

HNP NEWSLETTER

APRIL 2019



Upcoming Events and Deadlines:

It's National Fresh Celery Month!

- April 11th
Course: CACFP At-Risk
Location: Arkansas Workforce Ctr.
5401 S. University, LR 72209
Time: 9am-4pm
- April 17th
Course: SFSP Application Training
Location: Arkansas Workforce Ctr.
5401 S. University Ave. LR 72209
Time: 9am-12pm
- April 17th
Course: ADH Spanish Food
Safety course
Location: 4815 W Markham LR
72205
Time: 9am-12PM
- April 18th
Course: SFSP Training
Location: Arkansas Workforce Ctr.
5401 S. University, LR 72209
Time: 9am-4pm
- April 22nd
Course: NSLP Refresher
(RCCI, JDC, LTC)
Location: Arkansas Workforce Ctr.
5401 S. University, LR 72209
Time: 12:30-4:30pm
- April 23rd
Course: CACFP Adult ONLY Training
Location: Arkansas Workforce Ctr.
5401 S. University, LR 72209
Time: 1pm-4pm
- April 25th
Course: SFSP Training
Location: Arkansas Workforce Ctr.
5401 S. University, LR 72209
Time: 1pm-4pm

Nutrition Benefits of Celery and its Seeds

- Low in calories and high in fiber
- Benefits the digestive tract and cardiovascular system
- Fat and saturated fat free
- Low sodium



Reminders!

SFSP Applications close 4.30.19!!

USDA Memos:

[SP16-2016- School Breakfast Program:
Substitution of Vegetables for fruit.](#)

[SP15-2019: NSLP Equipment Assistance Grants
for SFA's](#)

Perry H's Technical Assistance Tip of the Month: Always be prepared for a review. Keep your documents by month and in order. It will make for an easier review.

Beef Vegetable Soup is a

USDA, child friendly, low sodium recipe with many vegetables for increased nutrient value. This recipe is great for a rainy April day!



Ingredients:	Weight:	Measure:	Directions:
Raw Ground Beef (<10% fat)	3 lbs.	1 qt. 2 cups	<ol style="list-style-type: none">1. Place ground beef in a large stockpot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.2. Critical Control Point: Heat to 165 F or higher for at least 15 seconds.3. Remove meat from heat. Drain beef in a colander.4. Return meat to heat.5. Add beef broth, tomatoes, celery, onions, salt, pepper, onion powder, salt-free seasoning, garlic powder, and ancho chili powder. Bring to a boil. Reduce heat to medium and cover. Simmer for 20 minutes.6. Critical Control Point: Heat to 165 F or higher for 15 seconds.7. Pour 1 gal 1 qt. soup into a half steam table pan. For 50 servings, use 2 pans.8. Critical Control Point: Hold for hot service at 140 F or higher.9. Portion with 8 fl. Oz. spoodle (1 cup).
Low Sodium Beef Broth		1 gal	
Canned, no salt added, diced tomatoes (undrained)	6 lbs. 6 oz.	2 qt. 3 cups	
Fresh Celery (chopped)	10 oz.	1 ³ / ₄ cups 2 tbsp.	
Fresh Onions (chopped)	1 lb.	1 cup	
Salt		1 tbsp., 1 tsp.	
Black Pepper		1 tsp.	
Onion Powder		2 tbsp.	
Salt-free Seasoning		2 tbsp.	
Garlic Powder	3- ³ / ₄ oz.	¹ / ₄ cup, 2 tbsp.	
Dried Parsley		¹ / ₄ cup	
Ancho Chili Powder	2- ¹ / ₂ oz.	¹ / ₄ cup, 2 tbsp.	

CACFP Crediting Information: 1 cup (8 fl oz. spoodle) provides .5 oz meat/meat alternate and 1/2 cup vegetable.

Food Safety Tip:

Take steps to prevent foodborne illness. Follow the USDA food preparation steps!

- Clean – wash hands and surfaces often.
- Separate – don't cross contaminate.
- Cook – cook to the right temperature.
- Chill – refrigerate properly.

Did you know?

The wild form of celery is called smallage and it is bitterer than celery. Smallage was used in ancient times as medicine, and the Romans used its seeds as seasoning. In the 17th and 18th centuries, celery was developed by breeding the bitterness out of smallage.



Division of Child Care and
Early Childhood Education

THOMAS
SHEPPARD

Getting to Know Our Staff



DIEDRA
BOLDEN

How long have you worked at DHS?

Sheppard has worked for the state for 18 years and began working in childcare in 2000

What is your favorite part about DHS?

Sheppard's favorite part about DHS is the people / coworkers

What is your favorite food?

Sheppard's favorite food is steak- medium rare

What is your favorite hobby?

Deer hunting

What is your favorite school lunch memory?

In Jr. High, Sheppard worked in the school café. His favorite part was the homemade yeast rolls.

How long have you worked at DHS? 10 Years

What is your favorite quote?

Never make a major decision in a valley – Ron Glosser

What is your favorite food? Mexican

What is your favorite hobby?

Sitting in my recliner playing video poker

What is your favorite school lunch memory?

The smell of cookies baking

General Nutrition Tip: Fixing healthy snacks can sustain energy levels between meals, especially when they contain a combination of food groups! Choose two or more food groups for a snack: grains, fruits, vegetables, dairy, and protein.

Ants on a Log



Ants on a Log are a fun and healthy snack for children to make!

Ingredients:

- Celery
- Cottage Cheese or Greek Yogurt
- Raisins

Farm to School 101

Farm to school enriches the connection communities have with fresh, healthy food and local food producers.

Get involved by promoting F2S core components!

Procurement: Local foods are purchased, promoted, and served in the school cafeteria or as a snack or taste test.

Education: Students participate in educational activities related to agriculture, food, health, and/or nutrition.

School Gardens: Students engage in hands-on learning through gardening.



NATIONAL
FARM to SCHOOL
NETWORK