



B J Enterprises

Newsletter

November 2015

Taxes

New Enrollments for the Fiscal Year

You should have received an enrollment packet by now. The enrollment forms should be completed *as of October 1, 2015* for the FY 1016. They should be dated and signed as of October 1, 2015.

Paper menus

Please send in the enrollments and Master List *with your October menus* on the first of November. Please mail them in as close to November 1st as possible. It takes our menu readers a long time to process the new enrollments. Always *you need a new enrollment for your own children.*

Electronic Menus

You will need to print off the electronic enrollments, date them October 1, 2015 and have the parents sign them and also date them October 1, 2015. **The starting date and signature date must be the same. Send the signed copy to the Scottsdale office by October 20, 2015.**

Be sure to keep your check stubs for your taxes. We do not issue a 1099 because your food checks are considered to be reimbursement and not income.

You can use the Standard Meal Allowance and not have to save food receipts. You can claim all of the meals served to the children, not only the 3 that you claim on the food program.

The Redleaf Institute has good tax information for child care providers. You can access Redleaf Institute at www.redleafinstitute.org

Holiday Care

Remember, you can no longer claim holidays, but if you're not doing care "around" the holiday, contact your area coordinator.

Holidays you cannot claim:

Thanksgiving Day
Christmas Day
New Year's Day

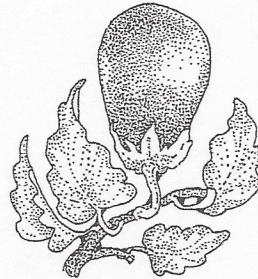
This institution is an equal opportunity provider and employer.

Pile on the PURPLE Produce

Beyond the mere beauty of purple produce, such as blueberries, blackberries, plums, purple potatoes, and eggplant, lies a nutrient packed, health-protective profile. Purple fruits and vegetables can thank the presence of powerful phytochemicals – namely anthocyanins – for their royal purple hue and antioxidant and anti-inflammatory action. Other phytochemicals may be present too, including resveratrol and ellagic acid, as well as powerful nutrients like vitamin C and fiber. In fact, people who eat purple fruits and vegetables have higher intakes of essential nutrients, such as fiber, potassium, and vitamin C, according to a 2011 study.

Some examples:

- Blackberries
- Blueberries
- Concord Grapes
- Eggplant
- Passion Fruit
- Plums
- Purple Artichokes
- Purple (Red) Cabbage
- Purple Cauliflower
- Purple Potatoes
- Radicchio



Israeli Eggplant Salad

- 1 large eggplant, split lengthwise
- 4 Tbsp. Olive oil, divided
- 1 large garlic
- 1/4 tsp. coarse sea salt
- 1/2 lemon juice and zest
- Black pepper, to taste

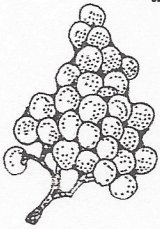
Preheat oven to 400° F. Rub the eggplant with half the olive oil. Place, cut side down on baking sheet and roast for 20-25 min. Remove and cool slightly. Scoop the eggplant flesh into a med. Bowl and whisk with a fork until smooth. Mash garlic and salt together to form a paste. Mix in lemon juice and zest, black pepper and remaining olive oil.

Serve with whole grain pita for a snack.

Blueberry Compote

- 1 cup unsweetened blueberries
- 4 tsp. sugar
- 2 tsp chia seeds (chia seeds swell to form a gel when moistened. They thicken the juices in this compote made with convenient frozen berries.

- 1 tsp. lemon zest (freshly grated)
- 1 tsp. lemon juice
- 1 cup frozen blueberries
- 1 tsp Nonfat Vanilla Yogurt



- Combine frozen blueberries, sugar, chia seeds, lemon zest and lemon juice in small saucepan.
- Place over medium-heat and cook, stirring frequently, until berries have thawed and juices have come to a simmer.
- Reduce heat and cook, stirring, until compote has thickened lightly and chia seeds have become translucent, 2-3 min.
- Remove from heat; stir in 1 cup frozen blueberries. Divide compote among 2 dessert dishes. Top each serving with each serving with 1 Tbsp nonfat vanilla yogurt and 1 tsp toasted sliced almonds.

The following page is a shopper's guide for condiments.

Helpful hints. Enjoy the flavor condiments bring to your meals, but consider these tips to keep nutrition in check.

- Don't overdo it. A little is great, but too much could gain you an overload of calories, fat, sodium, or sugar—all in a very tiny package. The suggested serving size is 1 teaspoon for mustard, 1 tablespoon for ketchup and mayo, and 2 tablespoons for barbecue sauce.
- Go combo. To get all of the flavor but a little less fat, sugar, and sodium, try mixing condiments half and half. Cutting your mayo with half BBQ sauce, ketchup or mustard will slash your fat and calories, but still give lots of creamy flavor.
- Reduced-fat. Reduced-fat versions of mayonnaise offer lower calorie alternatives to traditional blends. The biggest trade-off with reduced-fat and especially fat-free formulations is a longer ingredient list with more preservatives and fillers. Most of the mayo picks on our list are reduced-fat; these options create a good balance of lower calories and fat, with fewer extra ingredients you might typically find in fat-free versions. —Heidi McIndoo, MS, RD

Adding condiments to a meal may seem like an afterthought, but those little squirts and spoonfuls can add a lot of flavor. Condiments can turn a boring sandwich or burger into a culinary delight. While they add flavor, nutritionally speaking they don't bring much to a meal, except for perhaps a few negatives—namely, sodium and calories.

Mayonnaise, being made with eggs and oil, is higher in calories and fat than other condiments. Ketchup and barbecue sauce, while much lower in calories and fat than mayonnaise, contain much more sodium, and in some cases more sugar. Finally, mustard is the all-star of the group. Typically it contains no more than five calories per serving, and is fat-free and low in sodium, to boot.



Top This!
 Shopper's Guide

Condiments Nutritional Comparison
 = EN's Picks. As with all EN comparisons, this is only a sampling of products. Picks contain no more than 5 g fat (8% DV), 8 g sugar, and 160 mg sodium (7% DV) per serving.



Serv Size Calories Total Fat (g) Sat Fat (g) Carbs (g) Sodium (mg) Sugar (g)

KETCHUP							
✓	365 Tomato Ketchup	1 tsp	20	0	5	160	4
✓	Heinz No Salt Added Tomato Ketchup	1 tsp	20	0	5	5	4
✓	Heinz Organic Tomato Ketchup	1 tsp	20	0	5	190	4
✓	Heinz Reduced Sugar Tomato Ketchup	1 tsp	5	0	1	190	1
✓	Heinz Sriracha Tomato Ketchup	1 tsp	20	0	5	160	4
✓	Maya Kaimal Spicy Ketchup	1 tsp	20	0	2	150	<1
✓	Muir Glen Organic Tomato Ketchup	1 tsp	20	0	4	230	3




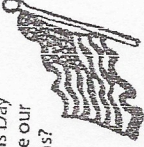







MAYONNAISE							
✓	365 Organic Honey Mustard	1 tsp	5	0	0	1	35
✓	365 Organic Yellow Mustard	1 tsp	0	0	0	0	55
✓	Annie's Naturals Organic Dijon Mustard	1 tsp	5	0	0	1	120
✓	Annie's Naturals Organic Horseradish Mustard	1 tsp	5	0	0	1	60
✓	French's Spicy Brown Mustard	1 tsp	5	0	0	0	80
✓	Grey Poupon Dijon Mustard	1 tsp	5	0	0	0	120
✓	Heinz Yellow Mustard	1 tsp	0	0	0	0	0
✓	Maille Old Style Whole Grain Dijon Mustard	1 tsp	10	0.5	0	1	100
✓	Sir Kensington's Spicy Brown Mustard	1 tsp	10	0	0	1	60
✓	Tracklements English Beer Mustard	1 tsp	10	0	0	<1	25
✓	Trader Joe's Deli Style Spicy Brown Mustard	1 tsp	5	0	0	1	60
✓	Trader Joe's Organic Yellow Mustard	1 tsp	0	0	0	0	50
✓	Trader Joe's Whole Grain Dijon	1 tsp	5	0.5	0	0	80
✓	Westbrae Natural Stone Ground	1 tsp	0	0	0	0	60

BARBECUE SAUCE							
✓	365 Mayonnaise	1 tbsp	110	12	1	0	40
✓	365 Organic Light Mayonnaise	1 tbsp	50	5	0	2	110
✓	365 Organic Vegan Mayo	1 tbsp	90	10	0.5	<1	75
✓	Hellman's Mayonnaise	1 tbsp	90	10	1.5	0	90
✓	Kraft Mayo with Olive Oil (Reduced Fat)	1 tbsp	35	3	0	1	95
✓	Nasoya Vegan Mayonnaise	1 tbsp	40	3.5	0.5	1	115
✓	Sir Kensington's Sriracha Mayonnaise	1 tbsp	90	10	1	0	105
✓	Spectrum Organic Omega-3 Mayonnaise	1 tbsp	100	11	1.5	<1	90
✓	Trader Joe's Real Mayonnaise	1 tbsp	100	11	1.5	0	65
✓	Trader Joe's Reduced Fat Mayo Dressing	1 tbsp	35	3.5	0	1	105
✓	Trader Joe's Wasabi Mayonnaise	1 tbsp	100	11	0.5	0	75

MAYONNAISE							
✓	365 Organic Kansas City Love	2 tbsp	45	0	0	11	220
✓	365 Organic Memphis Madness	2 tbsp	40	0	0	10	150
✓	Annie's Naturals Organic BBQ Smokey Maple Sauce	2 tbsp	35	1	n/a	7	210
✓	Dinosaur Bar-B-Que Roasted Garlic Honey	2 tbsp	25	0	0	6	154
✓	Jack Daniel's Honey Smokehouse	2 tbsp	45	0	0	11	280
✓	KC Masterpiece Original	2 tbsp	60	0	0	15	240
✓	Lipikiti Bold & Spicy BBQ Sauce	2 tbsp	40	0	0	10	270
✓	Sweet Baby Ray's	2 tbsp	70	0	0	18	290
✓	Trader Joe's All Natural	2 tbsp	45	0	0	11	210
✓	Yuenling Lager Bacon Flavored	2 tbsp	50	0	0	11	340

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrate, DV=Daily Value. Daily requirement based on 2,000 calorie/day diet. Source: Food Labels

November, 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>If you had a pet cheetah, what would you name it?</p> 	<p>2</p> <p>Blow bubbles outside.</p>	<p>3</p> <p>Swap chores with someone.</p> 	<p>4</p> <p>Where is the Amazon River? Look it up.</p>	<p>5</p> <p>Name something that is red, white and blue.</p>	<p>6</p> <p>Answer yes or no: <ul style="list-style-type: none"> • The sun is shining. • I love apples. • My name is Oscar. • I can roller skate. • Today is Saturday. </p>	<p>7</p> <p>Take a trip to a local art museum.</p> 
<p>8</p> <p>Make up a rhyme with your name in it. "One and two, My name is Sue."</p>	<p>9</p> <p>What does it mean to "hold your tongue"?</p>	<p>10</p> <p>Which words rhyme with "sunny?" 1. sugar 2. money 3. funny 4. something 5. bunny</p>	<p>11</p> <p>Veterans Day Who are our veterans?</p> 	<p>12</p> <p>Learn to say "hello" in another language.</p>	<p>13</p> <p>What is an encyclopedia? Where can you find one?</p>	<p>14</p> <p>Attend a high-school sporting event.</p> 
<p>15</p> <p>Make faces on cupcakes with sprinkles and gumdrops.</p>	<p>16</p> <p>Draw a picture of a tree beside a house.</p> 	<p>17</p> <p>Tell a story or read to someone older than you.</p>	<p>18</p> <p>How many noses are there in your house? Are you sure? Count again.</p>	<p>19</p> <p>Name one of your family "traditions."</p>	<p>20</p> <p>What color are your shoes today?</p> 	<p>21</p> <p>Read one of the "George and Martha" books by James Marshall.</p>
<p>22</p> <p>Today is Sunday. What's tomorrow?</p>	<p>23</p> <p>A good rule: Give other people the benefit of the doubt.</p>	<p>24</p> <p>Can you sing a song all by yourself?</p> 	<p>25</p> <p>Do you have a bad habit? How can you begin to overcome it?</p>	<p>26</p> <p>Thanksgiving Day.</p> 	<p>27</p> <p>Learn to sing a round.</p>	<p>28</p> <p>Eat an orange.</p> 
<p>29</p> <p>Go on a loose change search.</p> 	<p>30</p> <p>Practice bouncing a ball. Practice singing a song. Can you sing and bounce at the same time? WOW!</p>	<p>31</p> <p>Help dust a room in the house.</p>	