

APRIL 2006

DIRECTOR'S CORNER

As the days are getting warmer please remember to let us know when you will be away from your daycare home. The USDA requires that Sponsors be notified when you will be away during a meal visit. We rely on the information you provide us when coming for a visit so if your meal times have changed, please let us know.



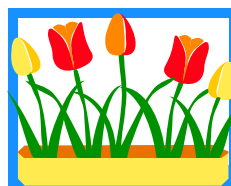
In this month Newsletter, you will find a copy of our Home Visit procedure. If you have any questions, please contact Tammy.



Pepperoni- Is no longer Creditable

PERFECT MENU'S EVERYTIME!

1. Name the meat. Especially with hot dogs, spaghetti, and other combination dishes.
2. Serve two separate fruits & vegetable, two fruits or two vegetables.
3. Canned Ravioli, Peanut Butter, and frozen potpies must always have a meat/alternate served with them.
4. Meat alternates include: eggs, cottage cheese, peanut butter, yogurt, and dried beans & nuts.
5. Breeding on corn dogs is credible but it only counts as ½ a bread or grain on fish sticks or chicken nuggets.
6. Dishes that must be marked homemade (HM) include: macaroni & cheese, milkshakes, and hot chocolate.
7. Tortilla chips, Fritos, and Doritos count as a bread/grain.



On-Line Claimers-

- Please remember to submit child enrollment forms for children you add. We still must have them on file in our office.
- Submit a blue notes/drop sheet for children you are dropping from the program.

WELCOME
NEW PROVIDERS

- Betty L. Maple
- Linda D. Murray
- Merlin S. Rivera
- Beverly A. Williams
- LaRece D. Blackstone
- Mindy Gutierrez
- Christine M. Adams

CHECK DAY DATES!

May 18th
 June 20th

NEWSLETTER WINNERS!

(Please read your newsletter and mail back the "Provider's Blog" and you are enter in a drawing to receive a \$25 gift Certificate from Wal-Mart)

Rubie Howard- \$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.

April 20 – Exploring Science

6:30-8:30 PM @ 6720 North 30th St.

May 9th- Growing What You Eat

6:30-8:00 @ Lighthouse Church-4423 Bancroft St.

May 13th- CPR & First Aid Training

2101 S. 42nd St.- 8:00 AM-3:00 PM

Cost: \$50 for both

CPR- \$40 & First Aid- \$20

May 16th- Edible Creations

6:30-8:00 @ 6720 North 30th St.

May 18 – Summer Safety

6:30-8:30 PM @ 6720 North 30th St.



Protein- Meat & Beans!

What foods are included in the meat, poultry, fish, dry beans, eggs, and nuts (meat & beans) group?

In General...

All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. Dry beans and peas are part of this group as well as the vegetable group.

For the best nutritional value:

- The leanest beef cuts include round steaks and roasts (round eye, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts.
- The leanest pork choices include pork loin, tenderloin, center loin, and ham.
- Choose extra lean ground beef. The label should say at least "90% lean". You may be able to find ground beef that is 93% or 95% lean.
- Buy skinless chicken parts, or take off the skin before cooking.
- Boneless skinless chicken breasts and turkey

cutlets are the leanest poultry choices.

- Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches instead of luncheon meats with more fat, such as regular bologna or salami.

How much is enough?

- In general, 1 ounce of meat, poultry or fish, ¼ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.

Children	2-3 years old	2 ounce equivalents
	4-8 years old	3 – 4 ounce equivalents
Girls	9-13 years old	5 ounce equivalents
Boys	9-13 years old	5 ounce equivalents

Cinnamon Snails

- Nonstick cooking spray
- 3 tablespoons sugar
- 1/2 teaspoon ground cinnamon
- 1 package (8) refrigerated breadsticks
- 1/4 cup chopped nuts



Directions

1. Preheat the oven to 375 degree F. Lightly coat baking sheet with cooking spray. Combine sugar, cinnamon, and nuts. Sprinkle sugar mixture on rolling surface.
2. Unroll 1 breadstick. Coil tightly. Wrap another breadstick around coil, forming a larger coil. Place on sugared surface. Roll to 1/8-inch thickness.
3. Place sugared side up on baking sheet. Repeat with the remaining 6 breadsticks. Bake in the 375 degree F oven about 15 minutes or until golden. Serve warm. Makes 4 servings.

Credit: Better Homes & Gardens

Vegetarian choices in the meat & beans group:

- Vegetarians get enough protein from this group as long as the variety and amounts of foods selected are adequate.
- Protein sources from the Meat and Beans group for vegetarians include eggs, beans, nuts, and nut butters. Tofu is not credible on the food program because it is too difficult to regulate the amount of protein it contains.

This information is taken from the My Pyramid website which is sponsored by the USDA. It is a wonderful resource for foods and activities that highlight the new food Pyramid.



TID BITS OF INFORMATION

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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