



Program Updates

April/May 2013

National Provider Appreciation Day May 10, 2013

*Take a moment—reflect and celebrate
the very important work you do!!*

*You are connected to a long line of people who
made a difference in children's lives. You can
be proud of your profession and the life-building
work you do.*

*Thank you for all you do in providing
quality care for children.*



HOLIDAY CARE

If you plan on providing care Presidents Day, Memorial Day, 4th of July or Labor Day you must call the office for pre-approval **4 days** prior to the holiday.

If you don't get pre-approval the meals on that day will be disallowed. You also need to send to the office a copy of your sign in/out with **full signature** for all children claimed that day by the 5th of the next month.

We wanted to thank those who returned their re-enrollment worksheets and renewal applications to our office in a timely manner. We appreciate your cooperation and all your hard work in providing excellent nutrition for the children in your day care!

If you haven't sent your forms in yet, please send them immediately so your children won't be disallowed.

THANK YOU!!



More Program Updates

- Take some time and look at your menus. Is there variety? Do you use a lot of crackers or cookies? How much fresh fruit do you offer? Do you serve a lot of high fat meats? Do you introduce new foods once in a while for variety?
- If you are going to be closed, please remember to call the office the **DAY BEFORE!!!**
- If you have a child who needs to eat a special diet, you must submit a special diet statement that needs to include not only what the child can't have, but also what food to substitute. See the next page.
- **Did you know we have a web site????**
Check it out: cnputah.org

Don't Forget:

If you haven't attended a class yet; be sure to attend one of the next scheduled classes.

Brigham City: Thursday April 11
6:30-8:30
Up to 3 bldg.
corner of 400 E
and Forest Street

Logan: Saturday, April 13
10 AM—Noon
USU campus our
building (CPD)



Dear Aunt Bee:

I keep getting meals disallowed when there isn't any school, what's going on?

Puzzled Provider



Dear Puzzled Provider:

I know this is really hard, especially if you claim on line and you checked the school out box. But remember, you have to do two things on those days. 1. Check the school out box and 2. make sure the child's in/out times say that they are there. We often see meals disallowed and we check the in/out times and they still indicate that the child left for school that day. We have no choice but to let the meal be disallowed.

If you are claiming with a scannable claim: make sure you put the information on your CIF. If there isn't enough room on the front page, feel free to use the back of the form, just indicate that there is more information on the back

Remember: we only mark the school district holidays. We don't have the individual schools information so you need to make sure to let us know by how you claim and on the CIF.

Feel free to call the office if you still have questions.

Aunt Bee

Fun, Healthy recipes from the Children's Hunger Alliance:
ChildrensHungerAlliance.org

Rabbit's Favorite Carrot Soup

Serves: 10

- 2 pounds carrots-washed, peeled and shredded**
- 4 cans chicken broth (14 oz each)**
- 2 stalks celery, chopped**
- 1 large onion, chopped**
- 1/4 cup butter**
- Salt & pepper**
- 5 sprigs fresh dill or parsley, minced**

Sauté the onion and celery in butter in a large covered pot until tender. Add the shredded carrots and chicken broth. Bring to a boil. Reduce heat and simmer with the pot covered for approximately half an hour. Let cool slightly. Puree the mixture in a blender or food processor until smooth. Add salt and pepper to taste. Add dill or parsley. Serve and enjoy!



Fruit Smoothie

1/2 cup of your child's favorite fruits, such as peaches, bananas, pineapples, strawberries, mangos, etc.

3/4 cup yogurt
1 cup milk

Cut fruit into small pieces. Put all of the ingredients into a blender and puree together until smooth. Pour into a chilled glass and serve.

Keep in mind that you can add ice or use frozen fruit to make the beverage extra refreshing and cool. Also, a banana can be added to get the smoothie to the right consistency (thick and creamy)

Remember to make sure you have enough of each ingredient to qualify for the components required for your snack.

Nutrition Bite:
WATER FIRST FOR THIRST!

Water should be consumed throughout the day. Be sure to make water readily available for children. When thirsty, it is recommended to have water not juice.

Fruits and Veggies for Kids

Keep it simple:

- Fresh or Canned Mandarin Oranges
- Fresh or Canned Pears or Peaches
- Dish of Unsweetened Applesauce
- Banana slices
- Kiwi or Pineapple slices
- Grapes - cut into 4 pieces
- Blueberries or Strawberries

- Baby Carrots
- Cooked or Raw Broccoli
- Cooked Peas, Corn or Beans
- Cherry Tomatoes - cut into 4 pieces
- Chopped Lettuce and Tomatoes, served with reduced fat dressing on the side.



Serve fruits and veggies that are in season. Enjoy strawberries in the spring.
Serve corn on the cob and garden fresh cucumbers in the summer.

When offering canned fruit, choose fruits packed in 100% fruit juice rather than syrup.

Some kids love green veggies.

What's the secret?

*Kids usually prefer raw vegetables or cooked vegetables that are still a little crunchy.
Don't overcook vegetables.*

Microwave Broccoli

*Rinse fresh broccoli and place in a dish. Cover with a paper towel.
Cook in the microwave for about 2 minutes.*



What Can You Do?

- Serve fruits and veggies with sandwiches at lunch.
- Make Chicken Strip Sandwiches or Sloppy Joes.
- Not bribe or reward my child with sweets.
- Other: _____