

# TABLE TALK

MARCH, 2018 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000

Introducing

## Food Buying Guide

A new mobile app

Meal planning just got a lot easier! Set aside your binders and fall in love with the Food Buying Guide Mobile App! This popular no-cost resource can now be downloaded to your Apple (iOS) tablet or phone. Use it to find and compare food yields on-the-go or determine the meal contribution of your own recipes. An interactive, web-based version of the Food Buying Guide is also available at <https://foodbuyingguide.fns.usda.gov>. The Food Buying Guide (FBG) is the essential resource for food yield information for all Child Nutrition Programs (CNP).

**The FBG assists CNP operators, food manufacturers, and other stakeholders with:**

- Purchasing the correct amounts of foods for Child Nutrition meal programs
- Determining the contribution that each food makes toward meal pattern requirements

**With the new FBG app, you can:**

- Search and locate yield information for foods typically served in Child Nutrition.
- Compare yield information to determine the foods that best meet your program needs.
- Create a Favorites foods list! Stay tuned for the ability to save a Favorites foods list for access at a later time.
- Email and print search results, food comparisons, and listings of favorite foods.

**The Food Buying Guide Mobile App also includes access to narrative content which provides:**

- Child Nutrition Program-specific information for meeting meal pattern requirements
- Helpful information related to food purchasing and how to utilize food yield information in the FBG
- Additional resources related to meal pattern requirements and menu planning for CNPs.

## Fueling Up With Veggies

Vegetables and fruits are now two separate components at lunch, supper, and snack. This means you can serve vegetables and fruits more often and help kids develop a taste for healthy foods from the start.

## Starting Kids Early with Whole Grains

Kids ages 1 to 13 years old eat up to twice the amount of refined grains that they should, but not enough whole grains. Now kids are more likely to get whole grain-rich foods at least Whole Grains once a day. Whole grains give kids vitamins, minerals, and fiber to help them be strong and healthy.

## Lowering Added Sugars

On average, kids 9 to 13 years old eat between 17 to 22 teaspoons of added sugars every day. By limiting sugar in yogurts and cereals, and not counting cookies, cakes and other grain-based desserts toward the grains requirements, meals served in CACFP will give kids the chance to try— and like—new, healthy foods.

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## Chef Bob's Cookbook

## Hearty Chicken and Barley Soup



**Hearty Chicken & Barley Soup**

PREP: 15 min  
COOK: 45 min  
TOTAL: 1 hour  
YIELDS: 4

### Main Ingredients

- 3/4 cup barley uncooked
- 1 lb boneless skinless chicken cut into bite size pieces
- 2 celery stalks finely chopped
- 2 medium tomato chopped
- 1 medium onion finely diced
- 2-3 springs of fresh thyme (or 1 tsp dried thyme)
- 2-3 cloves garlic minced
- 1/2" ginger cube finely julienned
- 1 tsp smoked paprika divided
- 3 cup low sodium organic chicken stock
- 3 cup water
- 1 tbsp avocado oil
- salt and pepper

### Directions

1. Heat oil in a stock pot on medium to high heat. Add chicken, salt, pepper and 1/2 tsp smoked paprika. Sauté chicken for about 5-6 min or until tender and all the water has evaporated. Take out the chicken and keep aside
2. In the same pot, add minced garlic and ginger and cook until fragrant for about 30 sec. Then add onion and sauté until translucent
3. Add chopped tomatoes and cook for about 2-3 min.
4. Add celery, barley, chicken stock and water. Bring the mixture to a boil.
5. Then add fresh thyme, salt, pepper, and the remaining smoked paprika. Simmer the mixture on low heat for about 25 to 30 min.
6. Add cooked chicken, adjust seasonings, if necessary and simmer for about 5 min.

\* You can cook chicken breast or thigh first and then cut them into bite size pieces. However, make sure that the chicken is well done

\*\* If you don't like ginger, you can skip it altogether

\*\*\* You can also add vegetables like carrot, spinach, peppers etc. to make it even more healthy (and colorful!).