

HEARTLAND family Service CACFP

NOVEMBER 2007

6720 North 30th Street
Omaha, NE 68112
E-Mail: www.hfs-cacfp.org

Tammy -457-7766
Sharena-457-7767 Cell: 670-7945
James- 457-7768 Cell: 616-4459
Fax Number 455-1064

DIRECTOR'S CORNER



Heartland Family Service- Administrative Review

HFS is up for review this fiscal year. Staff from the Nebraska Department of Education- Nutrition Services will be doing home visits. If your daycare is visited, please cooperate fully with NDE Staff. As always your paperwork should be available and up to date within 24 clock hours. (From meal to meal). If you claim online please be prepared to show your claim via the intranet.

Nebraska Department of Education Staff will identify themselves and have identification on.

Our Office will be
closed Thursday
November 22nd & 23rd.

Claim Checks are
mailed or Direct
Deposited on Tuesday
November 20th.



DOUBLE CHECK- Child Enrollments!

Please double check the enrollments before you send them in. Many forms are coming into the office missing crucial information to process your claim.

Also, make sure your name is on the enrollment. We receive thousands of enrollments this time of year, and if your name is not on the enrollment, we will have a difficult time knowing who the child is enrolling with!

WELCOME NEW PROVIDERS

- Sylvia Bovia
- Greta Johnson
- Katie M. Keith
- LaKeisha R. Hollins
- Tyresa J. Ritchie
- Kimmea Shannon
- Freddie Brown, Beanstalk Academy III
- Christine L. Bogaski
- April L. Hald
- Belinda D. Hatten
- Navilant "Gail" Davis
- Maria Matinez
- Martina Castanon
- Lauren A. Walker-Marshall

Welcome Back!

- Sherrie R. McIntyre
- Theresa A. Thompson
- Merlin S. Rivera

CHECK DAY DATES!

November 20th
December 17th

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)

Barb Spiker-
\$25 Wal-Mart Gift
Certificate!

Creating Healthy Kids

Eating Well Around The World

Smoked reindeer, millet mush with baobab leaf sauce and a flying fish sandwich. If you lived in Finland, Mali or the isle of Dominica, these would be common foods, but most staple foods around the world aren't so exotic. Sometimes they're as familiar as meat and potatoes. Thinking about what people in other parts of the world eat on a day-to-day basis can teach us a lot about choosing foods that reduce the risk of disease.

Go Tropical. On a typical day, half of all Americans don't eat even one piece of fruit. In the Caribbean, however, fruit is a way of life. To boost your levels of cancer fighting vitamins like A and C, do as they do in the islands. Add oranges, lemons, limes, mangoes, papayas, pineapples, bananas and plantains to your diet.

Head South of the Border. Give your body more of the fiber it needs to stay healthy by trying recipes from Central and South America, where beans and rice reign supreme. Dig into a bowl of black bean soup or wrap rice, vegetables and fat-free refried beans in warm corn tortillas. For a change, replace rice with quinoa, a whole grain from South America that's available in many supermarkets.

Take a Nutritional Safari. Thanks in part to a diet rich in Vitamin A, the people of Africa have extremely low rates of colorectal cancer. To bring these health benefits into your own life, try an African style stew full of greens and orange-yellow vegetables like sweet potatoes and squash. Serve it over rice or couscous, a North African specialty that looks like rice but is actually crushed semolina wheat that has been steamed.

Heat Things Up. Curry mixes and fiery spices give endless complexity to the lentils and other healthy legumes that, along with rice, form the basis of Indian food. Condiments like mango chutney

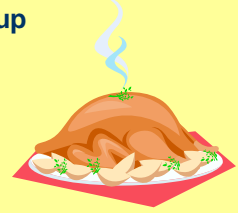
can turn the temperature up even more. To cool things down, Indians turn to raita, a dip made of yogurt and chopped cucumber.

Dip into Middle Eastern Cuisine. Find it hard to imagine a meal without meat? Middle Easterners don't. They've made a specialty of meatless meals. Use pita bread to scoop up hummus, a dip made of chickpeas and sesame butter (called tahini), or baba ghanoush, a dip made of tahini and eggplant. On the side? Tabouli - a salad made of bulgur, tomatoes and parsley.

Learn the Secrets of the Orient. China's rate of cancer is a fifth of the United States'. Why the big difference? Part of the answer lies in cruciferous vegetables like bok choy (Chinese cabbage). Try a stir-fry of

Turkey Divine

- 2 Cups Chopped Broccoli
- 1 (10 ¾ oz.) can Undiluted reduced fat cream of mushroom soup
- 1 tsp. Mustard
- 8 Small Croissants
- 12 oz Sliced Turkey



1. Steam Broccoli- Drain & Set Aside
2. Mix undiluted soup w/ mustard
3. Slice Croissants in half lengthwise.
4. Place 8 Croissant halves on cookie sheet.
5. Spread ½ tablespoon soup mix on each croissant half.
6. Place 1 ½ ounces of sliced turkey on croissant half
7. Layer ¼ cup broccoli on top of turkey
8. Spread ½ tablespoon soup mix on each remaining croissant half
9. Position croissant top on filled bottom
10. Heat at 350 degrees for 5 minutes
11. Cut sandwich in half for easy handling and eating

Meal Components:
Meat/Meat Alternate (1 Serving)
Grain/Bread (1 serving)
Fruit/Vegetable (1 Serving)

cabbage, broccoli, kohlrabi and cauliflower, adding a little seafood to supply the protein your body needs, and serve over rice.

As you sample international cuisine, take what's good from each culture to create a diet that's out of this world.

Adapted from American Institute of Cancer Prevention Newsletter



PROVIDER'S BLOG

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. This is one of the ways to do just that, and help make your job easier. Remember to Sign & Return this page to be entered into the Wal-Mart Certificate drawing.

Great Suggestion: Thanks for your input. We receive great ideas for better serving you!

Happy Holidays to all your families from your CACFP team!

**Tammy Green e-mail address is...
tgreen@heartlandfamilyservice.org**

Signature

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, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.