

# HNP Newsletter



DECEMBER 2018

*Happy Holidays*

## National Pear Month

Pears are one of the most special fruits simply because it is offered nearly all year round. One medium pear contains 101 calories. This popular fruit is free of fat, cholesterol, sodium. It is full of fiber (5.5g), water (149.95g), carbohydrates (27.11g) and vitamin C (7.7g), with a topping of 0.64g of protein. One medium pear meets half of the day requirements of fruit per day for adults (2 cups) and 3/4 of the daily requirements of fruit for children (1 1/2 cup).

Pears come in a variety of sizes and colors such as red, green, yellow and brown. Most pears do not drastically change color due to ripeness. To check if a pear is ripe, gently press around the stem of the pear. If the pear is ripe, it will be slightly firm around the stem. However if the pear is overripe, it will be very soft around the stem.



- 1.) Choose pears that are firm and free of markings or bruises.
- 2.) Pears should be not be washed before being stored. It should be stored at room temperature (23°C) for 2-3 days or refrigerator (40°C) for 3 days. Unripe pears should be stored in a brown paper bag with an apple or banana. (the bag should have small holes.)
- 3.) Before eating or preparing pears for a dish, thoroughly rinse pears under running water.



### PEAR PARTY SALSA:

Yield: 4 servings		
Ingredients:	Quantity:	Directions:
Pear, cored, finely chopped Apple, tart, cored, finely chopped Kiwi, cored finely chopped Orange, peeled, finely chopped	1 whole pear, medium 1 whole apple, medium  2 whole kiwis 1 whole orange	Combine pear, apple, kiwi and orange in a medium-sized bowl.
Honey Lemon Juice	2 Tablespoons 1 teaspoon	Pour honey and lemon juice over fruit and gently toss.
Cinnamon graham crackers, optional		Scoop up bites of fruit salsa using bites of cinnamon graham crackers.
<b>Nutrition Facts: (1/4 of recipe)</b>		
<u>Calories:</u> 112 kcal <u>Carbohydrate:</u> 29g <u>Protein:</u> 1g <u>Fat:</u> 0g <u>Sodium:</u> 2mg		

You better Watch out.. I'm telling you Why!

### HNP Trainings:

#### December 11th

CACFP Refresher

Location: 5401 S. University Ave  
Little Rock, AR 72209

#### December 13th

Food Safety Webinar

Registration Link: <https://register.gotowebinar.com/register/6936965490070920449>

#### December 18th

CACFP New Participant

Location: 5401 S. University Ave  
Little Rock, AR 72209

#### December 20th

CACFP At-Risk

Location: 5401 S. University Ave  
Little Rock, AR 72209

### USDA MEMOS

12/4/2018  
Update of Food Crediting  
in the Child Nutrition  
Programs

[SP08.CACFP02.SFSP02-2019](#)





**GET YOUR  
FREE  
RESOURCES**

Team Nutrition is an excellent resource for MyPlate materials. Participants of the USDA 's Child Nutrition Program such as schools, summer sites and childcares, can request for free printed resources at <https://pueblo.gpo.gov/TN/TNPubs.php>

If you have any other questions regarding My-Plate materials from Team Nutrition , please visit: <https://www.fns.usda.gov/tn/myplate>

**Holiday Food Safety Tips:**

- ◆ Frozen turkey should be allowed to thaw in refrigerator (40°C) for approximately 24 hours per 4-5 pounds of turkey.
- ◆ A whole turkey must be cooked to an internal temperature of 165°F or higher. If turkey is stuffed, then the stuffing must also reach a minimum temperature of 165°F.
- ◆ Food served at room temperature should not be kept out for more than two hours.

**Getting to Know Our Staff: Jim Ponzini**

**What is your favorite child care or school lunch memory?**  
No matter what kind of day you were having, the cafeteria staff always had a friendly smile and joke to cheer you up. In my high school years, wine was served to the teachers. There is no telling how many students took advantage of the adult beverage!!

**What is your favorite food?**  
If you've seen the size of me, you know there aren't many foods I **don't** like. While my favorite is Italian, Tex-Mex and Chinese cuisine, I like to keep an open mind to try new things.

**What is your favorite hobby or pastime?**  
Coin collecting, travel, looking for new investment opportunities and my second job!! (Not necessarily in that order).

