



# *B J Enterprises*

## **Newsletter**

October 2014

*Si habla español solamente por favor pídela a alguien que se lo lea. Gracias.*

### **Enrollments**

**Remember that during the month of October you will be completing new enrollments for everyone, including your own. Watch for the enrollments in the mail.**

**The on-line claimers will also be sending in new enrollments during October.**

### **Meal Reminders**

You are **required** to serve 1% or nonfat milk to all children over 2 years old. The toddlers who are between one (1) and two (2) years old need whole milk. This is a federal requirement.

If an area coordinator does a review and you aren't serving the right kind of milk, the meal will be disallowed. Two percent 2% milk should NOT be served to anyone.

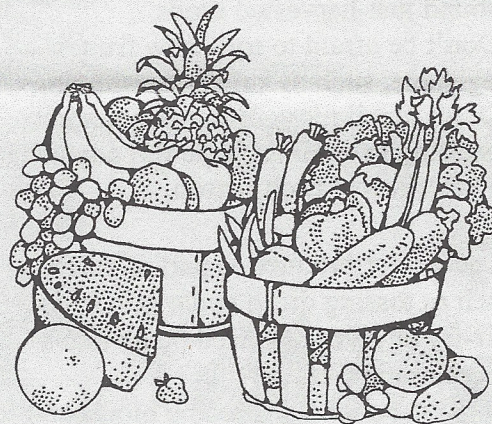
I have asked the area coordinators to carefully check your milk on their reviews. So please comply with this regulation.

### **Menus and Meal Counts**

It is also your responsibility to keep your menus and meal counts up to date on a daily basis. You will be disallowed the meals for any meals/meal counts or sign in/out that are not up to date. All area coordinators are **required** to disallow meals if the sign in/out sheets, or menus/meal counts are not up to date. They are doing their job when they disallow these meals.

### *Copy of Menus*

You need to copy your menus prior to sending them to us to read. It is very important that you keep copies of all your paperwork for 5 years. This is an Arizona statute.



This institution is an equal opportunity provider and employer.



## **Katie's Fun With Food**

### **Eating Local with the Seasons**

When you recall memories of eating the most delicious juicy peach or near-perfect ear of corn, summertime come to mind. And if you think of the perfect plump pumpkin for a pie, fall is in the air – and the most likely time to find this vegetable in the market. If you want delectable, nutritious, fresh produce, the way to eat it in season.

Eating a diet rich in fruits and vegetables is the foundation of a healthy diet. Low in calories, but loaded with fiber, vitamins, minerals, and antioxidants, produce is chock full of deliciousness – especially when it comes from your own community and eaten while it's in season.

#### **Seasonal Eating Tips**

- Buy produce in bulk when it is at the height of its season and preserve it by freezing or canning.
- Go to a farmers market early in the day for the best selection.
- build meals, such as vegetable stew, around just-harvested foods.
- Don't be afraid to try a new fruit or vegetable, such as kale or persimmons.
- Don't just limit your farmers market shopping to summer; take full advantage of offerings at each season.
- Use winter produce as part of recipes, such as tossing diced apple into a spicy stir-fry or layering sliced pears into a cheesy sandwich.
- Browse cookbooks, recipe blogs, and food-focused social media sites for produce inspiration.
- Don't over-think your dishes; let the full flavors of the produce stand out.

•simple preparations with few ingredients often work best, like sweet potato has prepared with olive oil, onion, parsley, and served with an egg for protein.

•Plant your own seasonal produce in your garden or in a pot on the patio.

### **Farmer's Markets**

Go to the Web-site:

[www.fillyourplate.org](http://www.fillyourplate.org)

You can bring up a list of Farmer's Markets in your area and their schedules.

This website shows you what fruits and vegetables are in season locally. You can also look up loads of recipes using the in season produce.

The following page shows you the fall fruits and vegetables in Arizona.

### **Chowlocally**

There's a new business in Arizona that provides you with a variety of local foods in Arizona. Go to <http://wwwchowlocally.com>

#### **Stewed Okra and Tomatoes**

1 tsp vegetable oil  
½ cup chopped onion  
4 cups okra pods, times  
½ cup water 1/2 tsp sugar  
½ tsp salt  
¼ tsp black pepper  
1 (14.5) can no-salt-added diced tomatoes

Heat oil in a medium saucepan over medium heat. Add onion; sauté 2 min. Add okra and remaining ingredients; bring to a boil. Cove, reduce heat, and simmer 20 minutes.



More than 30 fresh, locally-grown fruits and vegetables have already begun blossoming in Arizona this fall. Here's a peek at what possibilities await your dinner table this season!



arugula



black-eyed peas



pears



basil



tomatoes



zucchini



beets



bok choy



figs



spinach



carrots



turnips



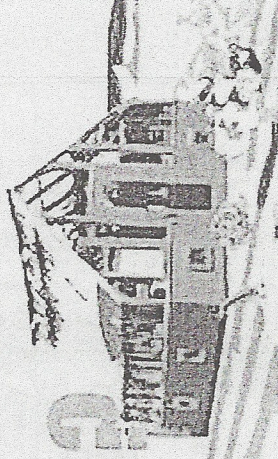
dates



zucchini blossoms

# ARIZONA

## WHAT'S IN SEASON?



### Fall favorites



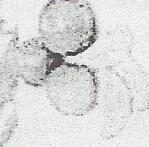
chilies



corn



apples



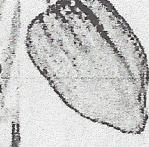
key limes



potatoes



pumpkins



winter squashes



broccoli



cabbage



lettuce



shelling beans



summer squash



radishes



green beans



okra










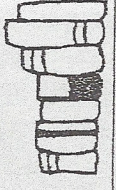

sweet peppers



scallions



# October, 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5</p> <p>Tell your fellow family members what you like about them.</p> 	<p>6</p> <p>Pretend you're a statue. How long can you stay in the same position without moving?</p> 	<p>7</p> <p>Look out a window and describe what you see.</p>	<p>1</p> <p>Talk about when to say "please" and "thank you."</p>	<p>2</p> <p>Where is your nose? What is it for?</p>	<p>3</p> <p>Yom Kippur begins at sundown.</p> 	<p>4</p> <p>Sing a "good morning" song.</p>
<p>12</p> <p>Create a place mat for each family member. Draw, color or paint a design on a regular sheet of paper. Add the person's name.</p>	<p>13</p> <p>Columbus Day Observance</p>	<p>14</p> <p>Take a walk and count all the dogs you see.</p> <p>1 2 3 4</p>	<p>8</p> <p>National Childrens Day.</p> 	<p>9</p> <p>First day of Sukkot.</p>	<p>10</p> <p>Sleep late tomorrow.</p>	<p>11</p> <p>Have a conversation with the baby. Repeat every sound she makes.</p> 
<p>19</p> <p>Eat some fresh fruit.</p> 	<p>20</p> <p>Act like a chicken.</p>	<p>21</p> <p>Play spoon hockey with wooden spoons and a ping pong ball. Pick a goal.</p>	<p>15</p> <p>Last day of Sukkot.</p>	<p>16</p> <p>Have some quiet time together: read, rock, swing, listen, sing.</p>	<p>17</p> <p>Find four things that are brown.</p> 	<p>18</p> <p>A good day to eat a piece of pumpkin pie!</p>
<p>26</p> <p>Make a birthday card for someone who's celebrating a birthday this week.</p>	<p>27</p> <p>Help someone with a chore.</p>	<p>28</p> <p>Do three sit-ups, four toe-touches, and two jumping jacks. Relax, count to ten. Jump right up and do it again!</p>	<p>22</p> <p>Try walking with a book balanced on your head. Who can walk the longest? Steady, steady.</p>	<p>23</p> <p>Read the story of the tortoise and the hare.</p> 	<p>24</p> <p>Make funny noises with your mouth—can you make someone laugh?</p>	<p>25</p> <p>Jump a rope and count to ten at the same time. Try it counting backwards.</p>
	<p>29</p> <p>Draw a picture of someone who lives at your house.</p> 	<p>30</p> <p>What color is the roof of your house? Go look.</p>	<p>30</p> <p>What color is the roof of your house? Go look.</p>	<p>31</p> <p>Halloween</p> 