

Welcome

**Heidi Tillman
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**to the
 SENDCAA
 Food Program**

Limit Heavily Processed Foods as Part of a Healthy Diet.

Why is it important to limit processed foods?

A diet high in processed foods is usually high in fat, sugar, and sodium and low in vitamins and nutrients. Poor diet has been linked with a number of serious health conditions, including:

- Coronary heart disease, stroke, and high blood pressure
- High total cholesterol or high levels of triglycerides
- Type 2 diabetes
- Cancers, such as endometrial, breast, and colon cancer

What is a processed food?

One definition of processed food is anything packaged in a box, can, or bag. A processed food can be as simple as a canned, frozen, or dried food or as complex as cooking and preserving an entire meal. Minimally processed foods— such as frozen vegetables and fruit canned in its own juice— can be very healthful. In this case, processing allows us to enjoy food at the peak of flavor, beyond the regular growing season. Minimally processed foods have few added ingredients.

What is a heavily processed food?

Heavily processed foods have added fat, salt, and/or sugar and are less healthy than fresh or minimally processed foods. Manufacturers know we are looking for convenient, tasty, and nutritious foods. They also know that:

- Fat, salt, and sugar can add flavor to packaged foods and can also mask the flavor of inexpensive or inferior ingredients
- Labeling products with appealing slogans like “made with whole grain” or “20% lower in fat” can make them appear healthier than they really are.

Tips for making your meals Fresh, Fast, & Fabulous

- Read the food label to know what is in the food and to limit unnecessary, unknown, or unwanted ingredients.
- Use fresh or minimally processed proteins such as fresh/frozen beef, chicken, fish, and dry or no salt added canned beans to limit added fat and salt.
- Select fruits in season or consider fruit frozen or canned in juice to avoid added sugar.
- Select vegetables in season or consider vegetables frozen or canned without added salt.
- Select skim milk to limit unwanted fat.

National CACFP Sponsors Association



SENDCAA Child/Adult Care Food Program *with offices and staff nearby to serve you:*

Fargo
 cacfp@sendcaa.org
 1-800-726-7960 or 232-2452

Wahpeton
 dianaf@702com.net
 642-3497

Our web site:
 http://
 foodprogram.sendcaa.org

Things to remember.....

- Please notify the office or your home monitor when you have a child that needs to be deleted or has been deleted from your attendance.
- Menus are due by the 3rd of every month.
- Contact our office when your phone number or email address changes.

Workshops "Just for You" Fat, Sugar, Salt, Oh My!

(Repeat)

Tuesday, **November 4th** 2014

6:00-8:00

Dakota Medical Foundation 4141 28th Ave S **Fargo**

Join us for an evening of hands on activities and cooking to learn how to:

- Reduce sodium in your daycare menus
- Prepare a variety of foods for your daycare with fewer solid fats
- Serve fewer foods with added sugar

Presented by Sharla Olson & Heide Martin
Growing Futures approved for 2 hours credit

To register call:

SENDCAA at 232-2452 ext. 132, 800-726-7960

or e-mail jennyn@sendcaa.org

Taco Chili

(Freezer Meal)

1lb ground beef, cooked
1 medium onion, diced
1(14.5oz) can corn, drained and rinsed
1(14.5oz) can black beans, drained and rinsed
1(14.5oz) can navy beans, drained and rinsed
1(8oz) can tomato sauce
2(14oz) cans diced tomatoes
1(4.5oz) chopped green chilies
1 package taco seasoning, reduced sodium

To Freeze: Place all ingredients in a gallon zip-top bag and put in the freezer. When ready to make, thaw in refrigerator for 24 hours.

To Cook: Place in a slow cooker on low for four to six hours. Heat to an internal temperature of at least 165F. Serve with shredded cheese and tortilla chips.

Makes six servings. Each serving has 300 calories, 4g. Fat. 25g protein, 44g carbohydrates, 10g fiber, 450mg sodium

August 2014 Food Wise Newsletter
NDSU Extension Service

There is still time to register for...

SENDCAA's Annual Conference Saturday, October 25th at the Fargodome!

Up to 6 hours of FREE training
Growing Futures approved

Join us for Lunch! Lunch will be a Taco Salad Bar, Dessert and Beverage. To order lunch, please enclose an \$8.00 check payable to SENDCAA when you register.

To register call:

Jenny at 232-2452 ext. 132, 800-726-7960 ext. 132

SENDCAA is happy to announce that all of our providers will be receiving the **2015 National CACFP Sponsors Association Nutrition Calendar & Record Keeping System!** This is more than just an ordinary calendar! Each month contains activity pages filled with **Recipes, Nutrition tips, Physical & Table Activities, snacks** and more! Each month's calendar page has oversized squares for recording important events and is followed by the business record-keeping pages. Your home monitor will be giving them out the next time they are out to see you!

