

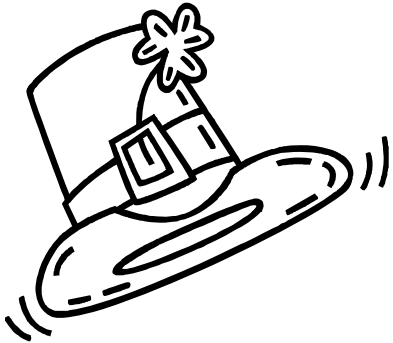
HEARTLAND family Service CACFP

MARCH 2008

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



ARE YOU SEEING DOT'S

I want to thank everyone who takes such care in filling out there dots. It makes claims processing accurate and less time consuming.

We do have a problem when the dots are not completed correctly. Please understand that if we don't fix it, your claim will not process correctly and your reimburse will not be for the correct amount.

- Last month we had a large amount of provider's who did not fill out the dots for their provider ID or child ID's. If we don't catch it, that page will not count in you reimbursement totals. We are happy to do an adjustment, but it may not be reimbursed until your next check date.

We still have record keeping books- Free to our Provider's

TWO WAYS TO WIN!

Wal-Mart & Restaurant Drawing Winners!

DID YOU KNOW!

We have a drawing each month for provider's who read and return the back page with their signature. It is easy to enter the drawing. Simply read your newsletter and mail back the "Provider's Blog" and you are enter in a drawing to receive a \$25 gift Certificate from.

ANOTHER WAY OF WINNING!

Starting with your March claim, provider's who have completed their dots correctly and have no deductions on their claim for that month with be entered into a drawing for a restaurant gift certificate for \$25.

WELCOME

- Caroline Nero
- Stacey L. Hunnicutt
- Shon M. Richard
- Bertha L. Stevenson
- Heidi A. O'Hara

CHECK DATES!

March 17th
April 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)

Marie Lenton-
\$25 Wal-Mart Gift Certificate!

REMINDER

**CLAIMS ARE DUE BY
THE 4TH OF EVERY
MONTH!**

Creating Healthy Kids

FOOD SAFETY! Home Storage

- Verify the temperature of your refrigerator and freezer with an appliance thermometer- refrigerators should run @ 40 degrees or below; freezers at 0 degrees.
- At home refrigerate or freeze meat and poultry immediately.
- To prevent raw juices from dripping on other foods in the refrigerator, use plastic bags or place meat and poultry on a plate.
- Wash hands with soap and water for 20 seconds before and after handling any raw meat, poultry, or seafood products.
- Store raw, fresh foods below cooked foods in the refrigerator.
- Never store any foods directly under a sink and always keep foods separate from cleaning supplies

COOKING

Apple Merry-Go Rounds

INGREDIENTS

- 4 medium Apples (1/2 per child)
- 8 Tbsp Peanut Butter (1 Tbsp. per child)
- 48 Anima Crackers (6 per child)

DIRECTIONS

1. Wash apples
2. Core whole apples with apple corer
3. Slice each apple into 4 rings.
4. Spread ½ tablespoon of peanut butter on each apple ring.
5. Stand 3 animal crackers around the edge of each apple slice

Note: Some children prefer their apples peeled

- Soak apples in orange juice so apples do not turn brown

Meal Component: Meat/Meat Alternate (½ ounce; Grain/Bread (½ serving) Fruit (1 serving)

**THIS IS GREAT FUN TO DO WITH KIDS.
IT ALSO GET'S THEM INVOLVED IN
NUTRITION!**

Food Group Game - Name a Food Circle Game

This is a great game to play with the entire family. Your preschooler might not be able to add many foods at first, but by listening to what the older members of the family add, they are learning about how foods go together.

Step 1: Announce a food group. Choose a formal food group - fruits, vegetables, grains, meat, dairy - or choose another grouping that might be more familiar to your preschooler - drinks, breakfast cereals, sandwiches, foods made from milk.

Step 2: One person in the group starts by naming a food that fits into the category. Then each person takes a turn naming another food in that group until someone can't answer.

Helpful Hint: By playing this game in the kitchen or at the dinner table, you can give your preschooler visual hints of foods that fit. For example, point to various fruits in the fruit bowl when it's their turn and they don't know how to answer.

Food Group Game - Guess My Food Game

This game can be played anywhere. Play it to help your preschooler wait in line, in the car, or at the dinner table.

Step 1: Choose a food group, then ask your preschooler to guess what food you are thinking of - "Guess my fruit!" Just like the circle game, you can choose easy categories like breakfast cereals or harder ones, depending on your preschooler's knowledge.

Step 2: Let your preschooler guess away to see if she can guess what food you are thinking of.

Helpful Hint: If your preschooler is familiar with letter sounds, after 10 wrong guesses give a hint about what letter your food starts with. Or, you can name traits about the food after a few wrong guesses. Give away the color of the food, then the shape of the food, then the place in the kitchen where you keep the food, etc., until your preschooler can guess the food.



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!

- Thanks for the training packet suggestions; I will begin working on some of the ideas for the online trainings and resource packets.
- Our Sarpy Address is 302 American Parkway Papillion, NE 68046.
- We are planning on hosting 1 CPR training a quarter and a Fall Festival at the Papillion Office.

**THANK YOU FOR ALL YOUR HARD WORK
IN TRAINING OUR FUTURE LEADERS! I
APPECIATE ALL OF YOU AND YOUR HARD
WORK AND COMMITMENT TO PROVIDING
QUALITY CHILDCARE!**



Signature

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