

HEARTLAND family Service CACFP

JULY 2008

6720 North 30th Street
Omaha, NE 68112

E-Mail: www.hfs-cacfp.org

Tammy -457-7766 Cell: 616-4462
Sharena-457-7767 Cell: 670-7945
James- 457-7768 Cell: 616-4459
Mandy- 457-7760 (Forms & Check Amounts)

DIRECTOR'S CORNER



NEW RATES- EFFECTIVE ON JULY CLAIM

	<u>Tier 1</u>	<u>Tier II</u>
Breakfast	\$1.17	\$.43
Lunch/Supper	\$2.18	\$1.31
Snacks	\$.65	\$.18

Income Eligibility Forms- IEF's

Income Eligibility forms are due in our office- July 31ST to take effect with July claims. The Income Eligibility Forms are for claiming your own children, foster children, or for Tier II homes to qualify at tier I. Please return the forms to...

**Heartland Family Service
Attn: Tammy J. Green
6720 North 30th Street
Omaha, NE 68112**

If you need to request additional packets, please contact Tammy @ 457-7766.

Due July 31ST ,2008

**THANKS FOR GETTING
THEM IN SO QUICKLY!**

WELCOME

- Aisha M. McGhee
- Terry T. Knowles
- Daveda J. Anderson
- Diane Hatten
- Gloria A. Friday
- Heather M. Wichman



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!**
Tonya Vashon

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

CHECK DATES!

**August 18th
September 17th**

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



Learning with Lemons

By Diane Flynn Keith

The light, fresh scent of lemons is perfect on a summer day. Their bright, yellow color is uplifting too. Lemons provide the ingredient we need to make refreshing lemonade -- and they are wonderful tools for other hands-on learning activities that kids love. Here are some fun, lemony ideas to try with your little ones....

Lemony Social Studies!

If you don't have lemons growing locally, then head to the farmer's market or grocery store to purchase some lemons. They are usually inexpensive at this time of year. Here's a directory of farmer's markets throughout the U.S.

Lemons are thought to be native to Southeast Asia -- the area next to India and China. (Be sure to point those countries out on a globe so your child can see where they are in relation to where you live.) Here's a map of Southeast Asia. Traders brought lemons to our part of the world long ago.

There are two major varieties of lemons -- Lisbon and Eureka -- that are quite similar. You may have heard of a Meyer lemon. It's actually a cross between a lemon and either an orange or a mandarin. A Meyer lemon (named after Fred Meyer who discovered it in the early 1900's) has thin skin and is less tart than the Lisbon and Eureka lemons. If you can find a Lisbon or Eureka Lemon and a Meyer Lemon you can compare them. Notice the skin, color, peel, fragrance, size, fruit pulp, seeds, taste, etc.

COOKING - 7000
305400 005-500

Lemon Bread

- ¾ cup Margarine
- 1 cup Sugar
- 3 Large Eggs
- 2 ¼ cups Enriched flour
- ¼ tsp. Salt
- ¼ tsp. Baking Soda
- ¾ cup Buttermilk
- 2 medium Lemons (grate rind of 1 lemon & juice of 2 lemons)
- ¾ cup of powdered sugar

Directions

1. In a large mixing bowl, cream margarine and sugar. Beat in eggs one at a time.
2. In a separate bowl, combine flour, salt and soda. Gradually add flour mixture, alternating with buttermilk, to the creamed egg mixture.
3. Stir in lemon rind; save lemon juice for glaze.
4. Pour batter into greased and floured 9X5X3 loaf pan.
5. Bake at 325 degrees for 1 hour and 20 minutes or until toothpick inserted in center comes out clean.
6. While loaf is baking, prepare glaze by combining powdered sugar and lemon juice. Let stand to dissolve sugar.
7. Cool Bread for 15 minutes in pan and remove the loaf
8. Use a toothpick to poke holes across the top of the loaf and spoon glaze over the loaf.

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

Make Invisible Pictures with Lemon Juice!

Constant Adult Supervision Required!

Kids love the idea of making invisible ink and drawing invisible pictures. It's so fun when the picture is magically revealed!

You'll need a cup of fresh lemon juice. Simply dab a Q-tip, small paintbrush, or toothpick into the cup of lemon juice and use it to draw whatever you want on a piece of plain white paper. Don't use too much lemon juice or it may spread and bleed into the paper making the picture hard to read. Let the drawing on the paper dry. To see the picture, simply hold the paper near a heat source such as a light bulb or a candle. You can also iron the

paper to reveal the drawing. Even a blow dryer will work. As the paper warms up, the lemon juice picture will darken so you can see it. Parents, be careful not to overheat the paper -- it can ignite and burn! Here's a picture of what an invisible lemon ink drawing looks like.

How does it work? Lemon juice is acidic and the acid weakens the paper making it more sensitive to heat than the rest of the paper. As the paper is heated, the acidic parts of the paper burn or turn brown before the rest of the paper does. Of course, your young child may not fully understand this explanation. That's okay -- just customize it for their ability.

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!

Tator Tot Casserole-

- 2 lbs of ground beef
- 1 can of cream of mushroom soup
- 1 can cream of celery soup
- 1 bag Tator-Tots
-

Mix Ground Beef & soups and place in a large cake pan. Cover with a layer of tater tots.

Cook @ 375 degrees- until the Tator-Tots are done.

This is a great way to introduce vegetables. Try adding a bag of cooked broccoli.



Signature

In accordance with Federal law and U.S. Department of Agriculture policy,

this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.