



Mealtime Memo

for Child Care

Harvest Season

The fall season is here, bringing with it colorful leaves, cooler weather, and apple cider. Many people, young and old, will have the opportunity to visit cider mills and sample their brew. Some may think that all cider sold at cider mills is good for you; however, let's talk about how it may not be.

Some cider has been pasteurized (heat-treated), while other cider has not. Pasteurized cider is heated to kill harmful bacteria such as *Salmonella* and *E. coli*. Make sure when your children taste or drink cider that it is pasteurized. This precaution applies to cider purchased at the mill or store-bought cider.

Keep in mind that children are high-risk individuals whose immune systems have not fully developed. Therefore, they cannot fight off certain illnesses as easily as adults. Individuals who are at risk because their systems are not fully developed or those whose systems have been compromised include infants, young children, pregnant women, older adults and individuals with other health related illnesses. Anyone who has a chronic disease or other conditions that affect their health should not consume non-pasteurized cider.

Some cider mills offer pasteurized as well as non-pasteurized cider. If you purchase cider from a grocery store or any other place of business, make sure it states "pasteurized" on the label. If the product has not been pasteurized, it should have a warning label on it stating that it has not been pasteurized and may be harmful for certain individuals to consume. Make sure the children in your care, whether they are at the cider mill or at your center or home, receive pasteurized cider only.

How can you be sure the juice has been pasteurized? Read the label and see if it has been pasteurized or if there is a warning label. If you can't find the information on the label, ask an employee working in the facility where you are shopping. Always keep in mind — When in Doubt – Don't Consume!



Reference

Stutsman, M. (2010, September). *Juice and cider: Make sure they're safe*. Retrieved from https://www.foodsafety.gov/blog/apple_cider.html

United States Department of Agriculture. (n.d.). What's Cooking? USDA Mixing Bowl. *Squash-apple casserole*. Retrieved from https://whatscooking.fns.usda.gov/search/solr-results/im_field_term_program/supplemental-nutrition-assistance-program-snap-162?mefibs-form-solr-search-block-keyword=Apple&mefibs-form-solr-search-block-sort_by=score&mefibs-form-solr-search-block-items_per_page=20&mefibs-form-solr-search-block-mefibs_block_id=solr_search_block&=Go

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

© 2017, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

The photographs and images in this document may be owned by third parties and used by The University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images.



Squash-Apple Casserole

What a delicious autumn side dish! Use your favorite varieties of apples and winter squash for this tasty recipe.

Ingredients

- 2 1/2 cups winter squash (such as acorn, butternut or hubbard)
- 1 1/2 cups apples (cooking, such as Macintosh, Granny Smith or Rome)
- 1/2 teaspoon nutmeg
- 1 teaspoon cinnamon

Directions

1. Wash and prepare squash and apples (for extra fiber, keep peel on apples).
2. Alternate layers of squash and apples in 8x8 inch pan; end with apples.
3. Sprinkle spices over top layer.
4. Cover with aluminum foil.
5. Bake at 350 degrees for 45-60 minutes, until squash is tender.

Source: University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

Nutrition Information

Nutrients	Amount
Calories	40
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	11 g
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

