

DIRECTOR'S CORNER

On January 1st, 2006 the following schools changed to Tier 1.

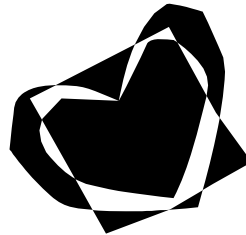
- La Vista West Elem.
- Ralston-Mockingbird
- Bellevue- Bellaire Elem.

If you haven't received notification from our office in regards to a change in eligibility please let us know immediately. We want you to receive the full benefits of the program.



On-Line Claims-

- Please remember to submit child enrollment forms for children you add.
- Submit a blue notes/drop sheet for children you are dropping from the program.



Claims Ideas-

1. Complete your forms Daily. This helps to prevent deductions when we visit. (This is required)
2. To help make filling out the paper work easier, fill out your menus a week in advance so you know what to go shopping for.
3. Keep your claim on a clipboard in your kitchen so that they are easy to remember.
4. Remember to keep the yellow copies. That way, if anything is lost we can always refer back to your yellow copies.



I want to thank everyone for the wonderful job you are doing on your claims. Keep up the good work and please let us know of ways that we can make it easier for you. Just jot down your ideas on the "Tid Bits of Information" and return it with your next claim. We do read each one for ideas!

WELCOME
NEW PROVIDERS

- Tammy Neumann
- Maria Lopez
- Diana Rivas
- Felicia Payne
- Connie King
- Susan Smith-Henderson
- Lynette Hiatt
- Anna Miller

CHECK DAY DATES!

March 20th
April 18th

NEWSLETTER WINNERS!

(Please read your newsletter and mail back the "Tid Bits of Information" and you are enter in a drawing to receive a \$25 gift Certificate from Wal-Mart)

Stephanie Biskup- \$25 Wal-Mart Gift Certificate!

REMINDER- CLAIMS ARE DUE BY THE 4TH OF EVERY MONTH!

LATE CLAIMS ARE PAID THE FOLLOWING MONTH AS LONG AS THEY ARRIVE THE LAST DAY OF THE REPORTING MONTH.

Creating Healthy Kids

Training Opportunities!

All 2006 workshops (except December) will be 3rd Thursday of the month, 6:30-8:30. Workshops are free to members, \$5 non-members. All trainings are held at 6720 North 30th St. unless otherwise noted.

March 16 – Seasonal Activities & Accu-Cuts

Cognitive & Creative Learning
Workshop will focus on utilizing Accu-Cuts and other resources to help children explore the changing seasons and the related holidays.

March 18th - Meet Eat & Greet

Time- 11:00 AM-1:30 PM

Location- Central Office- 42nd & Center
Appreciation Luncheon for our Providers.

March 30th- Health & Safety Policies



COOKBOOK

Sweeeeet Potatoes!

- 4 large, peeled and quartered yams or sweet potatoes
 - 1/2 cup packed light brown sugar
 - 1/4 cup orange juice
 - 2 tsp. grated orange rind
 - 1/2 tsp. cinnamon
 - 2 large tart sliced cooking apple(s)
 - 2 Tbsp. chilled margarine
1. Steam sweet potatoes over medium heat for 15 minutes or just until tender.
 2. Allow potatoes to cool slightly and cut into 1/2-inch slices.
 3. Combine brown sugar, orange juice, orange rind and cinnamon; mix well.
 4. Preheat oven to 350 degrees.
 5. Layer sweet potatoes, apples and brown sugar mixture one-third at a time in a baking dish and dot with margarine. *Bake for 30 minutes or until apples are tender.*

Yield: 10 servings

Serving Size: (1/4 cup) is one vegetable serving at lunch/supper.

Credit: American Cancer Society

Tips to Help You Eat Whole Grains

At Meals...

To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It's important to substitute the whole-grain product for the refined one, rather than adding the whole-grain product.

For a change...

Try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese. Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in casserole or stir-fries.

Create a whole grain pilaf with a mixture of barley, wild rice, brown rice, broth and spices. For a special touch, stir in toasted nuts or chopped dried fruit. Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes. They may need a bit more leavening.

As Snacks...

Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.

Add whole-grain flour or oatmeal when making cookies or other baked treats.

Try a whole-grain snack chip, such as baked tortilla chips.

What to Look for on the Food Label:

Choose foods that name one of the following whole-grain ingredients first on the label's ingredient list:

- Brown rice
- Bulgur
- Graham flour
- Oatmeal
- Wile rice
- Whole oats
- Whole rye
- Whole wheat
- Whole Grain

Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not whole-grain products. Color is not an indication of a whole grain.

Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.

Whole Grain Tips for Children...

Set a good example for children by eating whole grains with meals or as snacks. Let children select and help prepare a whole grain side dish. Teach older children to read the ingredient list on cereals or snack food packages and choose those with whole grains at the top of the list.

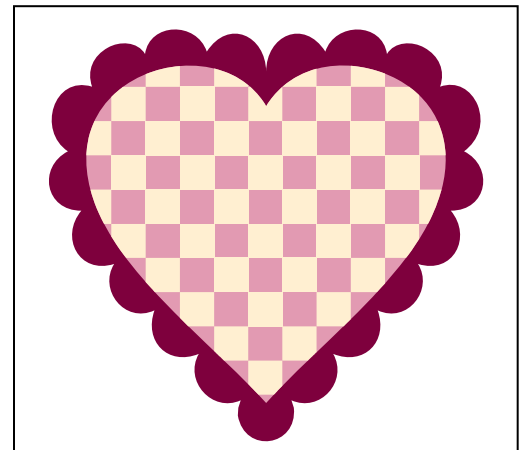


TID BITS OF INFORMATION

Comments

Thank you for your suggestions. We are willing to use any comments that would improve our customer service, remaining within CACFP guidelines and our budget, and make your job easier.

Signature



Assistance

Care Connection Referral Service 552-7000

Resource Center 457-7769

Family Service website www.heartlandfamilyservice.org

Online claiming www.cacfp-online.org

To ask for an Employer ID number, 1-866-829-4933 or log on to www.irs.gov Ask for form SS4.

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