

# The Edible Editorial

January 2025

## New year, new beginnings: Reflecting, pausing, and progressing

Adapted from Northeast News and Media

As the year draws to a close and a new one peeks over the horizon, a familiar feeling washes over us—the urge to reflect, pause and set future goals. This introspective period, often fueled by the festive spirit and the clean slate of a new year, is an opportune time to assess our progress, identify areas for improvement, and chart a course for the year ahead.

### Reflecting on the past year

Before we can move forward, it is crucial to take a moment to look back on the year that has gone by. Reflect on your accomplishments—big and small—acknowledging the challenges overcome and the lessons learned. Celebrate your successes—both personal and professional—to boost your confidence and remind yourself of your capabilities.

However, reflection isn't just about patting yourself on the back. It's also about identifying areas where you fell short of your expectations or where you could have done better. Be honest with yourself, delve into the reasons behind missed goals, and learn from your mistakes. By understanding your shortcomings, you can avoid repeating them in the future.

### The power of pausing

In our fast-paced world, it is easy to get caught up in the constant rush of daily life. This relentless pursuit of productivity can lead to burnout and hinder our ability to make clear decisions. The new year presents a perfect opportunity to hit the pause button, allowing us to disconnect and recharge.

This period can be as simple as taking a long walk in

nature, indulging in a relaxing activity or simply spending quality time with loved ones. By prioritizing self-care and allowing ourselves to slow down, we gain clarity and perspective, enabling us to approach the future with renewed energy and focus.

### Progressing toward your goals

With a clear understanding of your past and a refreshed mind, you're now ready to chart your course for the future. Identify your goals for the coming year. Break down your goals into smaller, actionable steps to avoid feeling overwhelmed and ensure progress.

Remember, achieving your goals isn't a sprint, it's a marathon. Celebrate small victories along the way and remain consistent in your efforts.

### Embrace the journey

The new year is a time for fresh starts, a chance to shed the weight of the past and embark on a new journey. As you reflect, pause and progress toward your goals, remember to embrace the experience. Enjoy the process of growth of learning. Celebrate the victories, learn from the setbacks, and stay true to your vision. By harnessing the power of reflection, pausing and consistent progress, you can make the new year a truly transformative one.

**Let 2025 be the year you not only set goals but achieve them.**

# Ham Pasta Salad – Recipe for Homes

**CACFP Crediting Information:** Serving size 1 cup. Serves 10. One serving provides 1/2 oz. eq. gains and 3/4 oz. eq. meat/meat alternate.

## Ingredients:

- 2 1/2 cups cooked rotini pasta
- 1/2 lb. cured ham with natural juice, diced
- 1/2 cup shredded cheese
- 1 1/4 cup mixed vegetables (shredded carrots, thinly sliced celery, diced onion, cooked peas, diced bell peppers, cherry tomatoes, corn and/or diced cucumbers)
- 1/2 cup olive oil
- 1/3 cup apple cider vinegar
- 1 Tbsp. Italian seasoning
- 1 Tbsp. lemon juice
- 1 Tbsp. whole grain mustard



## Directions:

1. Using a medium bowl or 2 cup mason jar, add oil, vinegar, Italian seasoning, lemon juice and mustard. Whisk in bowl or cover mason jar and shake well. Set aside for assembly.
2. In individual cups, layer this pasta salad. First add 1/4 cup pasta, 1/8 cup ham and 1 Tbsp. cheese. Top the pasta off with 1/8 cup vegetables and 2 Tbsp. of salad dressing.
3. Have the children mix it up with a spoon or fork before eating it.

## **CORRECTION FROM DECEMBER 2024 EDIBLE EDITORIAL:**

**New Year's Eve does NOT require a signed Holiday Note.**

**New Year's Day DOES require a signed Holiday Note.**

## CENTER TRAINING - HOUSEHOLD INCOME APPLICATIONS

If the household receives Food Assistance Program (FAP), Family Independence Program (FIP), or Food Distribution on Indian Reservation (FDPIR) benefits, the family should complete Part 1 of the form.

1. List the name and case number for any household members (including adults) receiving FAP, FIP, or FDPIR.
2. List the name, age, and birthdate for all children enrolled in the child care in Part 2.
3. The parent will sign and date the form. The last four digits of the signers Social Security number is not required.

**NOTE: Benefits received under WIC, Medicaid, or Department of Health and Human Services (DHHS) child care Assistance Program (where DHHS pays a portion of the child care expense) does not automatically qualify for Category A (free) meals. The only case numbers that qualify a child for the free reimbursement rate are FAP, FIP, or FDPIR.**

All other households:

1. Do not complete Part 1.
2. List the names and ages of everyone (related or not related) living in the household, including all adults and all children.
3. List any and all income received in the household by each individual household members name. Income would include: earning before deductions, monthly welfare, child support, alimony, retirement, Social Security, Supplemental Social Security, Veteran's benefits, disability benefits, Worker's Compensation, unemployment, strike benefits, etc.
4. Place a X in the last column if any household member does not receive any income.
5. The parent will sign and date the form. The last four digits of the signers Social Security number is required when completing Part 2 of the Household Income Application.
6. If the form is incomplete, the child will automatically be categorized in the Paid reimbursement classification.

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In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.






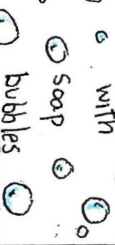








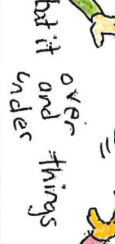



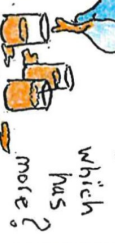








To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
  2. **fax:** (833) 256-1665 or (202) 690-7442; or
- email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

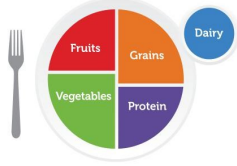
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# WINTER

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>create your own 5 books, with pictures and a story</p> 	<p>call or bounce 6 a ball... try to catch it!</p> 	<p>visit a store, 7 talk about fruits</p> 	<p>look for 8 pictures of winter clothes</p> 	<p>can you make 9 letter shapes with your body?</p> 	<p>string cereal 3 to make a necklace</p> 	<p>can you play 4 a chyming game?</p> 
<p>visit the LIBRARY 12 I LOVE BOOKS!</p> 	<p>jump 13 up HIGH ten times</p> 	<p>ENJOY a family 14 sing-a-long</p> 	<p>make snowballs 15 and count them 1, 2, 3...</p> 	<p>GIVE a HUG 16 day!</p> 	<p>try different 17 cheeses with crackers for a snack</p> 	<p>READ a book 18 about animals in WINTER</p> 
<p>blow up a balloon 19 but it goes over things</p> 	<p>what is 20 Snowquaration Day? MLK Day!</p> 	<p>feed some 21 birds</p> 	<p>Name 22 things that keep us warm</p> 	<p>pour fresh 23 squeezed juice... which has more?</p> 	<p>Celebrate belly 24 laugh day!</p> 	<p>practice writing 25 your name or some letters in your name</p> 
<p>match 26 family gloves or mittens</p> 	<p>pick up five 27 cotton balls with a clothespin</p> 	<p>build (or draw) 28 a SNOWMAN with three buttons</p> 	<p>bring in some 29 snow... see what happens</p> 	<p>help sort, 30 count and put away silverware</p> 	<p>cut white snow- 31 flake strips glue to make a snowy scene</p> 	

Start simple  
with MyPlate



## Healthy Eating for Kids

Healthy eating is important at every age. Offer kids a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Offer variety

Include choices from each food group—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives—in meals and snacks during each day.



### Connect at mealtimes

Eat meals together whenever possible. Turn off the TV and put away phones and tablets, so you can “unplug” and focus on healthy foods and each other.



### Make good nutrition easy

Designate a shelf or a drawer in your fridge for your kids. Stock it with cut-up fruits and vegetables, yogurt, nut butters, and whole-wheat mini bagels and crackers.



### Think about their drinks

Make water and low-fat or fat-free dairy milk or fortified soy alternatives easy options to grab in your home. Have ready-to-go containers filled and in the fridge to take on outings.



### Get kids involved

Depending on their age, kids can peel fruits, assemble salads, measure, scoop, and slice. Let them create and name their own side dish.



### Have a shopping buddy

Let kids participate in grocery shopping online or in the store. Reward them by letting them choose their favorite fruit or maybe a new one.

