

# TABLE+TALK

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Child Food Program of Texas  
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Spring 2020 | Page 1  
Web: [childfoodprogramoftexas.org](http://childfoodprogramoftexas.org)

## Introducing this year's Mandatory Training Civil Rights, and Rules & Regulations with



Child Food Program of Texas has teamed up with Brighton Training Group to bring you a new approach to mandatory training. Instead of attending a physical location to complete this year's training, we now offer an online solution. Starting May 1<sup>st</sup> and ending September 1<sup>st</sup>, you will now have the ability to complete the yearly training at any time and any place of your choosing. Stay tuned for the information on how to access this training.

**!** **Remember:** Everyone who works on the food program must complete the training.

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By now every daycare center, at-risk site, and emergency placement shelter should be utilizing their File Cabinet folder. This online file transfer system is to help you get your paperwork into our office at the earliest opportunity so that we have ample time to process your claim. The sooner we can complete the claims, the quicker your reimbursement will be delivered. If you cannot locate your username, or you have lost your password, please email [staceyr@childfoodprogramoftexas.org](mailto:staceyr@childfoodprogramoftexas.org) so that you can be issued a new one.

During claim time, you may find that the files you upload to the File Cabinet have disappeared soon after. **Please do not upload these files again!** We download the files to our server, review them for errors, then delete them from the File Cabinet so they won't get mixed up with the next claim. If we find any errors with your forms, we will attempt a second download before calling for a resend.

With the exception of important information, you will now receive our company newsletters about four times a year: **Spring, Summer, Fall, and Winter.**

We have been working diligently on our website to bring you the latest updates and a fantastic recipes page where you could find healthy, child-friendly meals. *Chef Bob's Cookbook* is now online, and we are constantly updating it with more ideas. If you would like to donate a recipe, please follow the instructions found on our website.

**COVIBOOK** – <https://www.mindheart.co/descargables>

We understand how difficult it is to discuss our current situation to your daycare children, so we urge you to use this valuable resource to explain. We recommend printing this out so the children can draw on it. It is available in all languages.

# Coronavirus Outbreak

In light of recent events, the Coronavirus (COVID-19) is sweeping across the nation causing wide-spread closures. Schools are extending their spring breaks by additional weeks, and big events are canceling. We understand that as a daycare facility, you will soon see a rise in attendance of your students. Although we can't know for certain which ISDs have been closed for additional weeks or months, we are aware that the attendance count for lunch will increase drastically. TDA will not disallow any school age child you claim for lunch during these days.

During this time, your food and milk purchases will increase. If you are unable to find an important food component, such as milk, you are instructed to document the date, store location or vendor, and the food component you are trying to purchase. Sign this documentation with your facility name, and submit it to Child Food Program of Texas through fax, email, or the File Cabinet. This will ensure that your meal can still be reimbursable. Child Food Program of Texas is keeping up-to-date with USDA and TDA's waivers and rulings during these times.

## Practice Proper Hygiene

Considering the upcoming surge of attendance to your daycare facility, we suggest you take this opportunity to teach your daycare children about practicing proper hygiene to help prevent the spread of the virus. Here are ten ideas to use:

- 1 Sing the ABCs while washing your hands. It takes about 20 seconds, which is an ideal washing time.
- 2 Wash your hands after using the toilet.
- 3 Wash your hands before eating a meal.
- 4 Wash your hands after normal activities such as playing outside, playing on the floor, or playing with communal toys.
- 5 Cover your face when you sneeze. It is best to teach children to use the collar of their shirt to cover their faces if they don't have a tissue.
- 6 Brushing your teeth after every meal will not only help fight cavities, but it helps fight potential bad breath.

7 Though doctors insist that we do not touch our faces during this time, we understand it's an impossible rule for children to follow. It's a good to explain to the older children why touching their faces is a bad idea, but keep in mind that younger children won't understand.

8 Have employees clean communal toys thoroughly. Use disinfectant wipes to kill the germs, and then use regular soap and water to remove the alcohol content. **Do not give toys back to children without using soap and water to remove the disinfectant!** Disinfectant wipes are the best way to kill 99% of germs, but it is dangerous for children to handle.

9 Be sure your employees shower or bathe every night to wash off the germs they acquire from working with numerous daycare children. While we can't guarantee parents will bathe their children every night, we can do our part to help prevent contaminations.

10 Above all other important handwashing moments, it is imperative that your employees wash their hands before preparing meals and handling food.

## Do not use hand sanitizers!

USDA does not recognize hand sanitizer as a method of cleaning hands, because it is not as effective as regular soap and water.

Remember: Children mimic what they see.  
If a grownup doesn't practice proper hygiene,  
why should they?

# Pick of the Season **ORANGES**

## **Bursting with Vitamin C!**

Feeling a little down? Vitamin C not only boosts our immune systems and can prevent the common cold, but it can even help reduce the risk of colon cancer, asthma, and so much more!

**One large orange has over 100% of the recommended daily intake of Vitamin C!**

## **Suffer with High Blood Pressure?**

Everyone knows bananas are a good source of potassium, but did you know that oranges offer potassium as well? High intakes of potassium can lower your blood pressure, and a glass of orange juice can boost your daily potassium intake by 14%! Furthermore, it can even help the relaxation and opening of your blood vessels, which helps reduce your risk of heart disease.

## **Protect your Hair and Skin!**

Vitamin C contributes to collagen production. By consuming about one orange a day, you can support and even improve your skin's strength, repair the elasticity, and even heal wounds. Collagen will also help thicken your hair and keep it growing healthy. Oranges are great at helping to maintain your youthful look as you age.

**Oranges are in season from September to April!**

## **Packed with Vitamin A!**

Just as our skin changes with age, our vision often gets worse every day that we use our eyes. Oranges have loads of Vitamin A, beta carotenes, and so much more that is necessary to prevent age-related muscular degeneration, which can eventually lead to blindness.

## **Filled with Folic Acid!**

Women who are pregnant, or trying to conceive, are urged to increase their folate intake to protect their baby from birth defects. Folate, or Folic Acid, is a B Vitamin that is found as big doses in oranges. Our bodies use it to promote brain development, help keep vital organs in mint condition, and prevent possible future neurological disorders after the baby is born.



## **How to Store Them**

Oranges don't ripen quickly after they've been picked, but they can mold fast if exposed to moisture. Store them unpeeled in the fridge to last for a few weeks, and keep slices sealed in an airtight container to last up to four days.

## **What's the Big Deal?**

One medium orange has:

- 60 calories
- 0 fat or sodium
- 3 grams of fiber
- 237 milligrams of potassium
- 15 grams of carbs
- 12 grams of sugar
- 1 gram of protein
- 14 micrograms of Vitamin A
- 70 milligrams of Vitamin C
- 6% daily recommended amount of calcium

# Pick of the Season's Daily Menu

Find more on our website!  
[childfoodprogramoftexas.org](http://childfoodprogramoftexas.org)



Chef Bob's Cookbook

BREAKFAST

## Cinnamon Streusel Orange Muffins from allrecipes.com

PREP: 20 min | COOK: 20 min | TOTAL: 40 min | YIELDS: 12

- 2 c all-purpose flour
- ¾ c white sugar
- 2 tsp baking powder
- ½ tsp salt
- ⅓ c vegetable oil
- ½ c orange juice
- ½ c buttermilk
- 1 tsp vanilla extract
- 2 eggs
- 3 tbsp brown sugar
- 1 ½ tsp ground cinnamon
- ¼ c all-purpose flour
- ¼ c white sugar
- 1 ½ tsp ground cinnamon
- 2 tbsp softened butter

1. Preheat the oven to 350° F. Grease a 12-cup muffin tin, or line with paper liners.
2. In a medium bowl, stir together 2 cups flour, ¾ cup white sugar, baking powder and salt. In a separate bowl, whisk together the vegetable oil, orange juice, buttermilk, vanilla, and eggs. Pour the wet ingredients into the dry, and mix until just blended. Some lumps are okay.
3. Fill the prepared muffin cups halfway with the batter. Combine the brown sugar, and 1 ½ teaspoons cinnamon; sprinkle about ½ teaspoon of the mixture onto each half-full muffin cup. Spoon batter over the cinnamon mixture so that the muffin cups are ⅔ full. In a small bowl, mix together the remaining ¼ cup flour, ¼ cup white sugar, 1 ½ teaspoons cinnamon, and the butter to make a crumbly mixture. Sprinkle this generously over the tops of the muffin batter.
4. Bake for 20 to 22 minutes in the preheated oven, until a toothpick inserted into the crown of a muffin, comes out clean. Cool in the pan, over a wire rack.

LUNCH or DINNER

## Crispy-Skinned Chicken a l'Orange from yummlly.com

PREP: 5 min | COOK: 15 min | TOTAL: 30 min | YIELDS: varies

- Kosher salt and freshly ground black pepper
  - 3 skin-on bone-in chicken breast halves
  - 1 tbsp vegetable oil
  - ½ c frozen orange juice concentrate
  - 4 tbsp honey
1. Preheat the oven to 375° F. Liberally salt and pepper the chicken breast halves.
  2. Heat the oil in a large sauté pan over medium-high heat and sear the chicken, skin side only, until brown and beginning to crisp, about 5 minutes.
  3. Meanwhile, make the orange glaze: In a small saucepan, heat the orange juice concentrate, honey, and salt and pepper, to taste, over medium heat, and boil for 3 minutes. Remove from the heat.
  4. Turn the chicken over and brush each piece with the glaze.
  5. Turn the chicken skin side up and transfer the pan to the oven.
  6. Bake until the internal temperature reaches 160° to 170° F on an instant-read thermometer, brushing on more glaze halfway through, about 15 minutes in total.
  7. Let the chicken rest for 10 minutes on a cutting board.
  8. Remove the chicken breast from the bone and slice the meat on the bias. Transfer the chicken to a serving platter and serve.

SNACK

## Kid-Friendly Dipped Fruit from yummlly.com

PREP: 15 min | COOK: 15 min | TOTAL: 30 min | YIELDS: varies

- ½ c plain Greek yogurt
  - ½ c peanut butter
  - ½ c chocolate hazelnut spread
  - 2 oranges, peeled and separated
  - 1 apple of your choice, sliced
  - 1 banana, peeled and sliced
  - Sprinkles or chocolate chips for topping
1. Line a baking sheet with parchment paper. In separate bowls, microwave peanut butter and chocolate hazelnut spread for 15 seconds each until melted. Set aside.
  2. Dip half a slice of orange in yogurt and lay flat on parchment paper. Top with sprinkles. Repeat this step with remaining fruit, alternating fruit and dip.
  3. Place in freezer for 30 minutes. Serve immediately, or store in an airtight container in the freezer for up to 5 days.

## Orange Volcano

From [theartkitblog.com](http://theartkitblog.com)

### Required Materials:

- An orange
- Knife
- Spoon
- Bowl
- Baking soda
- Vinegar
- Food coloring
- Measuring glass (to pour vinegar from)



Find more on our website!  
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### Instructions:

1. Place your orange on a flat surface.
2. Slice the top of the orange off and remove the inside of the orange. We scored the inside of the orange a bit with the knife just to loosen the orange up. Then, scoop the inside of the orange out like you're removing the insides of a pumpkin you're about to carve!
3. Place your orange in a bowl. Scoop some baking soda into your orange (about a tablespoon).
4. Pour some vinegar into a measuring glass (we used a couple cups) and add some food coloring. Mix well.
5. Pour the colored vinegar into the orange and watch the fun!

**Note:** When the baking soda stops fizzing, pour in more vinegar to watch the experiment continue!

## Easy-to-Make Christmas Orange Decorations

From [homemade-gifts-made-easy.com](http://homemade-gifts-made-easy.com)

### Required Materials:

- an orange
- thin colored ribbon (enough to wrap around your orange twice and a bit more)
- cloves

### Instructions:

1. Wrap the ribbon around the orange, twisting at the base, to divide the orange into quarters.
2. Feed the ends under the piece of ribbon at the top of the orange.
3. Tie a simple overhand knot to secure the ribbon in place.
4. Now start pressing cloves into your orange. I like to outline the ribbon with cloves first, and then fill in the gaps.
5. Once you are finished, hang the clove orange on your tree by tying it on with the extra ribbon, and enjoy the spicy Christmas aroma!

**Note:** You can also make pretty patterns on your orange with cloves. Try making stars, hearts and more!

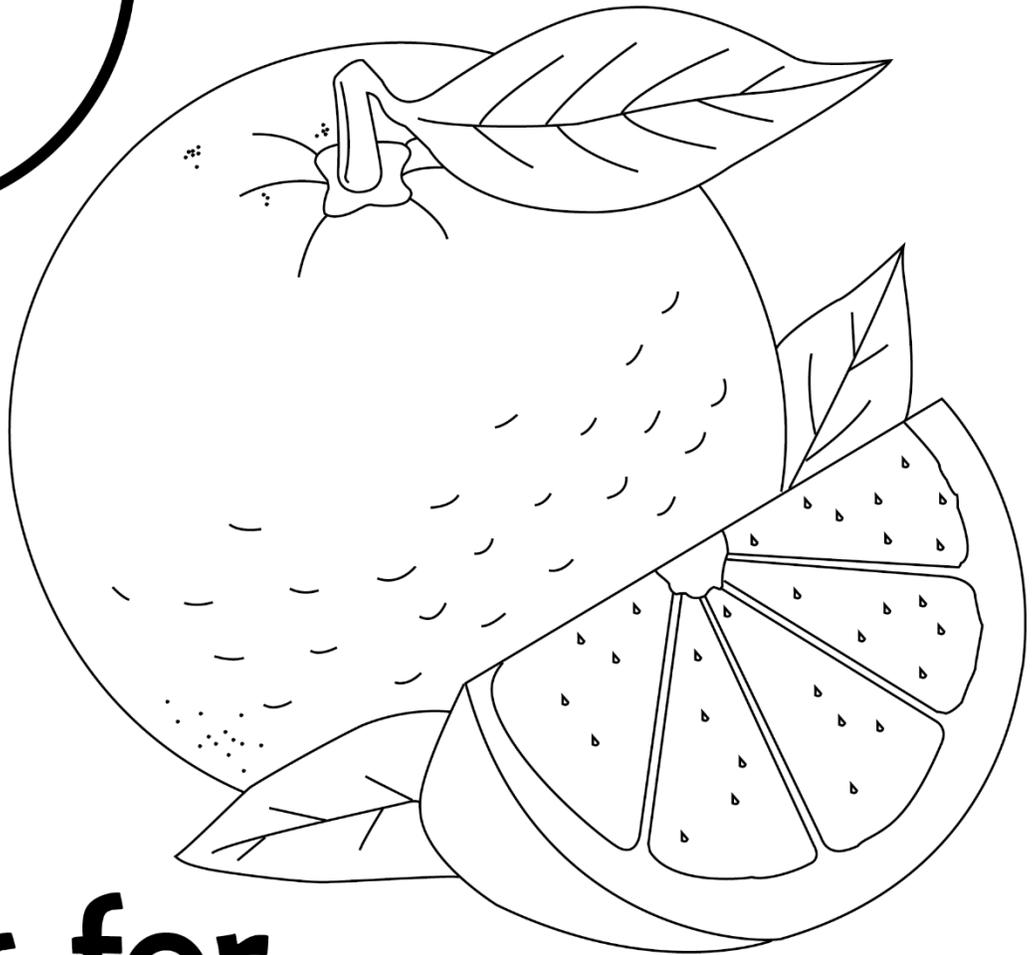
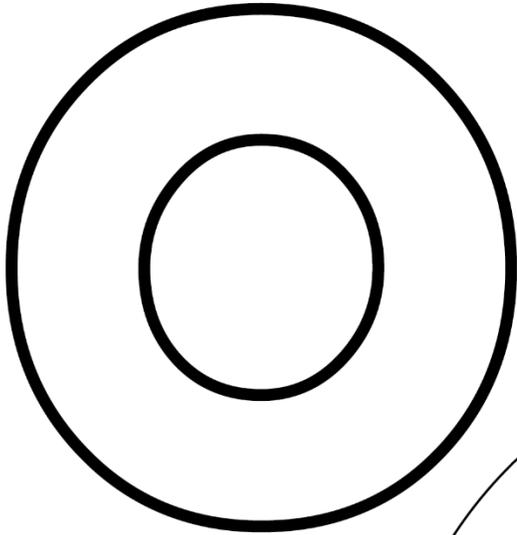
## Fresh Squeezed Orange Juice

From [wikihow.com](http://wikihow.com)

1. **Soften the orange.** Tightly squeeze or roll the oranges firmly with the palm of your hand across the counter or table to soften them up.
2. **Cut the orange.** Slice the orange in half and remove the seeds. If you want to go seedless, use navel oranges.
3. **Juice the orange.** Grip the one of the orange halves tightly and squeeze it by hand, using a plain juicer to coax all the juice out.
4. **Add pulp.** Scrape the orange with a spoon and add the pulp directly to the juice if you use a hand juicer. If you prefer clear juice, pour the juice through a strainer before drinking. Add some pinch of black salt or sugar for more flavor. Some oranges are already sweet.
5. **Drink up!** Enjoy a crisp, cold glass of freshly squeezed, unpasteurized orange juice, the way it was intended to be!

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Name



**O** is for  
**Orange**

