

**HEARTLAND**  
**family**  
**Service** CACFP  
**FEBRUARY 2008**

6720 North 30<sup>th</sup> Street  
Omaha, NE 68112  
E-Mail: [www.hfs-cacfp.org](http://www.hfs-cacfp.org)

Tammy -457-7766  
Sharena-457-7767 Cell: 670-7945  
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Fax Number 455-1064

**DIRECTOR'S CORNER**

**WE HAVE RECORD  
KEEPING BOOKS  
AVAILABLE AS A  
GIFT TO YOU!**

Please call and request  
one from  
Mandy- 457-7760



**Second Reminder-  
Form Requests:**

We have worked out a system that by the 15 of the month, Mandy (our Office Manager) will send out forms that are requested on the notes sheets.

If you need forms sooner, you can call her directly @ 457-7760.

**Home Visits**

Please remember that this is our policy when we are unable to complete and unannounced home visit.

1. One attempt is made.
2. Home Visit Specialist will call and request a revised schedule.
3. One more home visit is attempted. This visit is based on the information that you given to the home visit specialist. If you do not return the call within 48 hours, we will assume the schedule on file is correct and attempt a second visit.
4. If the home visit specialist is still unable to complete a visit on a second attempt, the provider will be put on corrective action.

**The USDA requires that you notify us if you will be away during a meal. If an unannounced home visit has been attempted during a mealtime, no one is home, and there has been no advance notice that you would be away at that mealtime, that meal must be deducted.**

**WELCOME  
NEW PROVIDER'S**

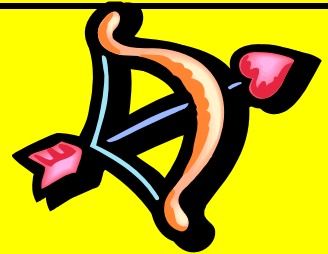
- Kathy V. Walker
- Suzi H. Baucke
- Merry W. Cardwell
- Brandi N. Craine

**RETURNING**

- Jenaime Taylor

**CHECK DATES!**

March 17<sup>th</sup>  
April 17<sup>th</sup>



**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)*

**Carla Brimmer -  
\$25 Wal-Mart Gift  
Certificate!**

**REMINDER**

**CLAIMS ARE DUE BY  
THE 4<sup>TH</sup> OF EVERY  
MONTH!**

# Creating Healthy Kids

## Training Reminder:

### Grow What you Eat

March 25<sup>th</sup> 7:00-8:30 PM  
HFS North Office- 6720 N. 30<sup>th</sup> St.  
Facilitator: Tammy Green

Try a fun and exciting training on how to incorporate garden veggies into what children grown and eat. Learn how to create small garden pots so children can watch their food grow.



### Preschool Food Activity - Flavor Your Own Yogurt

Next time you're choosing yogurt for your preschooler, replace the usual pre-sweetened and pre-flavored single-serve cups with a tub of plain, low-fat yogurt. Then have fun showing your preschooler how you can add sweetness, flavor and color from basic home ingredients.

1. Dish out a preschooler-sized portion. Start with plain, low-fat yogurt. Make sure to buy the plain variety, not vanilla-flavored which is already pre-flavored and pre-sweetened. Mix it well to make sure the fat is dispersed. Spoon about 4 ounces of yogurt into a bowl - the same amount in most kid-sized yogurt cups. 4 ounces of yogurt is about 1/4 of your preschooler's dairy goal for the day. Use a kitchen scale the first time to get an idea of what 4 ounces look like.

2. Sweeten the yogurt. Honey has a flavor and texture that makes it a perfect sweetener for yogurt. If you use one or two teaspoons of honey, your

home-flavored yogurt will contain less added sugar than the pre-sweetened cups you find at the supermarket.

3. Add fruit flavors. Plain yogurt and honey can be great as is. But fruit adds a nice nutritious punch to your preschooler's yogurt snack. Banana slices, strawberry chunks, blueberries, raspberries, cherries, peach slices and pear pieces are good choices. Since just about any fruit goes well with creamy yogurt, let your preschooler choose his/her favorite.

4. Color it naturally! Your preschooler might be used to the intense colors of pre-flavored yogurt. It can be fun adding colors from natural items in your own kitchen. Mash a few strawberries or cherries in a bowl and add the juices to the yogurt for a pretty pink. Use orange juice for a slight orange. Purple grape juice can give it a blue hue. Plus, these juices can be used in place of the sweetener.

5. Enjoy! Whether it's simply yogurt sweetened with a touch of honey or a bowl of multi-colored fruited yogurt, sit down and enjoy your home-made yogurt flavors with your preschooler.

by Kati Chevaux of  
PreschoolRock.com



## Ham and Potato Casserole

### INGREDIENTS

- 1 Pkg. Hollandaise sauce mix
- 2 Tbsp. Vegetable Oil
- 4 medium Peeled potatoes, boiled and sliced
- 2 cups diced cooked ham
- 2 cups raw broccoli florets
- 1tsp. Onion powder
- ¼ cup Water
- 1 small diced tomato
- ½ cup Shredded Monterey Jack or Mozzarella cheese

### DIRECTIONS

1. Prepare hollandaise sauce according to package directions. Set Aside
2. Heat Oil in a skillet.
3. Brown potatoes; place in lightly greased 7" x 11" pan
4. Pour ½ hollandaise sauce over potatoes.
5. In skillet, sauté ham, broccoli and onion powder in water.
6. Put sautéed broccoli and ham on top of potatoes.
7. Add diced tomato and pour remaining sauce over top

Meal Component: Meat/Meat Alternate (1 ½ ounces. Fruit/Veggie (1/2 cup) Yields: 8 servings

2025-2026

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 Suggestions:** Thanks for your input. We receive great ideas for better serving you!

**With the new Sarpy office Open, we can now offer nutritional trainings @ that Location in Papillion.**

**As well as trainings at the 6720 N. 30<sup>th</sup> location, we currently go to Daycare Provider Support Groups around Omaha to provide Nutritional training; these usually have great attendance.**

**Nutritional trainings are always free. The resource center trainings are charged because they are not provided through CACFP. The resource center membership is \$10/year which covers the cost of materials but allows you to attend 12 monthly classes, check out books, use the laminator, book binder, and the dye cut machine. These trainings are usually offered at 6720 North 30<sup>th</sup> Street because the classes are always full and widely attended. Damien also provides trainings when requested at Daycare Provider Support Groups.**

**If you are interested, please contact Damien and he can set you up with a membership. His contact phone number is 457-7760.**


**Please let me know if you have nutritional ideas for future Online packets or trainings.**

\_\_\_\_\_  
Signature

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