbursement for meals may be claimed when a breastfeeding mother comes to the child care center or daycare home and directly breastfeeds her child.
- Two age groups, instead of three: 0 – 5 months, and 6 – 11 months
- Solid foods are gradually introduced around 6 months of age, as developmentally appropriate
- Requires a vegetable or fruit, or both, to be served at snack for infants 6 – 11 months old
- No longer allows juice or cheese food or cheese spread to be served

Mandatory Classes

This year we are returning to physical classes for our mandatory training. The subject will be the new rules and regulations from USDA on the new meal patterns for the CACFP. Watch for future newsletters that will list the class schedule for the Dallas/Fort Worth and Greater Houston areas.

Chef Bob's Cookbook

Whole Grain Strawberry Breakfast Bars



Whole Grain Strawberry Breakfast Bars
TIME: about 30 minutes

Main Ingredients

- 1/2 cup (1 stick) unsalted butter, softened
- 1 cup light brown sugar
- 1/2 cup sliced almonds
- 1 1/2 cups white whole wheat flour (all purpose flour can be substituted)
- 1 1/2 cups old fashioned oats
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup strawberry jam
- 1/2 cup thinly sliced strawberries

Directions

1. Preheat oven to 350°F. Line a 9x9 pan with foil, grease the foil. Set aside.
2. With a hand mixer or stand mixer, beat butter and brown sugar for several minutes, until creamy.
3. In a separate bowl, combine almonds, flour, oats, baking soda and salt. Add the dry ingredients to the butter mixture and beat on low speed until blended and crumbly. Remove 1 1/4 cups of the mixture and set it aside.
4. Dump the remaining mixture into the prepared 9x9 pan. Use the bottom of a measuring cup to evenly press the mixture into the pan. Spread the strawberry jam over the crust, then top with sliced strawberries. Sprinkle the reserved oat mixture over the top.
5. Bake for approximately 20-25 minutes, until the top is light golden brown and the jam is bubbling around the edges. Cool completely before cutting into bars.