

PATCH Food Program Newsletter



Issue Number 5, October 2017

Recipe

Pumpkin Pancakes

- 1 Cup Whole Wheat Flour
- 2 tsp. Baking Powder
- ½ tsp. Cinnamon
- Pinch of Salt
- Pinch of Nutmeg
- 1 tsp. Applesauce
- 1 Cup Milk
- 1 Egg
- ¼ Cup Canned Pumpkin
- ½ tsp. Vanilla

1. Mix all ingredients together.
2. Lightly grease pan and heat stove to Medium.
3. Pour batter into pan (about a ¼ Cup). Cook until bubbles form on surface, flip, and cook until golden brown.

Physical Activity Corner

Monster Hunters: Have children decorate river rocks, ping-pong balls, empty bottles, or plastic eggs with paint, stickers, and markers to make monsters and scary faces. Once dry, hide the monsters around the house or in



the yard. Let the children hunt for “monsters” like an Egg hunt.

Food Fun

Ritz Cracker Spiders: Have children spread peanut butter on one Ritz Cracker. Place 8 hard pretzel sticks into the peanut butter. Top with another Ritz Cracker. Add spider eyes by putting a tiny drop of peanut butter onto two raisins.

You can get creative and replace the peanut butter with yogurt, mashed fruit, or a slice of banana.

Frozen “Boo”-Nana Pops: One large banana makes 4 pops. Line a plate or baking sheet with parchment paper. Cut the banana from the tip to handle. Then cut eat half down the middle horizontally and remove the peel. Insert a Popsicle stick into each piece. Coat the banana popsicles with a layer of yogurt. To make the popsicles into a ghost, use whole grain cheerios to make the eyes and mouth. Put the popsicles onto the parchment paper and

into the freezer. Let it freeze until the yogurt is no longer runny. Enjoy!

Don't Forget

Starting October 1st, the updated meal pattern standards should be followed. Some changes include:

For infant meals: It is required to serve a fruit, vegetable, or both at snack to children 6-11 months. Ready-to-eat cereals can be served at snack. No juice, cheese food or cheese spread.

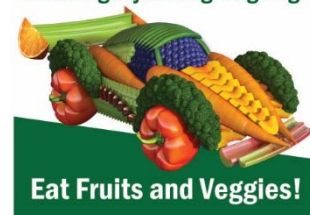
For non-infant meals: At least one serving of whole grain rich food per day. Juice limited to once per day. Yogurt must have no more than 23 grams of sugar per 6 oz. and breakfast cereals must contain no more than 6 grams of sugar per dry oz.

For more information check out: <https://www.fns.usda.gov/cacfp/meals-and-snacks>

Food For Thought

Can lifting food to your mouth be considered exercise?

Want to get youengine going?



Eat Fruits and Veggies!