

Appendix A
Child Day Care Center Memo

Child Day Care Center Memo #20-97

1997 Sponsor Training- Nutrition and Food Service

Virginia Child Day Care Center Administrators

We are pleased to announce our 1997 training plans for sponsors of centers in the Child and Adult Care Food Program (CACFP). This years training will be specifically targeted to child care center food service personnel, menu planners, and food purchasers. Training topics will concentrate on menu planning and ensuring your meals are meeting the Dietary Guidelines. Menu needs, special meal requirements (with a lab), and snacks that celebrate variety.

This years training will be conducted by Virginia Cooperative Extension, with assistance from respective USDA Program Specialists from our field offices in Bluefield, Richmond and Towson. Those attending the training must attend the entire session in order to be licensing requirements. While attendance at this year's training is voluntary, you are strongly encouraged to throughout the state. Attendance at each session will be limited to 25 participants.

Attached are three schedules of dates and locations, one for the southwest region, one for the northeast and one for the central / southeast region. Each training session will last 6 hours, beginning promptly at the time noted on the attachment where it is listed. In order to ensure your request for a specific location and time be granted, we request that you return your response to the respective Field Office (addresses at the bottom) no later than the deadline date listed on the attachment.

If upon receipt of the attendance reservation, it is determined that adjustments to numbers or elimination of sessions be made, you may be asked to attend an alternate location, Unless you hear back from the UDSDA Program Specialist, you will be considered registered at your choice. Please keep a copy of this form for you use.

We are requesting that each person attending bring one (1) week's menus from your center and the USDA program publications you have on planning menus such as A Planning Guide for Food Service in Child Care Centers (orange booklet) and What's In A Meal? (dark read).

Lunch will be on your own. Feel free to bring a bag lunch to save time as there is only one hour scheduled for lunch.

If there are questions, you may contact the Field Office representatives, or you may contact Chris Gentner in the Regional Office at 609-259-5074.

RICHARD MALLAM, Section Chief
Day Care and Summer Nutrition Programs

Subject: VA ROAP MEMOS

S. MILLER / S. RISCHESKI / R. MALLAM / T. LEVERICH: 4 / 07 / 97

Attachment I

ALL SESSIONS BEGIN PROMPTLY AT 8:30

_____ April 29, 1997 Lee Street Baptist Church (site of last years training) 1 Mary St. Bristol, VA	_____ May 1, 1997 Scott Co. Head Start Office Highway 23 Legion St. Weber City, VA
_____ May 6, 1997 Blacksburg Presbyterian Church Corner of Church and Eakin Sts. Off Rt. 460 Business Blacksburg, VA	_____ May 13, 1997 Bedford Co. Administration Bldg. 122 East Main St. Ground Floor Bedford, VA
_____ May 14, 1997 Bedford Co. Administration Bldg. 122 East Main St. Ground Floor Bedford, VA	_____ Danville, Martinsville site to be announced later

Sponsor Name _____

Address _____

Phone Number _____

Number Planning to Attend _____

Check if you need directions to meeting _____

Mail completed form to: Shirley Miller, Program Specialist
USDA Food and Consumer Service
P.O. Box 4546
Bluefield, WV 24701
(304)324-8081

Please return by April 18, 1997

Attachment II

ALL SESSIONS BEGIN PROMPTLY AT 8:30

_____ June 3, 1997
Rockingham Extension Office
965 Pleasant Valley Road
Harrisonburg, VA 22801

Directions: Take I-81, Exit 243. When coming off the exit ramp, bear right. At the first stop light take a right on Pleasant Valley Road. Turn right at the entrance after you pass the BABTA book group sign on the right. There is a Virginia Cooperative Extension sign and entrance across from Packaging Corporation. (If you drive by Transprint Story on the left you have gone too far).

_____ June 5, 1997
Winchester, VA
Contact Doris Trant (540)655-5699 for location and directions

_____ June 10, 1997 OR _____ June 12, 1997
Arlington Co. Extension Office
3308 South Stafford Street
Arlington, VA 22206-1904
Contact Nancy Pfafflin (703) 358-6417

Directions: From Route 395, take the Shirlington exit and come up Quaker lane to 33rd Street, turn right and go to the end of the street (just one block), and look to the left. It is the old red brick school building, with a parking lot on the side. OR from Route 7 (King Street), go north when you reach Quaker Lane, to 33rd Street and turn left and go to the end of the street (one block) and this will be South Stafford Street. Again, it is the brick school building to the left w/ parking lot.

Sponsor Name _____
Address _____
Phone Number _____
Number Planning to Attend _____
Check if you need directions to meeting _____

Check one of the six sessions you would like to attend:

- _____ June 16, 1997
- _____ June 18, 1997
- _____ June 19, 1997

Henrico County Government Complex
Human Services Building
8600 Dixon Powers Drive
Second Floor, Demonstration Kitchen
Richmond

Starting time : 9:00 AM

- _____ June 25, 1997
- _____ June 26, 1997

Chesapeake Central Library
298 Cedar Road
Chesapeake

Starting time: 9:30 AM

- _____ June 30, 1997

Hampton-Newport News area
Training site and starting time to be announced at later date.

Sponsor Name _____

Address _____

Contact Person _____

Phone Number _____

Number of people planning to attend _____

Check if you need directions _____

Mail completed form back to: Susan Rischewski
USDA, Food and Consumer Service
1606 Santa Rosa Road, Suite 129
Richmond, VA 23229
(804)287-1710

Please return by May 23, 1997

UNITED STATES DEPARTMENT OF AGRICULTURE

FOOD AND CONSUMER SERVICE

P.O. Box 4546

Bluefield, WV 24701

Dear Participants:

The Child and Adult Care Food Program training for the Danville-Martinsville area is scheduled for July 10, 1997 at the Vocational-Technical Education Center, Chatham, VA. Time for the training was not indicated.

Unfortunately, neither myself or Mike Chapluk, my co-woker, will be able to attend and assist with the training du to a scheduling conflict.

Those participating will be given a certificate and will receive 6 hours of in-service credit for the training.

A map, giving directions to the training is enclosed.

Shirley Miller

Appendix B

Code book For Child and Adult Care Food Program Menus

Code book For Child And Adult Care Food Programs (CACFP) Menus

Bread / Bread Alternates Group			
<i>Food Reported</i>	<i>Esha Code</i>	<i>Food Name</i>	<i>Comments</i>
Biscuit	42001	Biscui-Homemade-2 ½”	
Bread	42010	Soft White Bread	
Bread And Butter	42010 8000	Soft White Bread Butter, Salted-Cup	½ Piece 1 tsp
Bread Sticks	42036	Bread Sticks-Unsalted	
Cheese & Crackers	139 1000	Standard Snack-Type Cracker- Retangle American Processed Cheese	
Cheesy Shells	38102 1000	Macaroni-Enriched-Cooked American Processed Cheese-Slice	1/4c
Corn Muffin	44503	Cornmeal Muffin-Homemade	
Cornbread	42115	Cornbread-Dry Mix-Prepared	
Cracker	139	Standard Snack- Type Cracker- Rectangle	
Croissant	42015	Butter Croissant Bread	
Croutons	42148	Seasoned Croutons	1 tbs
Flour Tortillas	70505	Flour Tortillas	
French Bread Slices	42043	French Bread	½ Piece
Garlic Bread	26007 42036	Garlic Power Bread Sticks-unsalted	
Grainola Bread Slice	42467	Hearty Slice 7-Grain Bread Ppf	
Hard Roll	42022	Hard White Roll	
Hb Buns Buns	42020	Hamburger Bun	
Hot Dog Buns	42610	Hot Dog Bun/Roll	
Hush Puppies	56666	Hush Puppies	
Italian Bread	42046	Italian Bread	
Multi-Grain Rice	38010	Long Grain Brown Rice-Cooked	

Bread / Bread Alternates Group (Cont.)			
Pasta Pockets W/ Ital Sauce	38105	Small Shells Pasta Noodle-Enrich-Cooked	
	5180	Tomato Sauce-Canned-Cup	
Peanut Butter Cracker	43546	Peanut Butter Filled Snack Crackers	
Pretzel	44015	Pretzels-Hard, Plain, Salted, Twisted	
Rice	38256	White Rice-Enriched-Reg-Cooked w/Salt	¼ cup
Roll	42257	Roll/Bread Dough-Soft Bread Sticks	
Toasted Roll		Plb	
Saltines	5011	Saltine Crackers	
Slice Cheese Toast	42088	Cheese Bread-Toasted	1 Piece
Toast	42030	Soft White Bread-Toast	
Wheat Bread	42012	Wheat Bread	½ Piece
Wheat Roll	42160	Wheat Dinner Roll/Bun	

Vegetables Group			
<i>Food Reported</i>	<i>Esha Code</i>	<i>Food Name</i>	<i>Comments</i>
Bake Bean	7037	Baked Bean-Homemade	
Beets	5309	Beets+Liquid-Canned-Cup	
Boiled Potatoes	5136	Peeled Potato-Diced-Boiled W/O Skin- Cup	¼ Cup
Broccoli	5028	Broccoli Boiled, Drained-Cup	
Broccoli Raw	5026	Broccoli Chopped-Raw	
Brussels Sprints	5033		
Buttered Potato	5130 8000	Baked Potato-Flesh Only-Cup Butter	
Cabbage	5038	Cabbage-Shredded-Boiled-Cup	
Carrot & Celery Sticks	6174 5054	Carrots-Raw-Chopped Celery-Raw-Chopped	1/8 Cup 1/8 Cup
Carrot Sticks Sliced Carrots	6174	Carrots Raw-(Strips Or Slices)-Cup	¼ Cup
Carrots	5047	Carrots-Fresh Slices-Boiled-Cup	
Cauliflower	5053	Cauliflower-Frozen-Boiled-Cup	
Cole Slaw	57482	Coleslaw	¼ Cup
Collard greens	5062	Collard greens-frozen-boiled-chopped	
Corn Corn on Cob	5065	Yellow Corn-Frozen-Boiled-Cup	
Cucumber Salad	5071 8034	Cucumber Slices w/ Peel-Cup Homemade Salad Dressing- Cooked	
Curly Fries	6425	Seasoned Curly Fries	
French Fries	5330	French Fries-Frozen-Fried-Cup Measure	
Green Beans	5011	Green Snap/String Beans-Boiled	
Green Paper	6849	Sweet Green Bell Paper Strips-Bld-Cup	

Vegetables Group (Cont.)			
Green Peas	5214	Green Peas + Liquid-Canned-Cup	
Green Pepper Strips	6849	Sweet Green Bell Peppers Strips-Bld-Cup	¼ Cup
Green Salad	5187 8034	Mixed Vegetables-Frozen-Boiled-Cup Homemade Salad Dressing-Cooked	
Hash Brown	5140	Hashed Brown Potato-Frozen-Cooked-Cup	
Kale	5075	Kale-Fresh-Boiled	¼ Cup
Kale green	5075	Kale-Fresh-Boiled	
Lettuce And Tomato	5170 5743	Tomatoes-Chopped /Sliced, Red, Raw, Ripe-Cup Lettuce (Celtuce)-Raw Leaf	1/8 Cup 1 Each
Lima Beans	5193	Lima Beans-Canned-Drained --	
Mashed Potatoes	5137	Mashed Potatoes W/Whole Milk	
Mashed Potatoes	5137	Meshed Potatoes W/Whole Milk	¼ Cup
Mixed Vegetables Mixed Greens	5187	Mixed Vegetables-Frozen-Boiled-Cup	
Onion Rings	5190	Onion Ring-Frozen-Heated-Each	
Parsley Potato	5130 26012	Baked Potato-Flesh Only-Cup Parsley Fresh	
Peas & Carrots	5123	Peas &Carrots-Frozen-Boiled-Cup	¼ Cup
Pinto Bean	7124	Pinto Bean, Mature Seeds-Raw	
Potato & Cheese Filled	5130 1000	Baked Potato-Flesh Only-Cup American Processed Cheese-Slice	
Potato Round	6332	Potato Rounds Frozen- NF	
Potato Salad	56005	Potato Salad	¼ Cup
Potatoes Au Gratin	5275 1000	Potatoes Au Gratin-Homemade W/Margarine American Processed Cheese-Slice	
Red Bean	7352	Small Red Bean-cooked	
Scalloped Potatoes	5271	Scalloped Potatoes Prepf/Mixw/Mlk&Butr-Cup	¼ Cup

Vegetables Group (Cont.)			
Spinach	5146	Spinach-Raw-Chopped-Cup	
Spinach Salad	5537 8034	Spinach Salad No Dressing Homemade Salad Dressing-Cooked	
Spinach With Cucumber Slices	6678	Cucumber-Fresh Bv	1 Piece
Squash Squash casserole	5153	Winter Squash-Cooked	¼ Cup
Sweet Pickle Slice	27031	LoSodium Sweet Pickle Slices	
Sweet potato Yams	5158	Sweet Potato-Peeled After Baking- Cup	
Sweet Potato Stick	6880	Sweet Potato(Pomoea batatas)-Raw- Cup	
Tater Tots	70598	Ore Ida Tater Tots Potatoes	
Three bean salad	57510	Three bean salad	
Tiny Green Peas	5214	Green Peas + Liquid-Canned-Cup --	
Tomato Soup	50028	Tomato Soup/ With Water	¼ Cup
Tomato Wedges	5170	Tomatoes- Chopped/Sliced,Red,Raw,Ripe-Cup	¼ Cup
Tossed Salad W/Red Cabbage &Carrots W/Dressing (Garden Salad)	56623 8034	Tossed Vegetable Salad W/O Dressing Homemade Salad Dressing-Cooked	1/4c 1 tbs
Turnip Green	5185	Turnip Green-Raw-Boiled	
Turnip Greens Or Cabbage, Cooked	5185	Turnip Greens-Raw-Boiled	¼ Cup
Vegetable Soup	50013	Vegetarian Vegetable Soup W/Water	
Whipped Potatoes Creamed potato	512 5343	Light Whipping Cream- microwaved Potato W/Flesh+Skin- Cup	

Fruits Group			
<i>Food Reported</i>	<i>Esha Code</i>	<i>Food Name</i>	<i>Comments</i>
Apples Sliced Apple (Wedges)	3004	Peeled Apple Slices-Fresh-Cup	1/4c
Applesauce	3147	Applesauce-Sweetened-Canned,W/O Salt-Cup	
Apricot	3153	ApricotHalves w/ skin in Lt. Syrup- Cnd-Cup	
Baked Apples	3840 25006	Apple-Raw-medium White Granulated Sugar-Cup	¼ Cup 1 tsp
Baked Peaches w/ cinnamon	3097 25006	Peaches-Slices-Cup-Fresh white granulated sugar	
Bananas	3021		
Cantaloupe	3075	Cantaloupe/Muskmelon-cubes-cup	
Cooked Carrots	5047	Carrots-Fresh Slices-Boiled-Cup	1/4 Cup
Dark Cherries	3742	Brazilian Cherry-Raw-Cup	
Fresh Fruit	3701	Jambu Fritit-Fresh-Cup	
Fresh Pear	3104	Fresh Pear Slices-Cup	
Fruit Cocktail	3163	Fruit Cocktail In Light Syrup- Canned-Cup	
Fruited Jello Gelatin w/ Fruit	23052 3169	Gelatin Dessert Mix-Prep W/Water Mixed Fruit-Sweetened-Frozen- Thawed-Cup	
Grapes	3844	Grapes-Raw FDA	
Kiwi	3638	Kiwifruit (Chinese-Gooseberries)- Raw-Cup	
Mandarin Orange	3139	Tangerine (Mandarin Oranges) Sections-Cup	
Melon	3167	Mix melon	

Fruits Group (Cont.)			
Mixed Fruit	3169	Mixed Fruit-Sweetened-Frozen-Thawed-Cup	
Orange Slices Orange Wedges	3083	Fresh Orange Sections-Cup Measure	
Peaches In Own Juices	3727	Peaches In Juice-Cnd-Halves/Slices-Cup	
Pears	3177	Pears In Light Syrup-Canned-Cup	
Pears In Own Juices	3179	Pears In Juice-Canned-Cup	
Pineapples Pineapple Bits	3181	Pineapple In Light Syrup-Canned-Cup	
Plums	3187	Purple Plums In Light Syrup-Canned-Cup	1/4 Cup
Raisins	3129	Seedless Raisins-Cup- Packed	
Sliced Peach Peaches	3097	Peaches-Slices-Cup-Fresh	
Strawberry	3635	Strawberry Guavas-fresh-cup	
Tropical Fruit	3630	Tropical Fruit-Cnd-Cup-CAB	
Watermelon	3142	Watermelon-Piced-Fresh	

Milk Group			
<i>Food Reported</i>	<i>Esha Code</i>	<i>Food Name</i>	<i>Comments</i>
Milk	133	2%Fatmilk-W/O Vit A-W/Non Fat Milk Solids	¾ cup

Meat / Meat Alternates Group			
<i>Food Reported</i>	<i>Esha Code</i>	<i>Food Name</i>	<i>Comments</i>
Battered Fish Filet	17003	Fish Patty-Square-Frzn-Heated (4x2x5)	
BBQ Chicken	15918	BBQ Chicken Breast (Breast W/BBQ Sauce)	
Beef Patties	10466	Ground Beef Patty-(20%fat) Frzn- Broiled	
Beef Stew	10050 5130 4047	Beef Stew Meat-Cooked-Lean Only Potato Carrot	3/2 oz. 1/8 C 1/8 C
Burrito	66024	Beef Burrito	
Canadian Bacon	12002	Cured Pork Canadian-Grilled	
Canadian Ham	12006	Whole Cured Pork Ham-Roasted- Lean	
Cheese Strip	1059	String Cheese Stick	
Chicken Nuggets Chicken Tenders Chicken Fingers	15243	Chicken Nuggets	4 Each
Chicken Patties	70567	Chicken Patty Dinner-Frozen Meal	1.5oz-Wt
Chicken Soup	50005	Chicken Noodle Soup w/ Water	
Country Fried Steak w/Gravy	10067	Large Beef Round Steak-Fried	
Fish Batter W/ Catsup	70200	Mrs.Paul's Battered Fish Sticks	
Fish Patti	17003	Fish Patty/Square-Frzn- Heated(4x2x.5)	3/2 oz.
Fish Stick Fish Triangles Fish Fish Portion	17002	Fish Sticks-Frozen-Heated(4x1x.5)	4 Each
Franks	13008	Beef Frankfurter Hotdog-8 per pkg	
Fried Chicken Leg	15154	Broiler/ Fryer Chicken Leg- Boneless-Rstd	

Meat / Meat Alternates Group (Cont.)			
Ham Sliced Ham	12005	Whole Cured Pork Ham-Roasted	
Hotdog	13010	Beef, Pork Frankfurter/Hotdog-10 per Pkg	1.5 oz-wt
Lean Beef Patty	10030	Groundbeef-Patty-(16%Fat)Brd- Welldone	1.5 Oz-Wt
Meat Loaf	11018	Meatloaf-Beef Only	
Meat Loaf w/ Ketchup	11018 27000	Meatloaf-Beef Only Ketchup	
Meatballs	11019	Beef Meatballs	
Meatballs W/Gravy	14041	Beef & Pork Meatball W/Tomato Base Sauce	
Oven-Fried Chicken Leg Baked Chicken	15152	Skinless Chicken Leg-Boneless-Fried	
Pork Bar-B-Q	12124	BBQ Pork (Pork with BBQ Sauce)	
Roast Turkey Breast	16038	Turkey Breast-Skinless-Boneless- Roasted	
Salami	13023	Beef Salami-Cooked	1.5 Oz-Wt
Salisbury Steak & Gravy	11003	Salisbury Steak W/ Gravy	1.5 Oz-Wt
Salmon Loaf	18809	Salmon Loaf-Medium Slice	1 Each
Scrambled Eggs	19516	Large Scrambled Egg-Plain	
Shepherd's Pie	56231	Shepherd's Pie (Beef)	
Slice Turkey / Gravy Turkey w/ Gravy	16000 53045	All turkey-skinless-boneless-roasted- cup Turkey Gravy -Dry mix+ water	
Taco Salad	56643	Taco Salad	
Tom Turkey w/ Gravy	16040 53033	Tom turkey-skinless-Bnls-Roasted- cup Turkey Gravy-Canned-Cup	
Turkey Meatloaf	56218	Chicken/Turkey Meatloaf	

Other Foods			
<i>Food Reported</i>	<i>Esha Code</i>	<i>Food Name</i>	<i>Comments</i>
Apple Cobbler	49003	Apple Cobber	
Banana Pudding	2631	Banana Pudding-Regular Mix+2% milk	
Brownie	47150	Brownie (2" Square)	
Carrot Cake	46010	Carrot Cake W/Cream Cheese Icing	1/8 Piece
Cherry Jello	23321	Jello Gelatin Snacks-Sugar Free-Cherry	
Chocolate Cake	46059	Chocolate Cake Mix-Prepared 1/12 9"	½ Piece
Chocolate Pudding	2634	Chocolate Pudding-Instant Mix +2%Milk	
FigBar	47012	Fig Bar Cookie	
Honey	25001	Honey	
Ice Cream	2004	Vanilla Ice Cream	
Ice Cream	2004	Ice Cream	¼ cup
Ketchup	27000	Ketchup	
Marstar	8124	Honey Marstar	
Mayonnaise	8033	Local Mayonnaise	
Oatmeal Raisin Snack	47003	Oatmeal Raisin Cookie	
Peach Cobbler	49008	Peach Cobbler-3*3inch Piece	1/12 Piece
Peach cobbler	49008	Peach cobbler-3*3 inch piece	
Pineapple cake	46070	Pineapple Upside Down Cake-Rcp 1/9 8"sq	
Plain Cake Cake Square	46090	Yellow Cake Mix	½ Piece
Potato chips	44009	Potato Chips-Plain-Salted-Cup	
Ranch Dip	27138	Kraft Ranch Dip	
Spice Cake	46116	Spice cake w/ icing	
Vanillas Pudding	2655	Vanilla Pudding-Instant Mix + 2% Milk	

Other Foods (Cont.)			
Vegetable Beef Soup	50014	Vegetable Beef Soup	

Combination Foods			
<i>Food Reported</i>	<i>Esha Code</i>	<i>Food Name</i>	<i>Comments</i>
Alphabet Soup	50463	Campbells Cond Chicken Noodle Soup Cam	
Bagel Pizza	42000 1000 5180 13021	Plain bagel American Processed Cheese-Slice Tomato Sauce Pepperoni	
Beef & Bean Burrito	66026	Beef & Bean Burrito	1 Each
Beef + macaroni	38102 10455 5180	Macaroni-Enriched-Cooked Ground Beef Tomato Sauce	¼ cup 1.5 oz
Beef BBQ on Bun	11014 42020	BBQ Beef (Beef w/BBQ Sauce) Hamburger Bun	
Beef Ravioli In Italian Tomato Sauce	5180 38105 10455	Tomato Sauce-Canned-Cup Small Shells Pasta Noodle-Enrich-Cooked Ground Beef	
Blt Sandwich	56009	Blt Sandwich-Soft White	½ each
Bologna & Cheese Sandwich	42010 13002 1000	White Soft Bread Beef Bologna American Process Cheese	
Broccoli W/ Cheese	5028 1008	Broccoli Boiled Drained-Cup Cheddar cheese	1/4 cup 0.5 oz.
Broiled Pork w/ noodle	12030 38105	Fresh Pork Loin-Whole-Broile Small Shells Pasta Noodle-Enrich-Cooked	
Cheese Burger	42020 66007 1000	Hamburger Bun Hamburger Plain American Process Cheese	

Combination Foods (Cont.)			
Cheese Stuffed Shells/ Mariana Sauce	1000	American Processed Cheese-Slice	
	38105	Small Shells Pasta Noodle-Enrich-Cooked	
	5180	Tomato Sauce-Canned-Cup	
Cheese Vegetable	5187	Mix Vegetables-Frozen-Boiled-Cup	
	1000	American Processed Cheese-Slice	
Cheesy Penne Pasta Enriched & Fortified Pasta, & Light Tomato Sauce	5180	Tomato Sauce-Canned-Cup	
	1000	American Processed Cheese-Slice	
	38105	Small Shells Pasta Noodle-Enrich-Cooked	
Chicken And Dumplings	15000	Skinless-Chicken-Boneless-Roasted-Chopped	1.5 Oz
	38047	Egg Noodles- Cooked, Enriched	¼ C
Chicken Fajitas	15000	Skinless-Chicken-Boneless-Roasted-Chopped	
	5102	White Onion-Raw-Cup	
	6849	Sweet Green Bell Paper	
	42025	Tortilla	
Chicken Pot Pie With Biscuits On Top	56072	Chicken Pot Pie-Frozen-Cooked	1.5 Oz-Wt
	42001	Biscuit-Homemade 2 ½ “	½ Each
Chicken Rotinl	15000	Skinless-Chicken-Boneless-Roasted-Chopped	1.5 iz
	38105	Small Shells Pasta Noodle-Enrich-Cooked	¼ c
	5180	Tomato Sauce-Canned-Cup	1/8 c
Chicken Tetrazzini W/Enriched And Fortified Pasta & Cheese Sauce	38105	Small Shells Pasta Noodle-Enrich-Cooked	
	1000	American Processed Cheese-Slice	
	15000	Skinless Chicken-Boneless-Roasted-Chopped	
Chili Bean	56001	Chili and Bean-Canned	

Combination Foods (Cont.)				
Corndog	13010 42115	Beef +Pork Hotdog-10 per pkg CornBread –Dry Mix- Prepared		
Elbow Macaroni w/ Meat sauce	38102 66007 5180	Macaroni-Enriched-Cooked Hamburger-Plain Tomato Sauce-Canned -Cup		
Goulash & Turkey Meat	16000 5065	All Turkey-Skinless-Boneless- Roasted-Cup Yellow Corn-Frozen-Boiled-Cup		
Grilled Cheese Sand	42010 1000	White bread American Processed Cheese-Slice		
Ham Sandwich	12005 42010	Whole Cured Pork Ham-Roasted White Bread		
Ham/Cheese Sandwich	1000 12005 42010	American Processed Cheese-Slice Whole Cured Pork Ham-Roasted White Soft Bread	0.5 Oz-Wt 1 Oz-Wt	
Hamburger	42020 66007	Hamburger Bun Hamburger Plain		
Hotdog with Chili	56667	Hotdog w/ chili		
Lettuce + pear salad	5083 3177 1000	Iceberg/Crisphead Lettuce-Chopped WholePeaches in Lt Syrup-Cnd- CupAmerican Process Cheese		
Macaroni and Cheese	1000 38102	American Processed Cheese-Slice Macaroni-Enriched-Cooked		
Macaroni Casserole	38102	Macaroni-Enriched-Cooked	¼ c	
Cheese Noodle Casserole	1000 53007	American Processed Cheese-Slice White Sauce-Homemade	1 tbs	
Macaroni Cheese	38102 1000	Macaroni-Enriched-Cooked American Processed Cheese-Slice		
Pasta Salad W/ Tuna & Cheese Chunks	1000 17027 38105	American Process Cheese Light Tuna in Water-Cnd-Drain Small Shells Pasta Noodle-Enrich- Cooked		
Peanut Butter & Jelly Sandwich	56040	Peanut Butter+Jelly Sandwich-Soft White		

Combination Foods (Cont.)			
Peanut Butter and Jelly Sandwich	56039	Peanut Butter and Jelly Sandwich	½ Each
Peanut Butter Sandwich	42010 4637	White Soft Bread Nature Peanut Butter	
Penne Pasta W/ Lite Tomato Sauce	66043	Penne Pasta W/Sun-Dried Tomatoes-Svg Ww	
Pepperoni Pizza	42036 1058 5180 13021	Bread Sticks-unsalted Mozzarella Cheese Tomato Sauce-Canned-Cup Pepperoni	
Pizza & Cheese Pizza	42036 1058 5180	Bread Sticks-unsalted Mozzarella Cheese-Part Skim-Shredded Tomato Sauce-Canned-Cup	
Rosebeef Noodle	38105 10001	Pasta noodles Beef RoastChuck Bld-Choic-Lean-1/4”T-Brsd	
Rotini w/ Meatballs	38105 11019	Small Shells Pasta Noodle-Enrich Cooked Beef Meatballs	
Sloppy Jo/ Bun	11002 42020	Sloppy Joesauce/Gravy-Homemade (No Bun) Hamburger Bun	
Spaghetti W/Meat Sauce Italian Spaghetti	38118 66007 5180	Spaghetti Noodles-Cooked-Enriched Hamburger Plain Tomato Sauce-Canned-Cup	¼ C 1.5 Oz 3/8 C
Spanish Rice With Beef	56131 10455	Spanish Rice Ground Beef-(16%Fat)Bake-Welldone	0.5 Oz-Wt 1 Oz-Wt
Steak & Cheese	10047 1000	Beef, Sandwich Steak American Processed Cheese-Slice	
Taco w/ Leaf/Tomato/Cheese	1000 5170 5743 42025	American Process Cheese Tomatoes-Chopped/Slice Lettuce-Raw leaf Tortilla	

Combination Foods (Cont.)			
Tuna on whole wheat	17027 42012	Light Tuna in Water-Cnd-Drain- CupMeasure Wheat Bread	
Tuna Salad	10027 19511 8034	Light Tuna in Water Egg Homemade Salad Dressing	
Tuna Sandwich	17027 42010 8033	Light Tuna in Water-Cnd-Drain- CupMeasure White Soft Bread LoCal Mayrnnaise	
Turkey Sub Sandwich Turkey & Cheese Sandwich	16000 42034 1000	All Turkey-Skinless-Boneless- Roasted-Cup Submarine/Hoagie/Sandwich Roll American Processed Cheese-Slice	
Vegetable casserole	70842	Frozen Entrée Green Bean casserole	

Appendix C

Some Foods for Vit A, Vit C and Iron

Some Food High In Vitamin A, and C (Food and Nutrition Service, 1981)

Vitamin A – Serve Food High in Vitamin A at Least Twice a Week

Vegetables

Broccoli
Carrots
Chard
Collards
Kale
Mustard Greens
Peas and Carrots
Pepper, Sweet, Red
Plantain, Green or Ripe, Boiled
Pumpkin
Spinach
Squash, Winter
Sweet Potatoes
Tomatoes
Tomato Juice, Paste, or Puree
Turnip Greens
Vegetable Juice

Fruit

Apricots
Canned Plums, Purple
Cantaloupe
Mango
Melon Balls (Includes Honey Dew)
Nectarines
Watermelon

Other
Liver
Mackerel, Canned
Oatmeal, Instant, Fortified
Ready to Eat Cereals, Fortified
Whole Milk and Its Products

Vitamin C – Serve Foods High in Vitamin C Daily

Vegetables

Asparagus
Bean Sprouts
Broccoli
Brussel Sprouts
Cabbage
Cauliflower
Chard
Collards
Green and Yellow Peas
Kale
Lima Beans
Kohlrabi
Mustard Greens
Okra
Onion, Spring
Parsnips
Peppers, Sweet
Plantain, Green or Ripe Boiled
Poke Greens
Potatoes, White
Pumpkin

Radishes
Rutabagas
Snow Peas
Spinach
Squash, Summer
Squash, Winter
Sweet Potatoes
Tomatoes
Tomato Juice
Turnip Greens
Turnips

Fruits

Apples
Apple Juice
Banana
Blackberries
Blueberries
Cantaloupe
Grapefruit
Grapefruit Juice
Grape Juice
Honeydew Melon
Kiwi
Mandarin Oranges
Oranges
Orange Juice
Nectarines
Papaya
Peaches
Pears
Pineapple
Pineapple Juice
Plums

Pomegranates
Raspberries
Strawberries
Tangelos
Tangerines
Watermelons

Other
Liver
Clams
Mussels

Serve Foods That Are Good Sources of Iron Daily

Vegetables

Lima Beans
Spinach

Bread/ Bread Alternates

Bagel Plain, Pumpernickel or Whole
Wheat
Farina
Muffin, Bran
Noodles, Cooked
Oatmeal, Instant, Fortified
Pita Bread, Plain or Whole Wheat
Pretzels, Soft
Rice, White, Regular or Converted

Fruits

Apricots (Canned)

Meat/ Meat Alternates

Beef
Chicken
Clams
Lentils
Mackerel
Mussels
Oysters
Dried Beans and Peas
Meat in General, especially Liver and Organ Meats
Peanut Butter
Shellfish
Soybeans
Turkey
Tuna

Appendix D
Iron Check List

Iron Check List (Hertzler AA, 1998)

Iron Checklist Instructions

1. Think what you had to eat in a 24-hour period.
2. Write the number of servings after each food you ate on the [iron check list](#).
Look at the serving size of the actual food and figure how many servings you had.

Example: 1 cup of applesauce = 2 servings

1 1/2 cups of green beans = 3 servings

A food is listed only once and not in its many forms. For example, baked potato, mashed potatoes, potato salad, french fries, and potato chips are all scored under potato.

3. Figure your iron points.

Multiply the number of servings you had by the number after the "x" to get your iron value.

Example: If you had 1 1/2 cups of peas, your points would be 3 servings times 6 points, a total of 18 points.

4. Add iron points in each group and write that total in the appropriate space on the iron score card. Add your total iron score.

Iron Score Card

[Milk, Yogurt, & Cheese Group](#) _____

[Vegetable & Fruit Groups](#) _____

Bonus: If you had 5 servings of fruits and vegetables, score an extra point _____

[Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group](#) _____

[Bread, Cereal, Rice, & Pasta Group](#) _____

Total _____


5. How well did you do? Mark your iron score on the [scale](#).
6. Did you meet the minimum recommended number of servings in the Food Guide Pyramid?
7. What one change could you make to improve your iron score? Read the [Iron & The Food Pyramid](#) Guide to review choices.

Iron Checklist

Iron Points: If a food is not on the checklist, you can figure its iron points by finding its iron content in a serving in a food composition table. 3 iron points (3 shares) equal about 0.9 milligrams iron. 50 shares for women and teenagers is the same as 15 milligrams (mg).


High Calorie Choices: Fats, sugars, and alcohol are not listed because they usually contain little or no iron. Higher calorie foods in the Bread, Cereal, Rice & Pasta Group and in the Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group are in a separate list. Preparation, ingredients, and methods could add extra calories to any food item.

Milk, Yogurt & Cheese Group

	
Milk, 1 cup, Skim	x 1 =
Milk, 1 cup, Low-fat	x 1 =
Milk, 1 cup, Whole	x 1 =
Milk, 1 cup, Chocolate	x 3 =
Cheese, 1 oz	x 1 =
Cottage cheese, 1/2 cup	x 1 =
Custard, 1 cup	x 1 =
Pudding, 1 cup	x 3 =
Yogurt, 1 cup	x 1 =

To [Iron Score Sheet](#)


Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group

	
Dry beans or peas ,1 cup cooked	x 15 =
Beef, (3 oz)	x 9 =
Poultry, 1/2 cup (3 oz)	x 6 =
Clams, 3 oz	x 15 =
Egg, 1	x 3 =
Fish, 3 oz	x 3 =
Lamb, 2 oz	x 6 =
Liver, 3 oz	x 24 =
Oysters, 8	x 18 =
Pork, 3 oz	x 9 =
Shrimp, 3 oz	x 6 =
Tofu, (1/4 block- 4 1/2"x3"x2 1/2")	x 6 =
High Calorie Choices	
Bacon, 3 slices	x 3 =
Hotdog, 2 oz	x 3 =
Braunschweiger, 1 oz	x 3 =
Luncheon Meat, 1 oz	x 3 =
Sardines (in oil), 3 oz	x 3 =

Tuna (in oil), 3 oz	x 3 =
Peanut butter, 4 Tbsp	x 3 =
Peanuts, 20 large	x 3 =

To [Iron Score Sheet](#)

Vegetable and Fruit Groups


	
Apple, 1/2 cup	x 1 =
Asparagus, 1/2 cup	x 1 =
Banana, 1 small	x 3 =
Bean Sprouts, 1/2 cup	x 1 =
Beets, 1/2 cup	x 1 =
Broccoli, 1/2 cup	x 3 =
Brussels Sprouts, 1/2 cup	x 3 =
Cabbage, 1/2 cup	x 1 =
Cantaloupe, 1/2 cup	x 3 =
Carrots, 1/2 cup	x 1 =
Cauliflower, 1/2 cup	x 1 =
Celery, 1/2 cup	x 1 =
Corn, 1/2 cup	x 3 =

Cranberries, 1/2 cup	x 1 =
Grapefruit, 1/2 cup	x 1 =
Grapes, 1/2 cup	x 1 =
Greens, cooked, 1/2 cup	x 6 =
Green Beans, 1/2 cup	x 1 =
Lettuce, 1/2 cup	x 1 =
Lima Beans, 1/2 cup	x 6 =
Lime, 1/2 cup	x 1 =
Okra, 1/2 cup	x 1 =
Onion, 1/2 cup	x 1 =
Orange, 1/2 cup	x 1 =
Parsley, 1/2 cup	x 1 =
Peach, 1/2 cup	x 1 =
Pear, 1/2 cup	x 1 =
Peas, 1/2 cup	x 6 =
Pineapple, 1/2 cup	x 1 =
Plums, 1/2 cup	x 1 =
Potato, 1-2 1/2"	x 3 =
Pumpkin, 1/2 cup	x 3 =
Rhubarb, 1/2 cup	x 3 =
Squash, Summer, 1/2 cup	x 1 =
Squash, Winter, 1/2 cup	x 3 =
Strawberries, 1/2 cup	x 3 =

Sweet Potato, 1 small	x 3 =
Tomato, 1 small	x 3 =
Watermelon, 4" x 8"	x 6 =
Dried Fruits	
Apricots, 5 med. halves	x 3 =
Dates, 5	x 3 =
Peach, 2 halves	x 3 =
Prunes, 5	x 6 =
Raisins, 2 Tbsp.	x 3 =

To [Iron Score Sheet](#)

Bread, Cereal, Rice & Pasta Group

	
Whole Grain or Enriched	
Biscuits, 2 - 2"	x 3 =
Bread, 1 slice	x 3 =
Cereal, Cooked 1/2 cup	x 3 =
Cereal * , Ready-to-eat 1 oz	x 3 =
Corn Bread, 1 piece	x 3 =
Crackers, 4	x 3 =
Macaroni, 1/2 cup	x 3 =
Muffin, 1 - 3"	x 3 =

Noodles, 1/2 cup	x 3 =
Rice, 1/2 cup	x 3 =
Roll, 1 small	x 3 =
Spaghetti, 1/2 cup	x 3 =
Tortilla Chips, 1 oz small package	x 3 =
Waffle, 4 1/2"	x 3 =
High Calorie Choices	
Choc. Cake, 1/16 piece	x 3 =
Plain Cake, 1/16 piece	x 3 =
Coffee Cake, 1/6 piece	x 3 =
Fig Bars, 4	x 3 =
Choc. Chip Cookies, 4	x 3 =
Doughnut, 3 1/2"	x 3 =
Pie, 1/7	x 3 =

* Iron content may be higher depending on amount of fortification.

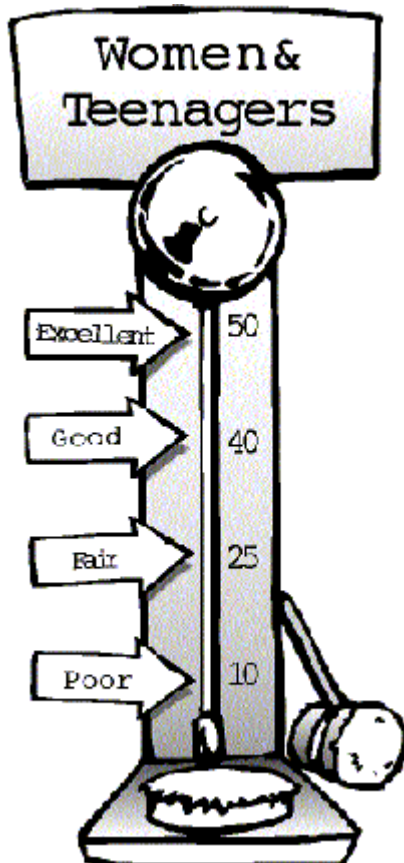
To [Iron Score Sheet](#)

Scale

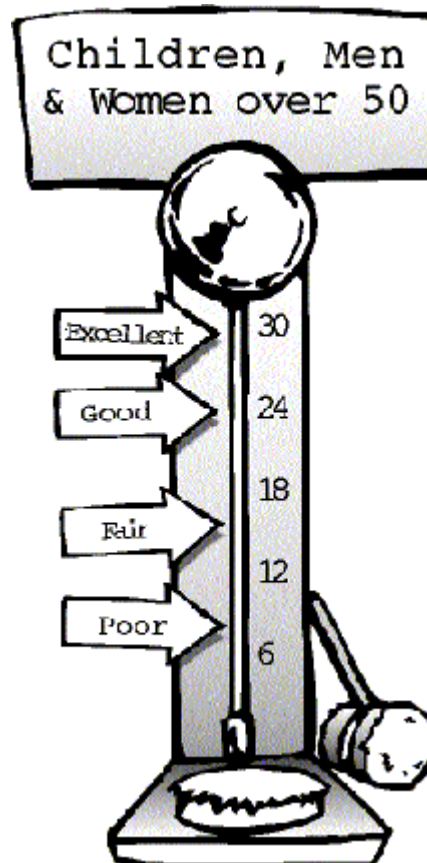
How Well Did You Do?

1. Do you meet your iron needs?
2. Does your daily food pattern meet the Food Guide Pyramid recommendations?
3. The Food Guide Pyramid lists foods to provide the nutrients to work with iron in your body.

Try the **Iron Check List** with the [Food Guide Pyramid](#).



- A score of 40 to 50 means that you are getting between 75 and 100 percent of your daily iron intake.
- A score of 25 to 40 means that you need to start checking daily food habits.
- A score below 25 means that you need to start looking carefully at food choices.



- A score of 24 to 30 means that you are getting between 80 and 100 percent of your daily iron intake.
- A score of 18 or 23 means that you need to start checking daily food habits.
- A score below 15 means that you need to start looking carefully at food choices.

Iron & The Food Guide Pyramid

Iron in the Body

Iron works with protein to make hemoglobin in red blood cells to carry oxygen to all parts of the body. The body stores iron in the liver, the spleen, and in the bone marrow.

Anemia can be caused by a limited intake of iron and nutrients such as protein, folic acid, or Vitamin B-12. All of these nutrients help make red blood cells. Anemia could result from heavy blood loss or caused by a poor diet which lacks many nutrients.

Anemia is most common in women and children. Women and teenage girls need more iron than men because of menstrual losses. Children and pregnant women need extra iron because new tissue is being built.

Iron Recommendations

The Recommended Dietary Allowances, also called the R.D.A., are standards for nutrient intake for the American population. An intake of 15 milligrams of iron is recommended daily for women and teenagers; 10 milligrams daily for men; and 10 to 15 milligrams daily for infants over 6 months, and for children.

Food Guide Pyramid



Average selections from the Food Guide Pyramid provide about 10 milligrams of iron, plus the many nutrients with which iron works in the body. Women and teenagers need to select food carefully for iron content in order to meet their recommended intake.

Except for liver, no one food is a concentrated source of iron. Iron is usually associated with the more colorful foods—red meats, dark green vegetables, and the browns of whole grains. Select these kinds of foods to ensure adequate iron intake. Iron is added to the diet if foods are cooked in iron pots and pans.

Fats, Oils, Sweets & Alcohol

Fats, sugars, and alcohol are high in calories, and contain mostly energy with few other nutrients. The darker the sugar, the higher the iron content. Thus, black strap molasses is a fairly good source of iron but excessive amounts could result in tooth decay.

Milk, Yogurt & Cheese Group

Milk is called the most nearly perfect food, but has a low supply of iron. However, iron in breast milk is well used by the baby. Infant formulas are usually fortified with iron. The first foods added to the baby's diet are usually foods with iron, such as fortified cereal and egg yolk.

Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group

The iron in meats, fish, and poultry is especially well used by the body. Liver is the one concentrated source of iron. Meat, eggs, dried beans, and nuts have a little more iron than poultry and fish. The dark meat of poultry has more iron than light meat. Legumes, dried peas and beans, and nuts are all good sources of iron.

Vegetable and Fruit Groups

Dark green leafy vegetables are a good source of iron because they tend to be low in calories and provide a steady source of vitamins and minerals.

There is an old belief that any red food or beverage indicates a concentrated source of iron. Except for meat, this is not so. Red beets and red wine are low in iron.

Bread, Cereal, Rice & Pasta Group

Whole grain and enriched breads and cereals provide steady amounts of iron and other nutrients. Cereal products fortified with higher amounts of iron usually cost more. Read labels to learn how much iron is in a serving.

Vita

Yi-Ping Wu

Yi-Ping Wu was born and grew up in Kaohsiung, Taiwan R.O.C. on March 10, 1973. She received her Bachelor of Science degree from Department of Nutrition and Food Science, Fu-Jen Catholic University, Taipei, Taiwan R.O.C. in June, 1995. After her graduation, she began working for National Science Council at the Hospital of National Taiwan University's Surgical Research Department for one year. The research emphasized total parenteral nutrition (TPN) on normal rats and diabetes mellitus rat.

She began her graduate program at Virginia Polytechnic Institute and State University in January 1997. While working toward to her master's degree, she emphasized on community nutrition, health programs and nutrition education. Her Master of Science degree in Department of Human Nutrition, Food and Exercise was received in June of 1999. In order to apply her graduate study, she plans to pursue a career in nutrition education and promoting nutritional concept to different markets.