

HEARTLAND family Service CACFP

JUNE 2008

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DIRECTOR'S CORNER



June Claims

- With the 4th of July Holiday coming up, please remember that claims are **STILL DUE** by the **4th of July**. This month is an especially short processing period so please prepare to have your claim in on time.

PROVIDER'S DAY OUT!

Friday July 11th
From 10:00-1:00

Location:

North High School-
4410 North 36 Street
Omaha, NE 68111-2217

HFS-CACFP is hosting a provider's day out to show you how much we appreciate all you do.

Please bring your daycare children for the carnival and prepare to enjoy 2 hours of nutritional training, a relaxing massage and lunch on us!

Nutritional Trainings will include:

Jan Stones- Infant Feeding
Sharena Marrs- Read It and Make It!

WELCOME BACK!

- Dorothy McFarland
- Shannon M. Taylor
- Nikesha Y. Turner
- Takela T. Brewer
- Liz R. Hanson
- Tamunica M. Williams
- Deborah D. Sharp
- Shyla K. Marion
- Mosher's Angels II,
Marty S. Sanderson

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!
April Hald

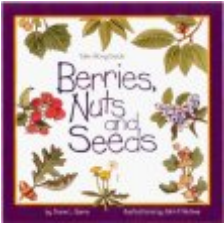
\$25 Wal-Mart Gift Certificate!
Susan Schultz

CHECK DATES!

July 17th
August 18th

Claiming Month	Check Date
June 2008	Thursday July 17, 2008
July 2008	Monday August 18, 2008
August 2008	Wednesday September 17, 2008
September 2008	Monday October 20, 2008
October 2008	Monday November 17, 2008
November 2008	Wednesday December 17, 2008
December 2008	Tuesday January 20, 2009
January 2009	Wednesday February 18, 2009
February 2009	Tuesday March 17, 2009
March 2009	Monday April 20, 2009
April 2009	Monday May 18, 2009
May 2009	Wednesday June 17, 2009

Creating Healthy Kids



Berries, Nuts, And Seeds (Take-Along Guide) (Paperback)

by [Diane Burns](#) (Author)

Making Nut Butter

Read the book Berries, Nuts, and Seeds to your children and then let them make nut butter. This is a fun activity that teaches about nutrition.

Here is a basic recipe for making spreadable butter out of most any nut or seed. Does your preschooler have a favorite nut or seed? Start with that one and introduce a whole new way to enjoy it! Start with raw nuts or seeds from the produce section or bulk section of your grocery store. Then, transform them into a creamy spread and serve with bread, crackers, fruits and vegetables.

Basic Recipe for Nut or Seed Butters

1 cup nuts or seeds
1 Tbsp olive oil or other vegetable oil, more if needed
1 tsp sugar or honey (optional)
salt to taste, about 1/8 tsp - 1/4 tsp

Place the nuts or seeds in a food processor and blend to chop into smaller pieces. Add the sugar/honey, salt and 1 Tbsp olive oil and continue to pulse or blend until the a smooth paste is formed. If needed, add additional oil, 1 teaspoon at a time, for the paste to form.

Tips for Making Nut or Seed Butter

1. Use a small food processor to make your nut or seed butter. If you do not have a small one, use a large food processor or blender and double the recipe.

2. Toast the nuts or seeds before blending for a nuttier flavor. Scatter them in a fry pan and heat over medium heat, stirring or shaking frequently. Toast for about three minutes or until you can smell the fragrance of the heated nuts or seeds.

3. Ideas for nuts and seeds to use: walnuts, almonds, cashews, hazelnuts, sunflower seeds

4. Add a variety of favorite spices and flavorings to any nut or seed butter. Try lemon juice, ginger or soy sauce. Or, combine two or more types of nuts or seeds into one spread.

4. To store, place in a sealed container and refrigerate.

Cinnamon Snails

- Nonstick cooking spray
- 3 tablespoons sugar
- 1/2 teaspoon ground cinnamon
- 1 package (8) refrigerated breadsticks
- 1/4 cup chopped nuts

Directions

1. Preheat the oven to 375 degree F. Lightly coat baking sheet with cooking spray. Combine sugar, cinnamon, and nuts. Sprinkle sugar mixture on rolling surface.
2. Unroll 1 breadstick. Coil tightly. Wrap another breadstick around coil, forming a larger coil. Place on sugared surface. Roll to 1/8-inch thickness.
3. Place sugared side up on baking sheet. Repeat with the remaining 6 breadsticks. Bake in the 375 degree F oven about 15 minutes or until golden. Serve warm. Makes 4 servings.

Credit: Better Homes & Gardens

Meal Component: Grain/Bread 1 serving

Tips for Using Nut and Seed Butters

1. Spread on whole wheat bread and add jam, bananas, or other fruit for a healthy sandwich.

2. Spread on toast for a hearty breakfast.

3. Spread on fruit or vegetable pieces like apples, bananas and carrots.

4. Use as a substitute for peanut butter in cookie, muffin, bread and cake recipes.

5. Make two or three nut or seed butters for your preschooler or preschool classroom and have a taste test.

by Kati Chevauxart

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!

Ice Cream Cone Cupcakes-

- Mini Ice Cream Cones-
- Prepare Cake Mix according to instructions
- Fill Cones 1/3 way full
- Bake @ 350 degrees for 35 min in a cupcake pan.

Let the children decorate it however they like.



Signature

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