



CHILD AND ADULT CARE FOOD PROGRAM  
(CACFP)  
DEKALB IL  
FY2016 OPTIONAL TRAINING

Meat & Meat Alternates:  
How to Increase Nutrition & Convenience  
While Reducing the Cost in Meal Planning

1ST TRIMESTER HANDOUT  
10/01/15 – 01/31/16  
WITH SELF-STUDY UNIT

THIS TRAINING IS OPTIONAL FOR FOOD  
PROGRAM PARTICIPANTS FOR ALL PROVIDERS  
AS WELL AS THEIR ASSISTANTS.

Upon correct completion, 3 hours of CACFP credit will be issued for each provider/assistant (submit a separate, completed quiz for each individual).

## How to Increase Nutrition, Convenience, and Reduce Cost using Meat/Meat Alternates in Meal Planning

To meet the (CACFP) **Child and Adult Care Food Program** meal requirements, meals must provide adequate serving amounts for **all** components including **Meat/Meat Alternates**. This helps to ensure that children's nutrient needs are being achieved.

**Commercially Prepared Food Products** that are served to fulfill the meat/meat alternate requirement must identify the products as either having a **(CN) Child Nutrition label** or a **Product Formulation Statement** to claim for reimbursement on the CACFP. Serving sizes must meet the meal requirements to be served to **each** child at the time of the meal.

Many child care providers choose to make their own **(HM) Homemade** versions of these products, instead of serving **Commercially Prepared Food Products**, because of the cost, to limit the use of processed foods or to offer more variety to menus. A lot of thought and consideration goes into the planning of meals, so that children will eat and enjoy familiar foods, along with introducing **new** foods or serving foods in **different** ways.

This assignment offers many ways to prepare **HM Homemade**, nutritious alternatives vs. serving **Commercially Prepared Food Products**.

This Home Assignment will also include the following topics:

1. Moving from **Commercially Prepared Food Products** to **HM Homemade** or **Make your own** versions.
2. Use of **dried beans, peas and soybeans** as **protein enhancers**, to be served in combination with meat or another meat alternate.
3. What is the **Standard of Identity** of a food on the CACFP?
4. **Yogurt** – serving sizes, amount of sugar in products, and low-fat alternatives. **Make your own** yogurt project with children.
5. **Peanut butter/Nut Butters** – What's **Creditable, Non-Creditable**? Serving Sizes, what counts as a component for a meal or a snack?
6. **Tree Nuts and Seeds** as a meat alternate on the Food Program. Serving sizes, **Creditable** for a meal or snack.
7. Definition of **Creditable** cheeses – “Pasteurized Processed Cheese”. **Non-creditable** Cheeses – “Prepared Cheese”. Serving sizes, recipe for **Make your own - Macaroni-n-cheese**
8. Review of Meat/Meat Alternates **Non-creditable** on the Food Program E.g. Beef Jerky, what's **Creditable** with a **CN label**?
9. Summary
10. Recipes
11. Questionnaire/Activity Section

## Make your own versions of child-friendly foods

Given the many options available to purchase **Commercially Prepared Food Products**, there are as many ways to serve foods from scratch that add **nutrition, variety** and **taste** which appeal to children's own particular tastes and appetites. Children learn what tastes good to them by being offered foods in **many** different ways. Much has to do with what is being served, how it's prepared and how it's presented to children.

Children are more receptive to foods that **they** choose and then have **many** opportunities to become **familiar** with. Providers can engage children in the process of menu planning and preparing - **Make your own** versions of these foods, such as "chicken nuggets", chili, pizza, and macaroni-n-cheese. Experimenting with ingredients as well as **flavors, textures, and temperatures** helps to create the final product that gains acceptance and favor when introducing **new** foods.

Many of these foods can be prepared before the meal or made ahead of time, refrigerated or frozen to be rotated into the menu. A chicken breast, can be thawed, cut up into chunks, dipped into bread crumbs and baked in the oven. This can be a substantial trade off towards better nutrition, for the short amount of time it takes to prepare, compared to serving commercially prepared.

Children love to learn about **new** foods and look forward to having HM "chili" or "soup" served with their choice of favorite bean (kidney, red pinto, and black beans), vegetable or added topping. HM pizza can turn into the child's **own** creation if given simple ingredients to select or prepare themselves. \*See recipe section for ideas and recipes.

## Serving (dried) beans, peas, lentils, soybeans as Meat Alternates

Providers can work to provide foods of **high** nutritional value and substitute or **add-in** foods that can increase the nutrient content and also offer a cost savings to preparing meals.

**Dried beans, peas** or **legumes** as they're called along with **soybeans**, served alone or in combination with a meat or another meat alternate can be a "**protein enhancer**" to a main dish or as a side dish.

Not only are **legumes** a great source of protein, they're also low-fat, high in fiber, take longer to digest, help make us feel full longer, help lower cholesterol, and in combinations, they provide many essential vitamins and minerals.

The amount of **protein** needed to meet their nutritional needs varies per age of child:

Age 1 through 3 years	Age 4 through 8 years	Age 9 through 13 years
13 grams daily	19 grams daily	34 grams daily

Protein from meat/meat alternates, and milk, provide adequate protein. Serving sizes of cooked, dried beans or peas:  $\frac{1}{4}$  c–1oz of meat alternate. The CACFP meals pattern serving sizes for **dried beans and peas** served as the protein source at Lunch or Dinner are listed below:

Age 1 & 2 years	Age 3 through 5 years	Age 6 through 12 years
$\frac{1}{4}$ Cup	$\frac{3}{8}$ cup	$\frac{1}{2}$ cup

Start your weekly menu with a **Meatless Monday**. Children will wonder what’s being served and it will give them an opportunity to try something new. Try a “**bean** a week” to see what children’s tastes and interests are drawn to which will peak their curiosity and help you to plan meals ahead of time. Make up a song about the **many** types of beans **including kidney beans, pinto beans, black beans, black-eyed peas, garbanzo beans (chickpeas), and soybeans.**

**Soybeans** are another type of **legume**, which has the **highest** “natural” source of **dietary fiber**. Soybeans come dried, canned, frozen, or fresh. **Edamame**, as it’s referred to in Japan, is a fresh soybean that can be steamed and served right out of the pod. Another way to teach children how to say **edamame** is to say “**Eddie’s mommy**”.

**Soy nut butters** are creditable and **2** tablespoons = **1oz** of meat alternate. **Soy nuts** are roasted and **1oz** of soy nuts = **1oz** of meat. **Tofu**, and **tempeh** are **not** reimbursable on the Food Program as there is no **USDA Standard of Identity** for these products. The **USDA** uses the **Standard of Identity** to determine if a product meets the government standards for the content, preparation, and labeling of food before it is manufactured and sold in commerce.\*

**Fun facts about soybeans** – Soybeans are called “large bean” or “yellow bean” in China. Soybeans are used as food for animals and humans. And, 1 acre of soybeans can produce enough wax for 82,368 crayons.

Using beans, peas and soybeans in meals, or **Make your own** - refried beans, hummus, bean dip, or serve “white chicken, bean chili”, “**name your bean**”, soup, or red lentil soup along with corn-bread, rice, tortillas, crackers, topped with shredded cheese, salsa, parsley, sour cream, lime wedges or sprinkle of sea-salt.

Soybean beans, (**edamame**) are “fuzzy” on the outside and can be served straight from the pod. Children like to “pop” them into their mouths. They can also be made into a “green” dip for a snack or special food event, “green day” (food). \*See recipe section.

It may be easier and more convenient, to start by using canned, beans or fresh or frozen soybeans. Eventually you will get the hang of preparing dried beans and peas ahead of time for weekly meals or you can freeze them to be added in at later time. Dried beans, peas, and soybeans count as a **meat alternate** or as a **vegetable** on the Food Program.

### **Yogurt as a Meat Alternate**

**Yogurt** has its place along with other meat alternates. Yogurt provides protein and nutrients and can be served instead of meat as a meal component at lunch/dinner or as a snack on the Food Program.

Serving sizes vary per **age** of child to meet the meal requirement for yogurt on the Food Program. A provider may be serving more or not enough of what is needed for a particular age group. A **4 oz** yogurt - **1 oz.** meat/meat alternate.

Age 1 & 2 years	Age 3 through 5 years	Age 6 through 12 years
4 oz. or ½ cup	6 oz. or ¾ cup	8 oz. or 1 cup

Providers need to have the required amount of yogurt available to be served to children and a child can decide how much he or she will eat of what’s been offered.

Yogurt is high in key nutrients such as protein, Vitamin D and Calcium. Yogurt and milk also have “**natural occurring**” sugar called “**Lactose**”. A 6 oz cup of plain yogurt has the same amount of lactose-sugar as an 8 oz glass of milk. Both have 12 grams which is equal to 3 teaspoons of sugar. **Here’s how to calculate grams of sugar in a product.** 4 grams of sugar equals 1 teaspoon of sugar. With the exception of “**plain**” yogurt, other yogurts have on average **14** grams or **3.5 tsp** of **additional** sugar. The added sugar can be from fruit, high fructose-corn syrup, or juice. **Aspartame** is also added to yogurt as a sugar substitute. Even **vanilla** yogurt which is said to be sweetened with **natural flavorings**, is in fact sugar, and has **25** grams or **6** teaspoons of sugar, per **6 oz** serving.

A simple substitute for flavored, sweetened yogurt is to buy “**plain**” yogurt and add your own fruit, vanilla, cinnamon and maybe a sprinkle of sugar, or honey to taste. \*See recipe section.

**Low-fat** yogurt has more calcium with less fat, making it a better choice than those that contain more fat. When purchasing yogurt the ingredient label should read – “**milk, live and active cultures**” to be considered yogurt. Other yogurts may contain ingredients like guar gum, carrageen and gelatin as a stabilizer and to improve the **texture** of the product.

“**Greek**” yogurt is made from the straining of yogurt to remove the “**whey**” (the liquid remaining after the milk has curdled) leaving a yogurt that has less sugar, fewer carbohydrates and more protein than regular yogurt.\* All “**Greek**” yogurts are **not** the same, because there are **no** regulations for “**Greek**” yogurt. Regular yogurt is regulated by the **(FDA) Food & Drug Administration** to meet product standards, were “**Greek**” yogurt is not\*

Companies can change the process of how “**Greek**” yogurt is made and may add in additional ingredients – concentrated milk and whey protein, or “**modified corn starch**” as thickeners to enhance the texture of the product. It’s recommended to read all labels for ingredients lists, quantities, and serving sizes before purchasing yogurt to get the most quality and nutrition for your money. Serving yogurt with another meat/meat alternate also provides adequate protein and is an additional **cost-savings** to meals being served.

**Yogurt in a Tube** – The label must meet all the standards to be claimed as yogurt on the Food Program. A **2.2 oz.** size tube may be credited as ½ of meat/meat alternate. To meet the Food Program requirements the yogurt must **not** be served frozen\* Tubes must be **fully** defrosted before they can be served. **Frozen yogurt** has no **Standard of Identity**, so it is **Non-creditable** on the Food Program.

**\*Homemade** yogurt from milk cultures is not **pasteurized** and therefore is **Non-creditable** on the Food Program.

**Fun facts about Yogurt** – it’s actually “**alive**”, it’s cultured, containing helpful “**good**” bacteria to keep the digestive system regular. It also stimulates the immune system and fights infection. Yogurt can also be made from any mammal that produces milk, be it cow, goat, sheep, water buffalo, yak or camel.

### **Peanut Butter and other Nut Butters**

When purchasing peanut butter is it is best to look at the ingredient list before deciding if it’s the type of peanut butter to purchase. Peanut butter like other nut butters (almond, cashew, or sunflower) may contain **added** ingredients such as corn syrup, sugar, hydrogenated vegetable oil, coconut or palm oil. Amounts of these ingredients may vary per type or brand of product.

Some “**Natural**” peanut butters and often **store** brands, rather than **name** brands, list **peanuts and salt** as the **two** ingredients in the product. The “**natural**” peanut butters will have oil at the top, when opened. The oil has separated and should be stirred into the mixture to make it the consistency of peanut butter. Some “**Natural**” peanut butters should be stored in the refrigerator after being opened to avoid spoilage. Follow recommended storage of all peanut and nut butters.

**\* Peanut or Nut butter spreads** such as **Nutella**, does **not** meet the **Standard of Identity** and is **not** creditable on the Food Program. Any item labeled as a type of nut “spread” is **not** creditable towards the meat/meat alternate component; **this includes peanut butter spread**. Look closely at the food label of peanut butter or any nut “butters” to assure that they are not labeled as “spreads.” For example, **Jiff Hazelnut Chocolate Peanut Butter Spread** lists “palm” oil and milk as the **first** ingredients on the ingredient list and is not creditable. **Reduced-fat** peanut butter may be creditable. If product meets the **Standard of Identity** for peanut butter with 90% peanuts or peanut flour, 2 tbsp provide 1 oz. meat alternate. Keep in mind that that reduced-fat nut butters may contain added corn syrup, and sugar to replace the fat, and to improve the taste of the product.

Serving sizes are dependent on the **age** of the child and how much a child is able to eat to meet the meal requirement for peanut or nut butter as a meat alternate source.

<b>Age 1 &amp; 2 years</b>	<b>Age 3 through 5 years</b>	<b>Age 6 through 12 years</b>
2 tablespoons	3 tablespoons	4 tablespoons

**Note:** the serving size for bread from ages 1-5 is a ½ slice of bread, 6-12 yrs is 1 slice of bread to meet the bread requirement. Serving 2 tablespoons of peanut butter to meet the meat alternate requirement on a half slice of bread would be too much for a child to be served or eaten. Serving another meat or meat alternate is recommended when serving peanut or nut butters.

*\*Care and caution should be used to avoid “choking” or “allergies” in offering peanut and nut butters. \*The Food Program does not allow **peanut or nut butters** to be serve to infants.\* See Recipe Section for ideas and recipes for “**Make your Own**” peanut butter.*

**Fun facts about Peanuts** – Peanuts are not a nut, but a **legume** related to the beans and lentils. Peanuts are naturally cholesterol-free and it takes **540** peanuts to make a 12 oz jar of peanut butter.

### **Nuts and Seeds Serving Requirements**

**Tree nuts and seeds** are high in Calcium, Folic acid, Magnesium, Potassium, Vitamin E, fiber, and contain antioxidants and phytochemicals which are beneficial to health. Nuts and seeds are protective against cardiovascular disease, help to lower (LDL), or bad cholesterol, and contain healthy unsaturated and monounsaturated fats.

**\*Nuts and seeds** meet **50%** or half of total meat alternate serving and must be combined with **another** meat/meat alternate to fulfill the lunch or dinner requirement. Nuts and seed count as meat alternate at a snack. A **1/2–1oz.** is needed as a serving, along with **another** component for a snack.

*\* As previously mentioned the use of nuts and seeds should be age-appropriate and specific to the individual child. Consideration of these factors should determine whether serving these meat alternates could pose a “choking or “allergy” hazard to a child. The Food Program does **not** allow **nuts and seeds** to be served to infants.*

**Fun Facts about nuts and seeds** – Most sunflower seeds grown in the U.S. are grown in Minnesota and North Dakota. Nuts are grown from trees. Almonds are part of the **Rose** family along with other “blossoming trees”, such as peaches, apples, pears, plums, cherries and apricots.

### **Cheese – “Creditable” and “Non Creditable” Cheeses**

**Cheese** used to meet the **meat/meat alternate** meal requirements follows **Standards of Identity**. Some cheeses are considered **Creditable** and **Non-creditable** cheeses, for use on the Food Program.

**Creditable cheese** – are cheeses that have been “**Pasteurized and Processed**” and meet the **Standard of Identity** for that product – examples of these cheeses:

- Natural Cheese
- Pasteurized Processed Cheese (100% cheese)
- Cheese Food (contains at least **51%** cheese)
- Cheese spread
- Cottage Cheese
- Ricotta Cheese

Individual products will have specific labels and ingredient lists to determine if a product meets the standards acceptable to serve on the Food Program.

**Non-Creditable Cheeses** are cheeses that do **not** meet the **Standard of Identity**, and **cannot** be claimed on the Food Program. Examples of these cheeses:

- Imitation cheese
- Cheese Product (contains **less than 51%** cheese)
- Velveeta

- Products that also have “**Prepared**”, as part of the label. E.g. Velveeta slices, pasteurized, “**Prepared**” Cheese Product.

1 oz of hard cheese provides 1 oz. of meat/meat alternate. (1 oz is the size of 2 dominos)

Age 1 & 2 years	Age 3 through 5 years	Age 6 through 12 years
1 oz.	1 ½ oz.	2 oz.

**Skim, or partially skim cheeses** such a **string cheese, mozzarella, ricotta cheese** all serve as **good** choices for low-fat cheeses. High fat cheeses, although have nutrients and add flavor to foods, can be high in cholesterol and saturated fats. Serving some high fat-cheeses can out way the benefits nutritionally, if you take the fat content, the amount of calories and a typical American serving size of cheese into consideration. Portion(s) or serving sizes can vary per type of cheese served.

The amount of cheese served as a meat/meat alternate must meet the required serving sizes offered at the time of the meal or factored into the **ratio** of meat/meat alternate needed for a main dish item – macaroni and cheese, lasagna, and pizza.

Cheese with its protein, Calcium, Vitamin D. served in combination with another meat/meat alternate can adequately meet the meal requirements; provide additional nutritional benefits, taste and flavor to traditional meals. \*See Recipe section.

**Fun facts about cheese** – The United States is the largest producer of Cheese in the world. There are over 2000 varieties of cheese. And the # 1 cheese recipe in America is “Macaroni and Cheese” created by Thomas Jefferson.

#### **Other Creditable and Non-creditable Meat/Meat Alternates**

The **USDA Food Buying Guide** and **Crediting Handbook for the CACFP** are available as resources to answer questions of what’s creditable, what’s an accurate serving size or composition of a particular food. Some of the following meat/meat alternates are **Creditable** and **Non-creditable** for use on the Food Program.

**Pepperoni** – is **Creditable** and can be served **only** if it has a **CN – Child Nutrition label**. A **Commercially Prepared** pepperoni pizza would **not** meet the requirement for meat/meat alternate. **HM** pizza using pepperoni with a **CN label** and cheese would meet the serving size as required to meet the meat/meat alternate component for that meal.

- **Pepperoni** is also high in sodium and fat, so is best to be served in combination with another meat/meat alternate.
- **Beef Jerky**- is **Non-creditable** for the Food Program because it does **not** meet the requirement for a meat/meat alternate. It is also **high** in sodium and is difficult for children to chew.
- **Canned, Pressed Luncheon Meat** (Potted/Deviled) does not have a **Standard of Identity** and is **Non-creditable** on the Food Program. These products are also **high** in fat and sodium content
- **Liverwurst** is **Creditable** only if it has a **CN label** or **Product Formulation Statement**



- **Meat sticks** (summer sausage) are high in fat and are **Non-creditable** on the Food Program.
- **Sausage** – fresh pork or fresh Italian sausage that has been **USDA** “inspected” is **Creditable** on the Food Program
- Other **sausage products** are **Creditable**, only if they have a **CN label** or **Product Formulation Statement** signed by an official of the manufacturer (not a sales person) \*
- **HM Homemade Venison sausage** is **Non-Creditable**
- **Venison** and **other game** is only **Creditable** for the Food Program, if it is inspected and approved by the appropriate **State** or **Federal** agency.

### **Summary**

Planning, preparing and serving Meat/Meat Alternates in various combinations with other meat/meat alternates and meal components can take meals to a whole other level of nutrition, providing creative and new meal options, convenience and taste-satisfaction to your menus. Make it, try it, serve it, and let the children develop their own sense of taste and appeal for new and healthy foods.

## Meat/Meat Alternate Recipes

### Beans, peas, lentils, soybeans and garbanzo (chickpeas)

**Fresh, frozen, canned or cooked** can be used for the following recipes. \*A potato masher or food processor can be used in for individual recipes.

#### **Make your own “Hummus”**

- 1 (16oz) can garbanzo beans – drained, mashed with potato masher or in food processor
- 1 clove of garlic, minced, \*optional – it may be too overpowering for some children’s tastes.
- 1 – 1 ½ tbsp olive oil, for preferred consistency
- 1 tbsp tahini - sesame paste - purchased in the condiment section of grocery store \*optional
- 1 tbsp lemon juice
- Sprinkle with sea salt or regular salt and other choice of spices

Add ingredients together one by one in either a bowl to be mixed with spoon or in a food processor. Chill. Serve hummus with celery, carrots, peppers, cucumbers as scoops, or pita triangles. \*If you prefer a creamier consistency and additional protein, add 1- 2 tbsp of yogurt to hummus.

\***Make your own pita chips** – cut split pita pocket bread and cut into triangles with a pizza cutter. Place pita triangles on a lightly sprayed (cooking spray) on cookie sheet, and baked for 8-10 minutes until crispy. Cool and serve with hummus.

**Hummus** can also be used as a **spread** on a tortilla in a roll up with cheese, dab of yogurt and shredded carrots.

#### **White Chili**

- 2 (16oz) can white beans, drained
- 1 tbsp olive oil
- 1 medium onion, chopped
- 1 tsp chili powder
- 2 ½ cups of chicken broth or water
- 1 cup chopped, celery
- 1 cup pre-cooked carrots, chopped
- 2 cups of cut chicken chunks\*optional
- 1 cup of milk \*optional for taste \* optional

In a large stock pot, brown onion with oil, add beans, stir. Slowly add other ingredients. Simmer for 30-40 minutes, stirring occasionally. Serve.

Season to taste or other preferred spices.\*Sea salt is added as a pinch or a sprinkle, not to be added into the recipe. Serve with whole grain crackers or corn-bread.

**Cooking dried beans and peas –Slow soak** - rinse and drain 1 lb. dried beans, peas, with 10 cups of water in bowl or pan, cover and refrigerate overnight. Next morning rinse and cook beans. **Quick soak** - In a stock pot bring 1 lb. of beans, peas, 10 cups of water to a boil. Cover and let set for 1-4 hours as room temperature, until softened. After soaking beans or peas, rinse and return to stock pot. **Don’t** use the soak water as it can cause bloating and gas.

Beans can now be cooked and used made into soups, stews, dips, or spreads. Just add water to cover three times the amount of their weight in volume.

Bring to a boil, reduce heat and simmer gently, uncovered stirring occasionally until tender. Beans are done when they can be easily be mashed by a fork. **Don't** add salt or acidity – tomatoes or tomato juice, prior to cooking as it may stop the cooking process and beans will be tough. \* Check instructions for cooking beans and peas in a crock pot.

To **freeze** cooked beans for future use, immerse beans in **cold** water until cool, drain and then freeze in containers.

**Bean soups** – add onion, celery, tomatoes carrots, or other in season vegetables - red peppers, zucchini, summer squash.

1 lb of dried beans – 5-6 cups cooked beans. 1  
15oz can, of beans – 2/3 cup of beans.

Small amounts of meat – chicken, turkey, beef or pork, pasta, can also be added to make your **own** soup combination. Ask the children what they kind of bean soup they would like and find a recipe online to make the soup or create your own and give it a name – “Braden’s birthday soup”.

**Lentil Stew** – Lentils **don't** require soaking and be cooked in a brief amount of time. Whole, brown or green lentils cook in 30-45 minutes and Split, red lentils cook in 10-20 minutes.

Rinse lentils, drain, put in water, simmer, stir and add ingredients as they're cooking. They can be put into chili, soup, casseroles and in combination meals. Brown and yellow lentils have more of a nutty taste, where red lentils soften up quicker and enhance the other ingredients in the dish.

**Easy Lentil Stew** – This stew can be made ahead of time and will taste even better the next day.

6 cups water  
2 cups dry, green or red lentils  
2 cans diced tomatoes  
1 cup finely diced onion  
½ cup finely chopped, carrot  
½ cup finely chopped, celery  
1 tbsp canola or olive oil  
1 minced garlic clove  
1 tsp. dried basil

In a large pot on medium heat cook onion, carrot, celery, garlic in oil for 6-7 minutes until vegetable are tender. Add in the rest of the ingredients, and reduce heat, simmer for 35-40 minutes.

¼ tsp cumin, \* Cumin is an acquired taste, a dash of curry on top before serving can add a similar flavor. Tastes to see what you prefer. The flavors of the stew will be enhanced when served the next day. Salt and pepper to taste.

**Red lentil dip** – 1 cup cooked red lentils, mashed or pureed with 1 tsp water, add ½ tsp olive oil, ½ tsp lemon, optional – cumin, garlic minced, or your favorite spices. Serve cold or hot with raw vegetables, or pita chips.

**Green Giant Dip** – 1 cup frozen thawed, edamame (soybeans). Mash or puree in 1 tsp water ½ tsp olive oil, 1 tsp lemon, optional - minced garlic, and your own favorite spices. You can also add plain yogurt if you'd like a creamier consistency. Chill and serve with raw veggies, whole-wheat bread cut into squares, crackers or pita chips.

**Yogurt - Make your own yogurt** - try different brands of plain yogurt to find one you like. By adding spices, and flavorings you can enhance the flavor of the yogurt and control the amount of sugar added. Buying plain yogurt in larger containers allows you to use plain yogurt for many different uses, flavored yogurt, dip, as a substitute for sour cream, or to replace oil used for baking.

**Make your own yogurt** – use plain vanilla yogurt as a base for making other types of flavored yogurts. Measure the amount of yogurt per serving for each child in a mixing bowl. Add 1½ tsp vanilla. Sweeteners can depend on preference or omit by just using fruit to flavor yogurt. Brown sugar, regular sugar, honey for children over age 2, maple syrup or agave syrup can be added with fruit of choice. Mix together and offer in required serving sizes. A sprinkle of cinnamon can also play up the flavor of yogurt.

**Yogurt dip** – 8ozs of plain yogurt in a bowl, add spices, herbs, of choice. Lemon juice - 1 tsp added can make the dip taste fresh, and changes the tartness of the yogurt. Mix together. Chill. Serve with raw vegetables at a snack. This dip can also be used for sour cream on baked potatoes.

**Yogurt guacamole** – 2 ripe avocados mashed, 1½tsp lemon juice, ½ c Greek yogurt, ¼ c fresh tomatoes, chopped and seeded, 1 tsp onion, minced optional. Mash avocados by hand or with a food processor, add lemon, yogurt and other ingredients. Chill and serve with pita chips tortilla chips, or raw vegetables.

**Peanut/Nut butter** recipes – with the variety of peanut and nut butters available they can be used interchangeably or together. Try natural peanut butter, almond, cashew, sunflower, soy nut butter. Have taste tests with children, buying smaller amounts of nut butters to find what children like best.

**Almond butter, banana roll-up** – take a tortilla, spread with almond butter, chop banana into little pieces add to tortilla and roll-up. Cut in quarts or circles. Serve as a snack.

**Make your own peanut butter** – you will need a food processor. Pulse 1 minute, 2cups peanuts without the skin, which can be roasted or you can buy roasted. Process for 1 minute, scrap sides, it will look gritty and dry. Process 1 minute and it will start to be clumpy forming a ball. Process 1 more minute and should be creamy and smooth. You can also add canola, sunflower, or coconut oil for a creamy consistency. Place in jar and can be refrigerated up to a month.

**Mini banana sandwiches** – 1 banana, peeled cut into ½ inch slices. Spread a small amount of peanut or nut butter of your choice and sprinkle with wheat germ or ground flax seed. Place second banana slice on top. Serve.

**Nuts and seeds** – use nuts and seeds in salads, granola, trail mix, as base for making your own nut or seed butter.

**Protein bites** – 2 cups rolled oats, ½ c peanut or other nut butter, ¼ c of sunflower seeds, 1 tbsp of minced raisins, 1 tsp vanilla. Mix together ingredients and form into 1 inch balls, refrigerate for 30 minutes and serve.

**Broccoli and Pasta** – 2 cups cooked, elbow macaroni, 4 tbsp flour, 2 cups milk, 2 cups cheddar cheese, low-fat, ¼ tsp pepper (optional), 2 cups broccoli cooked and chopped) 1 cup chicken, cut into small pieces (optional). If you put in the chicken add in additional milk for consistency.

1. Place warmed macaroni into a pan.
2. Sprinkle in the flour, stirring thoroughly
3. Over medium heat, slowly stir in the milk into the macaroni
4. Add cheese and pepper
5. Stir over medium heat until the milk and cheese have thickened into a creamy sauce, approximately 7-10 minutes
6. Stir in broccoli, heat thoroughly
7. You can also add shredded chicken to the recipe to increase the protein content.

### Ultimate Macaroni and Cheese

10 to 12 ounces of cavatappi pasta or elbow macaroni noodles  
3 tbsp unbleached white flour  
1 ½ cups of low-fat milk  
2 tbsp of butter or margarine  
1 ½ to 2 cups of grated cheddar cheese

#### Variations:

\**Macaroni and cheese with sweet potato:* Add ½ cup of very well mashed sweet potato for added body and flavor.

\**Baked macaroni and cheese:* Transfer macaroni and cheese to a 2-quart casserole dish sprayed with non-stick cooking spray. Top with ½ cup fresh bread crumbs. Bake at 400° F for 20 minutes.

1. Cook the pasta in plenty of rapidly boiling water until al dente, then drain.
2. Meanwhile, dissolve the flour in ½ cup of the milk, and combine with the remaining milk, butter or margarine, and cheese in a sauce pan. Slowly bring to a gentle simmer, stirring often. Cook over low heat until the sauce is smooth and thick, 4 to 5 minutes.
3. Combine the cooked macaroni and sauce in a serving container and stir together. Season with salt and serve.

**Lentils and Cheese** – 2 cups cooked green, brown or yellow lentils, place in a casserole dish, add 1 tbsp olive oil, sprinkle of salt, 1 cup shredded low-fat cheese, cheddar, or mozzarella. In a bowl mix olive oil and lentils. Place in casserole dish. Cover lentils with shredded cheese. Place in a 325 degree oven. Bake for 7-10 minutes until cheese is melted. Serve.

Resources: 4-C, Madison, WI

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**How to Increase Nutrition, Convenience, and Reduce Cost using Meat/Meat Alternates in Meal Planning**

**Continuing Education Home Assignment Questions and Activities**

**ASSISTANT NAME**

PROVIDER NAME

PROVIDER NUMBER

DATE COMPLETED

1. To meet the (CACFP) Child and Adult Care Food Program meal requirement, meals must provide \_\_\_\_\_ for \_\_\_\_\_ including \_\_\_\_\_. This helps to assure that children's \_\_\_\_\_.
2. **Commercially Prepared Food Products** need a \_\_\_\_\_ or \_\_\_\_\_ to serve on the Food Program.
3. Many providers choose to make their own **HM Home-made** versions of these products instead of **Commercially Prepared Food Products** – What are examples of **Commercially Prepared Food Products** that you could make **Home-made**?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. **Dried beans, peas, or legumes including soybeans**, served in combination \_\_\_\_\_  
\_\_\_\_\_
5. The amount of protein varies of child. How many grams of protein are needed per day to meet children's requirement between **1-3 yrs** : \_\_\_\_\_ and **4-8yrs**: \_\_\_\_\_
6. **Tofu and Tempeh** are reimbursable on the Food Program : **True or False** (circle one)
7. **Yogurt and milk** have a "naturally occurring" sugar called \_\_\_\_\_. Both have **12 grams of sugar** which is equal to **3 teaspoons** of sugar.

8. \_\_\_\_\_ grams of sugar is equal to \_\_\_\_\_ teaspoon of sugar. Some yogurts have additional sugar added which can be from \_\_\_\_\_. A simple substitute to purchasing "flavored yogurt" is to buy \_\_\_\_\_ yogurt and add your own flavorings.

9. When purchasing yogurt the ingredients label should read \_\_\_\_\_, to be considered yogurt.

10. Are all "Greek Yogurts" the same? Why or Why not?

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11. **Home-made Yogurt** is **not** creditable on the Food Program. **True** or **False** (circle one) Why or why not?

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12. Serving sizes of peanut butter are dependent on the age of the child. How much peanut butter is required for ages 1-2 yrs: \_\_\_\_\_ age 3-5 yrs: \_\_\_\_\_

13. Nuts and seed meet \_\_\_\_\_ or \_\_\_\_\_ the **total** meat alternate serving for the Food Program. Nuts and seeds at a snack.

14. **2 oz.** of cheese provides **1 oz** of a meat alternate serving. Children 1-2yrs need \_\_\_\_\_ oz of cheese, 3-5 yrs need \_\_\_\_\_ oz(s) of cheese as a serving size.

15. **Skim, partially skim cheese** such as \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ are **good** choices for \_\_\_\_\_ cheese.





2. Make a **“fantastic”** snack. Make a snack using **one** of the Meat Alternate sources from the Home Assignment or recipes. Prepare. Discuss the process. For example, what did you make? Did you change or add something recipe to make it uniquely yours? How did you make sure enough was served to meet meat alternate requirement? What **other** component did you serve it with to count it as a snack? Did you include the children in the planning, preparing or **“taste”** testing? What other snack would you prepare using a meat alternate source? Were there any preschool activities/ideas generated from making this snack? Be specific with examples so they can be shared with other providers.

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3. **Bean** for a Day! Engage children in learning about beans and peas. Talk about the different types of beans and peas and let them see if they can identify the different shapes, colors, number of beans. Grow some starter beans, so they can see beans grow before their eyes. Make it a **Bean Day!** Serve a **new** bean or a bean or pea of the child(s) choosing.

**Activity** - Using the Meat Alternate Assignment or recipes, make your own **soup** or **stew** using **beans (legumes)** or **peas**. Create a **“song”** or a **“rap”** to go along with the activity. Discuss the process. What did you make? What ingredients were used? How was it prepared? Did you soak your own beans or peas or did you use canned or frozen? How did the children respond, to the activities, and tasting of the **soup** or **stew**? Share your **“song”** or **“rap”** with us. How would you make this activity uniquely yours?

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4. Make your own **“Protein Combinations”** - Select from **each** of the following options to create **2** meals using Meat/Meat alternates. They can be **“Meatless”** meals or a combination of Meat and or Meat Alternates. List the other components you would serve to complete the meal. E.g. Chicken - Lentil Stew, red peppers, kiwi, and **“whole wheat”** tortilla triangles.

Select 1 or more item from each of the 3 columns below to create a Protein Combination

Option 1	Option 2	Option 3
Dried beans or peas, cheese, yogurt, peanut or other nut butter, nuts or seeds	Chicken, beef, turkey, fish, pork or select another type of bean or pea	Raw or cooked – carrots, sweet potato, tomatoes, summer or winter squash, peppers, broccoli, spinach, cauliflower, kale, beets, corn, etc.

Prepare meals. Discuss your Meat/Meat Alternate – **“Protein Combinations”**. For example, what went into the planning of these meals? How did you decide which ingredients to combine? E.g. color, texture, temperature, etc. Were these meals prepared to be served for wide age range of children? How were the children included in this activity? How might you involve parents in this activity?

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Please make a copy of your activities and questionnaire, save one for your records and send one into the 4-C Food Program at 155 N 3<sup>rd</sup> St., Suite 300, DeKalb, IL 60115. If you prefer, you may instead email a scanned copy to [suew@four-c.org](mailto:suew@four-c.org) or FAX a copy to 815.758.5652. If the questionnaire is completed correctly, you will receive a certificate of completion of your Meat/Meat Alternate Self Study. This self study counts towards 3 hours of continuing education. Thank you!