

# HEARTLAND family Service CACFP

APRIL 2008

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## DIRECTOR'S CORNER



"Career Skills for a Better Life."



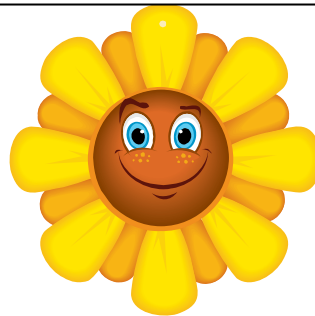
The drawing for May will feature a gift from Vatterott College who graciously donated a Complete Hair & Make-up Makeover including a day of pampering with a Facial, Manicure & Pedicure.

### BLOCK CLAIMING

The USDA has indicated that a pattern of block claiming (claiming the exact number of children every day for 15 days) will require a follow up visit with 60 days. Although many providers do have the same number of children in care each day it becomes less likely that you will have perfect attendance with each additional child you care for.

We will now ask that you sign the five day reconciliation to verify that you only claim meals you are actually serving.

**All Children Must be Reconciled.**



### Parent Questionnaires- Block Claimers

Please be aware that parent questionnaires are being sent out. Please make sure that you parents fill them out and return.

Parent's who do not complete the questionnaire will be called. Please let them know that this is not an audit on you, it is just a questionnaire to ensure the children are officially in your care.

## WELCOME

- Carla R. Criss
- Rosa Alvarez
- Charlene D. Wesley
- Laura Knight
- Juana M. Holguin
- Maple L. Sturdivant

## Returning

Sarah K. O'Reilly

### CHECK DATES!

April 17<sup>th</sup>  
May 19<sup>th</sup>

### CERTIFICATE 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)*

**\$25 Restaurant Gift Certificate!**

*Rhonda Akin*

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

*Dawn McGauley*

**CLAIMS ARE DUE THE 4<sup>TH</sup> OF EACH MONTH**



## **Whole Grains**

Whole grains include grains like wheat, corn, rice, oats, barley, quinoa, sorghum, spelt, rye – when these foods are eaten in their "whole" form (more on that later). Whole grains even include popcorn!

You may already be eating whole grains. When you munch popcorn in the theater, or give Toasty-O's to your toddler, or enjoy a bowl of hot oatmeal, you're probably focusing more on the delicious taste than on the fact that these foods are whole grains.

### **Antioxidants, Vitamins and Minerals**

Consumers are increasingly aware that fruits and vegetables contain disease-fighting phytochemicals and antioxidants, but they do not realize whole grains are often an even better source of these key nutrients.

Moreover, whole grains have some valuable antioxidants not found in fruits and vegetables, as well as B vitamins, vitamin E, magnesium, iron and fiber.

### **Health Benefits of Whole Grains**

The medical evidence is clear that whole grains reduce risks of heart disease, stroke, cancer, diabetes and obesity. Few foods can offer such diverse benefits.

People who eat whole grains regularly have a lower risk of obesity, as measured by their body mass index and waist-to-hip ratios. They also have lower cholesterol levels.

TOASTY-O'S

## **Oatmeal Blueberry Muffins**

### INGREDIENTS

- ½ cup of Oatmeal
- ½ cup of Orange Juice
- 1 ½ cups Enriched all-purpose flour
- ½ cup Sugar
- 1 Tbsp. Baking Powder
- ½ tsp. Salt
- 3 Tbsp. Vegetable Oil
- 1 large egg (slightly beaten)
- 1 cup fresh or thawed blueberries
- 2 Tbsp. Sugar
- ¼ tsp. Cinnamon

### DIRECTIONS

1. Preheat oven to 400 degrees
2. Lightly grease bottoms of 10 muffin cups
3. In a large bowl, combine oatmeal and orange juice. Stir Well
4. Add flour, sugar baking powder, salt, vegetable oil and egg. Mix just until dry ingredients are moist.
5. Gently fold in blueberries
6. Fill muffin cups 2/3 full
7. Blend sugar and cinnamon. Sprinkle over batter.
8. Bake at 400 degrees for 18-20 minutes. Let cool 10 minutes in pan.

Meal Component: Grain/Bread ½ serving

Because of the phytochemicals and antioxidants, people who eat three daily servings of whole grains have been shown to reduce their risk of heart disease by 25-36%, stroke by 37%, and Type II diabetes by 21-27%, digestive system cancers by 21-43%, and hormone-related cancers by 10-40%.

Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, and/or cooked), the food product should deliver approximately the same rich balance of nutrients that are found in the original grain seed.

The following, when consumed in a form including the bran, germ and endosperm, are examples of generally

accepted whole grain foods and flours.

- Amaranth
- Barley
- Buckwheat
- Corn, including whole cornmeal and popcorn
- Millet
- Oats, including oatmeal
- Quinoa
- Rice, both brown rice and colored rice
- Rye
- Sorghum (also called milo)
- Teff
- Triticale
- Wheat, including varieties such as spelt, emmer, farro, einkorn, Kamut®, durum and forms such as bulgur, cracked wheat and wheatberries
- Wild rice

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!**

- One of our child care providers had a great idea. Please submit some unusual or interesting snack ideas to share with everyone. I will feature them in the Cooking Corner next month.
- We are working on providing trainings @ the Sarpy location.




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Signature

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