

TABLETALK

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

2017 Mandatory Class Trainings

Dallas / Fort Worth Area

1. April 29th
Buckingham Church of Christ
3630 Buckingham
Garland, TX 75042
2. June 3rd
Just Kidding Around
122 South State Hwy 342
Red Oak, TX 75154
3. July
A location for July has not yet been scheduled.
Please stay tuned.

Houston Area

1. May 20th
New Life Chapel (Kiddies Excel)
9525 Towne Park Dr (Bellaire & Corporate)
Houston, TX 77036
2. June 24th
City of Refuge
4170 W. Greens Rd
Houston, TX 77066
3. July 29th
United Way Community Center
50 Waugh Dr
Houston, TX 77007

Classes are from 9:00am to 4:00pm with a one (1) hour lunch break. Daycare Homes do not have to return for the second part.

Please make the necessary arrangements to your schedule, as you will be required to stay as long as needed to complete the mandatory training to receive your certificate. Be sure to sign yourself out when finishing the class so that we have a record of your attendance to award your certificate.

Please Turn Over

Further information regarding the October 2017 changes
is found on the backside of this newsletter.

Chef Bob's Cookbook

Banana Bread Baked Oatmeal



Banana Bread Baked Oatmeal

TIME: about 30 minutes

Main Ingredients

- ½ cup pecans or other nut, chopped (plus additional for garnish)
- 1 cup mashed banana (about 2 large or 3 medium bananas)
- ¾ cup milk (or almond milk, or another dairy-free milk), at room temperature
- 2 eggs, at room temperature
- ¼ cup coconut oil, melted and slightly cooled
- ¼ cup pure maple syrup
- 1 ½ teaspoons pure vanilla extract
- 2 cups rolled oats
- 1 ½ teaspoons ground cinnamon
- ¼ teaspoon salt

Directions

1. Preheat oven to 350°F. Lightly grease or spray with nonstick cooking spray an 8-inch square baking dish.
2. Spread chopped pecans on an ungreased baking sheet and toast for 4 to 6 minutes or until fragrant and light golden brown. Cool on baking sheet.
3. In a large bowl, mix together mashed banana, milk, eggs, coconut oil, maple syrup, and vanilla; beat until smooth. Blend in oats, 1/2 cup toasted pecans, cinnamon, and salt; stir until mixture is well-combined.
4. Spread oatmeal into prepared baking dish and bake for 20 to 25 minutes or until set and light golden brown on top. Allow to cool in the baking dish for at least 5 minutes before slicing. Serve warm with optional garnishes: warm milk or cream drizzled over the top, additional toasted pecans, maple syrup, or fresh fruit.

* Milk and eggs should be at room temperate so the coconut oil cannot re-solidify. To quickly warm everything up, put the whole eggs in a bowl of warm water for a few minutes and zap the milk in the microwave for 20 to 30 seconds.

* Reheat oatmeal by placing an individual serving on a plate, drizzling with a little milk, and then heating in the microwave for about 30 seconds.

Best Practices to follow for October 2017

The best practices outlined below are optional and while highly encouraged, many of the recommendations are from the Dietary Guidelines and the National Academy of Medicine and not the Food and Nutrition Services (FNS). Noncompliance with these practices will not result in meal disallowances or a serious deficiency finding. FNS applauds any and all centers and homes that go above and beyond in implementing these best practices.

Infants

- Support mothers who choose to breastfeed their infants by encouraging mothers supply breastmilk for their infants while in daycare and offering a quiet, private area that is comfortable and sanitary for mothers who come to the center or daycare home to breastfeed.

Vegetables and Fruit

- Make at least one of the two required components of a snack a vegetable or a fruit
- Serve a variety of fruits and choose whole fruits (fresh, canned, frozen, or dried) more often than juice
- Provide at least one serving of each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week

Grains

- Provide at least two servings of whole grain-rich grains per day

Meat and Meat Alternates

- Serve only lean meats, nuts, and legumes
- Limit serving processed meats to no more than one serving per week
- Serve only natural cheeses and choose low-fat or reduced-fat cheeses

Milk

- Serve only unflavored milk to all participants. If flavored milk is served to children 6 years old and older, use the Nutrition Facts Label to sleeve and serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces, or the flavored milk with the lowest amount of sugar if flavored milk within this sugar limit is not available.

Additional Best Practices

- Incorporate seasonal and locally produced foods into meals
- Limit serving purchased pre-fried foods to no more than one serving per week
- Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings (e.g., honey, jam, syrup), mix-in ingredients sold with yogurt (e.g., honey, candy or cookie pieces), and sugar-sweetened beverages (e.g., fruit drinks or sodas)