

HEARTLAND family Service CACFP

DECEMBER 2007

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DIRECTOR'S CORNER

HOLIDAYS

If you have day care children in your care for Christmas, or New Years Day, you will need to put it on the Blue Notes Page.

Remember that when you are watching school age children over the holidays, it is important to include that on the notes page as well.

Record Keeping

Please remember that the USDA requires that you write down your menus and attendance on a daily basis. Menu's that are not recorded will be deducted when we come for a home visit.

It is difficult to remember what was served to children 24 hours ago let alone several days.



Our Office will be
closed
December 24th & 25th
December 31st &
January 1st

Online Trainings

We have been working for the past year to get online nutritional trainings available for you to have easy access to nutritional trainings.

1. Go to www.hfs-cacfp.org
2. Print or download the nutritional packet
3. To submit the training you have just received, please click on the words- [click here](#)
4. You will be prompted to complete the questionnaire. (Complete it)
5. Press the Submit button and it will send the information to the CACFP program.

We will continue to add more as throughout the upcoming months.

WELCOME NEW PROVIDERS

- Gabrielle R. Clark
- Angel M. Howard
- Joyce A. Young
- Dawn M. McGauley
- Jonie K Kruntorad

CHECK DATES!

January 17th
February 19th



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)

Deb Druery-
\$25 Wal-Mart Gift
Certificate!

Reminder:

Claims are still due by the 4th of every month. Late claims are not paid until the following month.

Creating Healthy Kids



Holidays The Healthy Way

The holidays are in full swing, which means lots of family, fun...and FOOD! But it doesn't have to mean extra pounds. Even holiday treats can fit into a healthy eating plan. The key is balance and moderation.

To avoid holiday weight gain, balance the calories you consume with the calories you burn. Physical activity and moderate food choices will help. The tips below are gifts you can give yourself and your family to maintain a healthy lifestyle.

Let the holiday spirit move you! If you make your family time active, you will become healthier and have fun doing so. Be adventurous and try something new, but also choose something you enjoy.

Stick to your regular exercise routine as much as possible. Especially during the holidays, plan your physical activity routine in advance (don't leave it up to chance). Mark it on the calendar and consider it as important as any other appointment. Get at least 30 minutes of moderate intensity physical activity daily, and more if possible. Cut back on your family's television viewing time. Limit the number of hours your children spend playing video games. Instead make a new holiday tradition. Take a brisk walk (or wheel) around the neighborhood to see the

holiday decorations or grab your bike, walking shoes or snow shoes and head out to the nearest trails or national park. Play some backyard football or Frisbee with children and adults before the big holiday dinner or during football half-time. Dance or exercise to your favorite holiday music.

Make a New Year's resolution with friends to start a daily walking group. Be physically active to avoid or relieve the holiday stress.

Healthy Holiday Eating

Overcome the urge to overeat. Standing by the buffet table is temptation to overeat. Remember holiday parties are a time to celebrate with family and friends, not just food.

It's easy to overindulge during the holidays. Make sure to watch portion sizes and select one or two of your favorites from the host of tempting foods.

Oatmeal Cookies- Delux

INGREDIENTS

- 1 Cup Margarine
- ½ Cup Sugar
- 1 Cup Brown Sugar
- 2 Large Eggs
- 1tsp. Vanilla
- ½ Cup Peanut Butter
- 1 ½ Cups Enriched all-purpose flour
- 1 tsp. Baking Soda
- 3 Cups Quick cooking Oatmeal (not Instant)
- 1 cup milk chocolate Chips

DIRECTIONS

1. Cream margarine, sugar and brown sugar together
2. Add eggs, vanilla and peanut butter. Beat Well
3. Add flour and baking soda; mix well
4. Drop Dough by rounded teaspoons 2' apart on baking sheet
5. Bake at 350 degrees for 10-12 minutes
6. Cool 1 minute on baking sheet; remove to wire rack.

Snack Component: Grains/Breads (1/2 serving)

COOKIES

Fruits & Veggies

The holidays are a great time to enjoy a colorful variety of fruits and vegetables.

Bowls of fresh fruit are a festive and sweet substitute for candy or chocolates. Remember calories add up! This is especially true during the holidays when we snack more. For a healthy snack, choose a piece of fresh fruit. You've tried the leftover turkey sandwich; now try the leftover turkey salad! Add a few pieces of turkey to a generous portion of mixed greens, cucumbers, mushrooms, peppers, or any other vegetables you like. Sprinkle with dried cranberries for that authentic holiday taste.

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.

PROVIDER'S BLOG

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...
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Signature

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