



BJ Enterprises

Newsletter

December 2015

Money Orders for Inspections

A couple of months ago we informed you that *you would have to start pre-paying* for your inspections because the Arizona Department of Education will not allow us to take money (except for menu errors) out of your checks. Now it time to begin.

Steps to pay for inspections:

1. We will be sending you an invoice 2 months prior to when your inspections are due.
2. You must mail a money order for the amount on the invoice.
3. As soon as we receive the money order, *BJ Enterprises* will order the inspection.
4. If you know your inspection is due, call us immediately and send in a money order.

We want this to be as simple as possible, but you have to do your part and send the money order in promptly. *We cannot pay you if your inspections expire.* So if you do not send your money order in, you are likely to lose reimbursement until the inspections are done.

Money Orden para Pagar las Inspecciones

Hace meses atras le informamos que usted tendra que pre-pagar (pagar antes) para sus inspecciones por razon de que el Departamento Del Estado de Education de Arizona no nos permitira ya, de descontarle de sus cheques (solo si hay un error). Ya es el tiempo para que empiese.

Pasos para pagar las inspecciones:

1. Le vamos a mandar una factura 2 meses antes de que se le vensan las inspecciones.
2. Usted devera mandarnos un Money Orden por la cantidad exacta de la factura.
3. Un cuanto recibamos su Money Oden, *BJ Enterprises* ordenara sus inspecciones.
4. Si usted sabe cuando se le vensen sus inspecciones, llamenos inmediateamente y mande un money orden.

Queremos que este procedimiento sea de los mas facil, sin embargo, usted debera hacer su parte y mandarnos su Money Orden lo mas pronto possible. No podemos pagarle si sus inspecciones se vencen.

Por lo tanto si no Manda su Money Orden pronto, lo mas seguro que perdera dinero de su reembolso hasta cuando se agan las inspecciones.

This institution is an equal opportunity provider and employer.

Katie's Fun With Food

Now that it's cold outside – let's eat oatmeal!

Remember, the new regulations require that you have to serve *one Whole Grain per day*.

Benefits of oatmeal include feeling full for a longer period of time. It's a high satiety food.

According to a 2015 research study in the *Annals of Nutrition & Metabolism*, subjects who kick-started their day with oatmeal reported feeling less hunger and ate 31% fewer calories at lunch than those who ate the same number of calories in the form of a processed cereal. The satiety power of oatmeal are likely due to its high levels of soluble fiber, which essentially forms a gel in your stomach to slow down digestion and keep you feeling full for a longer period.

Now there are so many varieties that you really have to read the labels.

- Make sure it's whole.** Most oatmeal is, but steel oats are less processed than old-fashioned or instant oatmeal.

- Skip added sugars.** A single serve Quaker Read Medleys SuperGrains Banana Walnut Flavor Oatmeal has 19 grams of sugar!! That's more than ½ a day's worth of added sugar. Add your own fruit or a little blue agave syrup.

- Minimize the salt.** For the most part, only packets of instant hot cereals have added salt.

- Check ingredients.** You may not get the nuts or fruit you're expecting. For example, the "Cocomama Almond Cookie Quinoa Cereal, has no almonds and it has 8 grams of saturated fat!

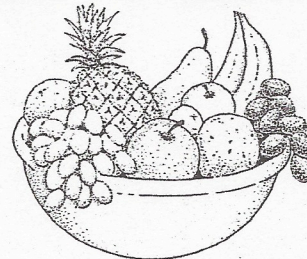
There are several things that you could add to your oatmeal, including nuts, fruits, a tiny bit of sweetener.

Almonds also have a high satiety value. A 2013 *European Journal of Clinical Nutrition* study discovered that people who snacked on 1 ½ ounces of almonds experienced less hunger and desire to eat throughout the day. They also did not gain weight, despite the calories almonds provide, which suggests that by increasing satiety the nuts worked to reduce people's calorie intake during their other snack and meals.

Nuts are a triple-threat in terms of satiety because they are high in healthy fat, protein and fiber. Other nuts like pecans, hazelnuts and walnuts may bring about the same benefit.

Katie's favorite oatmeal:

Steel cut Oats, 1 cup
1 ½ ounces mixed nuts
1 Tbsp mixed dried fruit
1 tsp blue agave syrup
½ cup nonfat milk YUMMMMM!



The following page is from the *Nutrition Action Health Letter* rating the different brands of oatmeal on calories, sugars, fiber and protein. The ones that are doubled checked are the "Best Bites."

Some Like It Hot

Best Bites (✓✓) are all—or nearly all—whole grain (we counted bran as whole), contain no—or very little—added sugar, have no more than 100 mg of sodium and 3 grams of saturated fat per serving, and are free of acesulfame-potassium and sucralose. (The chart lists *total* sugars because labels don't break down how much sugar is added and how much occurs naturally in the cereals' fruit.) *Cereals are ranked from least to most total sugars, then most to least fiber, most to least protein, and least to most calories.*

Multi-Serve Hot Cereal

(about ½ to 1 cup cooked)

	Calories	Total Sugars (tsp.)	Fiber (g)	Protein (g)
✓✓ Bob's Red Mill Organic High Fiber (45 g)	150	0	10	8
✓✓ Bob's Red Mill Organic Cracked Rye (32 g)	110	0	7	4
✓✓ Oat bran, any brand (40 g)	150	0	6	7
✓✓ Bob's Red Mill 7 Grain (41 g)	140	0	6	6
✓✓ Hodgson Mill Multi Grain (40 g)	140	0	6	6
✓✓ Bob's Red Mill Rolled Barley Flakes (44 g)	160	0	6	6
✓✓ Bob's Red Mill Triticale Cereal/Meal (35 g)	120	0	6	5
✓✓ Love Grown Super Oats (40 g) ^{1,C}	160	0	5	7
✓✓ Purely Elizabeth Organic Ancient Grain—6-Grain or Original Oatmeal (43 g) ^{1,C}	170	0	5	7
✓✓ Bob's Red Mill—Cracked Wheat, Organic 6 Grain, Organic Cracked Wheat, or Rolled Wheat (40 g) ¹	140	0	5	6
✓✓ Bob's Red Mill Grains & Nuts (44 g)	150	0	5	6
✓✓ Earnest Eats Hot & Fit (42 g) ¹	180	0	5	6
✓✓ Hodgson Mill Cracked Wheat (40 g)	110	0	5	5
✓✓ Country Choice Organic Multigrain (40 g)	140	0	5	5
✓✓ Trader Joe's Organic Multigrain (40 g)	140	0	5	5
✓✓ Wheatena (40 g)	160	0	5	5
✓✓ Bob's Red Mill Organic Kamut (40 g)	120	0	4	5
✓✓ Oats, any brand or type (40 g)	150	0	4	5
✓✓ Bob's Red Mill Whole Wheat Farina—regular or Organic (45 g) ¹	160	0	4	5
✓✓ Bob's Red Mill Millet Grits (47 g) ^C	170	0	4	5
✓✓ Bob's Red Mill—Creamy Rye Flakes, Peppy Kernels, or Rolled Triticale (29 g) ¹	100	0	4	4
✓✓ Cream of Wheat Whole Grain 2½ Minute (33 g)	100	0	4	4
✓✓ Bob's Red Mill Rolled Spelt (40 g)	130	0	3	5
✓✓ Arrowhead Mills Organic Rice & Shine—Quinoa or regular (42 g) ^{1,C}	150	0	2	4
Quaker Quick 5-Minute Grits (37 g)	130	0	2	3
✓✓ Bob's Red Mill—Brown Rice Farina or Organic Creamy Rice (41 g) ^{1,C}	150	0	2	3
✓✓ Cream of Wheat 2½ Minute (33 g)	120	0	1	4
✓✓ Bob's Red Mill Organic Creamy Buckwheat (41 g) ^C	140	0	1	3
✓✓ Cream of Rice (45 g) ^C	160	0	0	3
✓✓ Purely Elizabeth Organic Ancient Grain Oatmeal—Apple Cinnamon Pecan or Cranberry Pumpkin Seed (40 g) ^{1,C}	160	½	5	7
✓✓ Bob's Red Mill Apple, Cinnamon & Grains (45 g)	160	½	4	6
✓✓ Bob's Red Mill Spice N' Nice (44 g)	190	½	4	5
✓✓ Ancient Harvest Organic Quinoa Flakes (34 g) ^C	130	½	2	4
✓✓ Purely Elizabeth Ancient Grain Muesli (60 g) ^{1,C}	240	1	6	10
✓✓ Hodgson Mill Apples & More Muesli (35 g)	150	1	4	5
✓✓ Seven Sundays Bircher Muesli (57 g)	240	1½	7	8
✓✓ Kellogg's Origins Muesli (51 g) ¹	180	2	6	6
✓✓ Bob's Red Mill Old Country Style Muesli (64 g)	220	2½	8	8
✓✓ Bob's Red Mill Muesli (58 g) ^C	220	2½	4	6

Single-Serve Hot Cereal

(1 package, oatmeal, unless noted)










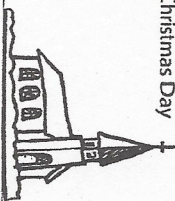
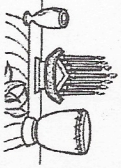

	Calories	Total Sugars (tsp.)	Fiber (g)	Protein (g)
✓✓ Nature's Path Organic Original (50 g)	190	0	6	8
✓✓ Bakery on Main Traditional Instant (50 g) ^C	200	0	6	8
Quaker Weight Control Instant (45 g) ¹	160	0 ^S	6 ^F	7
✓✓ Love Grown Original Super Oats Packets (43 g) ^C	170	0	5	7
✓✓ Nature's Path Organic Qi'a Cinnamon Pumpkin Seed (38 g) ^C	150	0	5 ^F	6
✓✓ Ancient Harvest Organic Ancient Grains Traditional (50 g) ^C	180	0	4	7
✓✓ 365 Organic (Whole Foods) Original Instant (40 g)	150	0	4	6
✓✓ Nature's Path Organic Qi'a Superseeds & Grains (38 g) ^C	150	0	4	6
✓✓ Nature's Path Organic Homestyle (40 g) ^C	170	0	4	6
✓✓ Country Choice Organic Original Steel Cut (40 g)	150	0	4	5
✓✓ Good Food Made Simple 100% Steel Cut Original Unsweetened, frozen (227 g)	150	0	4	5
✓✓ BetterOats Organic Raw Bare Instant Multigrain with Flax (42 g)	160	0	3	6
✓✓ Chex Original (35 g) ^C	130	0	3	5
✓✓ McCann's Regular Instant Irish (28 g)	100	0	3	4
✓✓ Quaker Original Instant—regular or Organic (28 g) ¹	100	0	3	4
✓✓ Arrowhead Mills Instant—Quinoa & Oat ^C or Organic Original (28 g) ¹	110	0	3	4
BetterOats OatFit Instant with Flax (28 g) ¹	100	0 ^S	3	3
✓✓ Umpqua Oats Not Guilty (62 g)	250	½	8	9
✓✓ Trader Joe's Oatmeal Complete (40 g)	170	½	4	7
✓✓ Dr. McDougall's cups, without sugar packet (NA) ¹	210	1	8	7
Quaker Lower Sugar Instant (34 g) ¹	120	1 ^S	3	4
Quaker High Fiber Instant (45 g) ¹	160	1½ ^S	10 ^F	4
Kashi GoLean Instant (40 g) ¹	150	1½	6 ^F	8
Quaker 50% Less Sugar Instant cups (39 g) ¹	160	1½	3	4
ThinkThin Protein & Fiber (51 g) ¹	190	2	5 ^F	10
Kashi Heart to Heart Instant (43 g) ¹	150	2½	5 ^F	5
365 Organic (Whole Foods) Oats & Flax Instant (40 g)	150	2½	3	4
Quaker Instant—except Original or Organic Original (40 g) ¹	150	2½	3	4
Quaker Steel Cut Quick 3-Minute (47 g) ¹	180	2½	3	4
Earnest Eats Hot & Fit Asia Blend cup (67 g)	280	3	7	8
Quaker Protein Instant (62 g) ¹	240	3	5	10
Kellogg's Special K Multi-Grain cups (52 g) ¹	190	3	5 ^F	8
Love Grown Hot Oats cups (63 g) ^{1,C}	240	3	5	7
Quaker Instant cups (48 g) ¹	180	3	4	6
Chex—except Original (45 g) ^{1,C}	170	3	4	4
Cocomama Quinoa (142 g, prepared) ^{1,C}	240	3	3	5
Nature Valley Protein cups (73 g) ¹	280	3½	5	10
Quaker Real Medleys Oatmeal+ cups (72 g) ¹	280	4	6	7

✓✓ Best Bite. ¹Average. ^CGluten-free. ^FIncludes added processed fiber. ^SContains acesulfame-potassium and/or sucralose. ^{NS}Contains more than 100 mg of sodium.

Daily Limits (for a 2,000-calorie diet): **Sodium:** 1,500 milligrams. **Added Sugars:** 25 grams (6 tsp.) for women, 38 grams (9 tsp.) for men. (To convert teaspoons of sugar to grams, multiply by 4.2.) **Daily Targets:** **Fiber:** 28 grams. **Protein:** 75 grams.

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December, 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>6</p> <p>Hanukkah begins at sundown.</p> 	<p>7</p> <p>Pearl Harbor Remembrance Day, 1941.</p> 	<p>1</p> <p>An advent calendar is a good way to learn about days, numbers and time. Make or buy one.</p>	<p>2</p> <p>Make up a "What if?" story, such as: "What if you could fly?"</p> 	<p>3</p> <p>What games can you play outside today?</p>	<p>4</p> <p>Wear Brown Shoes Day.</p> 	<p>5</p> <p>Roll a pine cone in peanut butter and put it outside for the squirrels.</p>
<p>13</p> <p>Warm up some apple cider for a tasty treat.</p> 	<p>14</p> <p>Monkey Day. Have a costume party with a small prize for the best monkey!</p>	<p>8</p> <p>Play "I spy."</p>	<p>9</p> <p>Draw a Christmas picture on a small paper plate. Add your name, the date, put a string through the top, and hang it on the Christmas tree.</p>	<p>10</p> <p>Count four things: 4 eggs 4 windows 4 noses 4 buildings</p>	<p>11</p> <p>Is it warm enough to play outside? What's the temperature?</p>	<p>12</p> <p>Donate canned goods and paper products to a charity. Talk about why this is a good thing to do.</p>
<p>20</p> <p>National Fruitcake Day.</p>	<p>15</p> <p>"Dashing through the snow, in a one-horse open sleigh" What's a sleigh? Find out.</p>	<p>16</p> <p>Check out the weather conditions in your area. Then look at a bigger map: Where is it snowing in the United States today?</p>	<p>17</p> <p>Sing some Christmas and holiday songs.</p> 	<p>18</p> <p>Bake Cookies Day!</p>	<p>19</p> <p>When you're out shopping, close your eyes and listen. What do you hear?</p>	<p>21</p> <p>Play with a shape sorter. Learn the names of the different shapes and say them as you drop in the shape.</p>
<p>27</p> <p>Play a favorite board game.</p> 	<p>22</p> <p>Winter begins.</p> 	<p>23</p> <p>Have a mini-holiday ball at your house with parents and kids eating, playing music and dancing. You'll need to dress up, too!</p>	<p>24</p> <p>Christmas Eve</p> 	<p>25</p> <p>Christmas Day</p> 	<p>26</p> <p>KWANZAA begins.</p> 	<p>28</p> <p>If you have snow, walk outside and look at your footprints.</p>
<p>29</p> <p>Practice whistling "Jingle Bells."</p>	<p>30</p> <p>Waffles for breakfast</p>	<p>31</p> <p>New Year's Eve Stay up a little bit later.</p> 	<p>31</p> 