



Food In Focus

What's the Difference Between Peas?

Ever wonder what the differences are between garden peas, snow peas, and sugar snap peas? You're not the only one.

Garden Peas– These are peas you typically see canned or in the frozen section. Garden peas are typically 3-4 inches long and have tough pods that aren't recommended for eating. However, these pods contain sweet, tender peas, which are perfect for adding to stir fries, soups, cooked on their own as a simple side dish or even eaten raw in a salad.

Sugar Snap Peas- Are a cross between English peas and snow peas. You can enjoy these peas at any stage, but they will be their sweetest and crunchiest when the peas fill out most of the pod. If you like eating pea shoots and tendrils, sugar snap varieties have some of the best.

Snow Peas- Snow peas are flat with small peas inside. They are tender and unlike the garden pea, the entire vegetable is enjoyable to eat. They are often referred to as Chinese pea pods.

what's the difference between
GARDEN PEAS, SNOW PEAS,
and SNAP PEAS?



ProduceMadeSimple.ca



Sweet Pea Hummus

Ingredients

- 4 cloves garlic, minced
- 2 c. sweet peas, frozen
- 1 can chickpeas (28 oz.), rinsed and drained
- 1/2 lime, squeezed
- 3 Tbsp. olive oil
- 1 Tbsp. Tahini
- Salt & pepper, to taste
- Red pepper flakes, to garnish

Preparation:

- In a food processor, process garlic and sweet peas until they form a paste-like consistency. Add in the chickpeas, lime juice, olive oil, and tahini. Blend until smooth, scraping down the edges as needed. Season with salt and pepper to taste.

Credits as a vegetable component.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Strawberries
Bread/Bread Alternative	Banana Walnut Bread
Meat/Meat Alternate	
Snack	
Two Items	Sweet Pea Hummus
Two Groups	Pita Thins
Other	Water
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Tomatoe Wedges & Avocados Watermelon
Bread/Bread Alternative	WG Soft Tortillas
Meat/Meat Alternative	Tilapia Tacos
Other	

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar of Events

We are more than half way into the 2017-2018 CACFP year. If you have not completed your 2 hours of in-service yet you need to plan what you are going to do. Don't wait until September to complete your hours. Remember if you take nutrition classes through KCCTO, the hospital, Merc, other food programs or college classes they may meet your requirements. If you have any questions call us @ 842-9679.

Sugar Shocker

Thursday, June 21st 6:30-8:30 pm
PBS Office, 1900 Delaware

We will discuss the ins and outs of sugars. We will learn the daily amount needed and how to cut back as well as learn about the dangers of consuming too much sugar. We will learn how to recognize hidden sugars and the difference between natural and added sugar. RSVP by calling 842-9679. KDHE & KSDE approval pending.



Identifying Whole Grains

The new CACFP guidelines require at least one serving of grains each day contains a whole grain-rich component. Do you wonder if your food is whole grain rich? Check out the information guide in this newsletter.

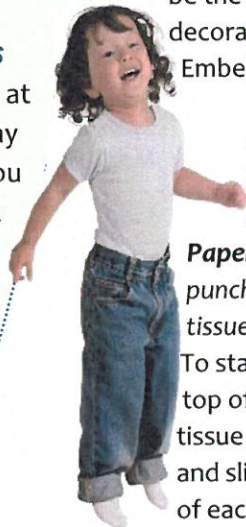
Office Closed

Monday, May 28th for Memorial Day

Open Office

Thursday, May 31st from 4:30-6:30 pm.
Call before 3:00 pm if you would like to pick up your check.

Free for CACFP
participants



PBS Library

MAY CELEBRATIONS

- ♦National Salad Month
- ♦Cinco de Mayo, May 5th
- ♦Child Care Provider Day, May 11th
- ♦Pick Strawberries Day, May 20th
- ♦Hamburger Day, May 28th

ACTIVities!

Cinco de Mayo Celebration - Hola! Take time to learn a little about another culture by cooking your favorite Mexican -inspired recipes as well as fun little projects to get the festivities started.

Serapes (long blanket like shawl)- Give each child a paper bag. Cut out both side panels. Turn the bag inside out so advertising is on the inside. Close the bag so that it lays flat and cut out a large circle at the top. This will be the opening for the child's head. Let the children decorate their serapes with paint or markers. Embellish the bottom with fringe or ribbon.



Maracas- Fill plastic Easter eggs with dried beans. Seal the egg and hot glue between two plastic spoons. Wrap the handles together with decorative tape.



Paper Bag Piñata- You will need: paper lunch bags, hole punch, scissors, glue stick, crepe paper streamers, colored tissue paper, string, fun goodies or candy. To start, punch two holes through the top of each bag. Then cut some strips of tissue paper about the width of your bag and slice some fringe along the bottom of each strip. You will need to thread string through the holes in the top of the piñata. Now fill with your goodies.



Positive
Bright
Start

1900 Delaware Lawrence, KS 66046 • 785-842-9679 • M-F 8:30AM-4:30PM

Identifying Whole Grain-Rich

The USDA CACFP requires that at least one serving of grains each day contains a whole grain-rich component. Foods that meet the whole grain-rich criteria are foods that contain at least 50% whole grains and the remaining grains in the food are enriched, or are 100% whole grain.

Here are a few ways to help identify if a product is whole grain-rich. As long as the product meets **AT LEAST ONE OF THESE SIX METHODS**, described below, it is considered whole grain-rich.



#1 FOOD IS LABELED WHOLE WHEAT & MEETS FDA'S STANDARD OF IDENTITY

Certain bread and pasta products specifically labeled "Whole Wheat" on the package and which conform to an FDA Standard of Identity can be considered whole grain-rich. An FDA Standard of Identity is a set of rules for what a product must contain to legally be labeled with that product name. List available at cacfp.org.

#2 WIC

Women • Infants • Children

The product is found on **ANY** State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole grain food list. Any grain product found on a State agency's WIC-approved whole grain food list meets CACFP whole grain-rich criteria.



#3 FDA STATEMENT



One of the following FDA statements is included on the labeling:

"Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."

"Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."

#4 RULE OF THREE

The first ingredient (second if after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ. Any grain derivatives may be disregarded. Any non-creditable grain ingredients that are labeled 2% or less are considered insignificant and may also be disregarded.



Whole Grain #1 2nd Grain Ingredient

INGREDIENTS: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola And/ Or Sunflower), Cheddar Cheese ([Cultured Milk, Salt, Enzymes], Annatto), Salt, Contains 2 Percent Or Less Of: Yeast Extract, Natural Flavor, Paprika, Spices (Celery), Baking Soda, Monocalcium Phosphate, Dehydrated Onions, Annatto Extract For Color.
CONTAINS: WHEAT, MILK

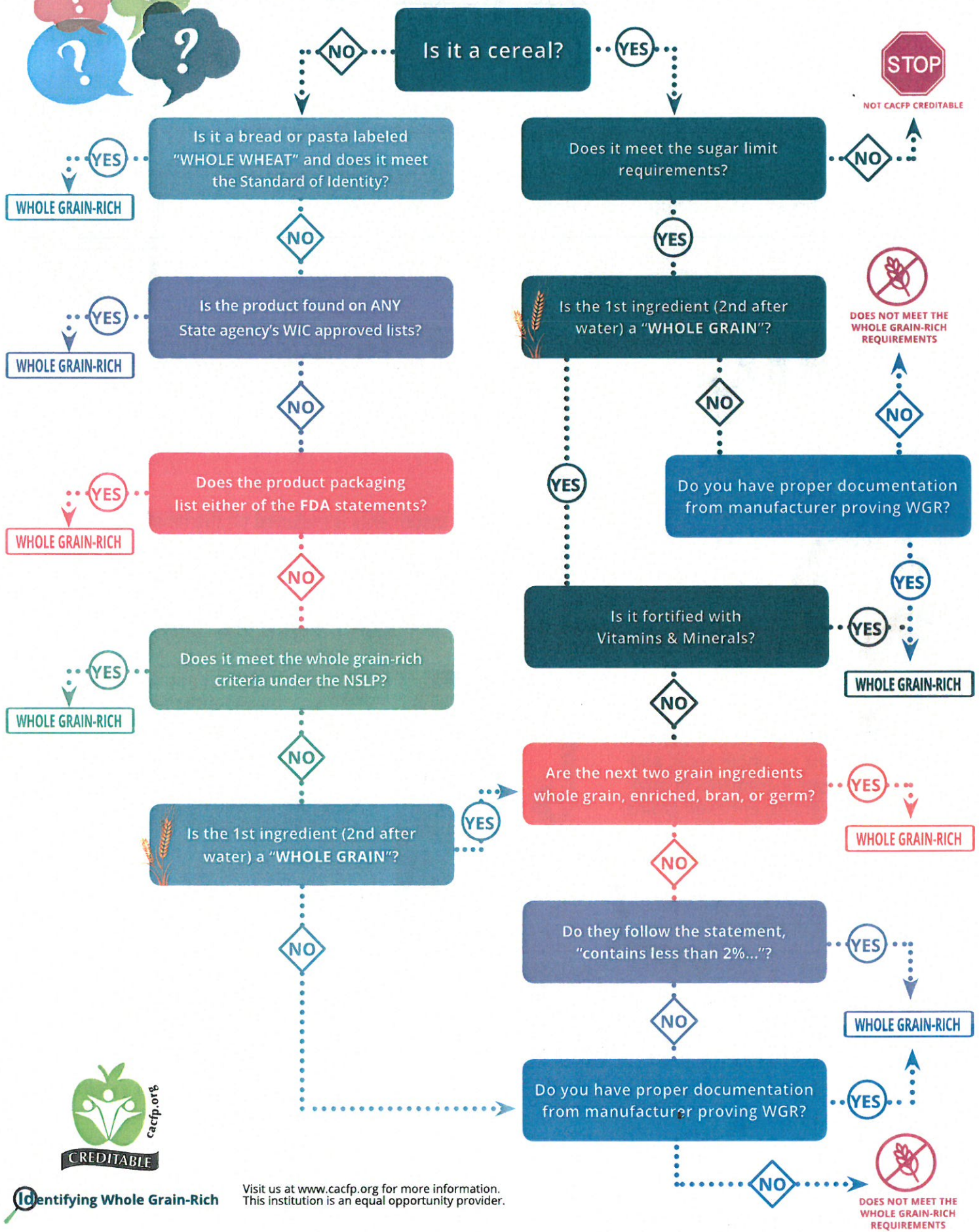
#5 FOOD MEETS THE WHOLE GRAIN-RICH CRITERIA UNDER THE NSLP

Use of the National School Lunch Program whole grain-rich criteria may ease menu planning and purchasing for at-risk afterschool or CACFP child care programs. The NSLP whole grain-rich criteria apply for all grain products with the exception of grain-based desserts, which are not creditable under CACFP.

#6 MANUFACTURER DOCUMENTATION OR STANDARDIZED RECIPE

Proper documentation from a manufacturer or a standardized recipe can also demonstrate that whole grains are the primary grain ingredient by weight.

Wondering if your food is **WHOLE GRAIN-RICH**?



Visit us at www.cacfp.org for more information. This institution is an equal opportunity provider.

Identifying Whole Grain-Rich