Program Updates

National Provider Appreciation Day
May 6, 2016

Child Care Providers
Connect, Nuture, Teach, Give, Inspire, Discover, Learn, Achieve, Thrive, Grow, Bloom, Shine, Thrive

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.

THANK YOU!!

This Institution is an equal opportunity provider
We wanted to thank those who returned their re-enrollment worksheets to our office in a timely manner. We appreciate your cooperation and all your hard work in sending your paperwork to the office on time!!

Happy Mother's Day

"You're not my mom!"
Or so they say.
But you are the Mom, most everyday.
Through giggles and tears,
Triumphs and fears,
Meals and naps and play
You are always there to say
"It'll be O.K.!!"

You are the 'other' mothers to so many of the next generation. We wanted to be sure to express our appreciation and admiration.

Jeanie and Sonja

Hug Yourself!!!

Tell yourself you are doing a good job!

Make a mental note of the positives that have occurred today (i.e. I heard something funny, I didn't have to call 911...)

Savor for 5 minutes the fact that you do a good job!

Set a goal to do this every day!

Take a lot of deep breaths!!!
Did you know that Foster Farms, Bar S, and State Fair Corn Dogs no longer have the CN label on them. Fortunately we have product specification analysis sheets from FOSTER FARMS that we have included in this newsletter. BUT ONLY FOR FOSTER FARMS CORN DOGS. Bar S brand and State Fair corn dogs are NOT credible. Make sure you match the Foster Farms UPC number on the box you purchase to the correct product specification analysis sheet. There are different ones so look closely! Make sure you have the box AND the product specification analysis sheet available.

Please remember that for combination foods like chicken nuggets, fish sticks, and corn dogs you need to have either the CN label or the product specification analysis sheets that we gave you three years ago in class. If you are serving any of these items in your child care you must have one or the other available.

If you have lost yours they are on our website: www.cnputah.org in the resources section.

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**A fun recipe!**

**Broccoli Casserole**

2 pounds Broccoli spears, cooked and drained
1 stick butter
1 onion chopped and sautéed
1 (8 oz) package cream cheese, softened
1 can drained mushrooms (you can leave these out if you want)
1 can cream of mushroom or cream of chicken soup
1/2 t. salt
1/4 t. pepper

Mix all ingredients and place in casserole dish. Cover with bread crumbs if desired. Bake at 350 degrees for 40 minutes.
Tier I Schools 2016

Providers: These are the schools that qualify for Tier I reimbursement. If you live within the boundaries of one of these schools and you are not currently Tier I by school, please call the office!

**Box Elder School District:**
- Grouse Creek School
- Mckinley Elementary
- Mountain View Elementary
- Snowville Elementary

**Cache School District**
- Lincoln Elementary

**Carbon School District**
- Sally Mauro Elementary
- Bruin Point Elementary
- Wellington Elementary

**Duchesne School District**
- Centennial Elementary
- East Elementary
- Myton Elementary

**Emery School District**
- Ferron Elementary
- Book cliff Elementary
- Green River High

**Grand School District**
- Helen M. Knight

**Logan School District**
- Adams Elementary
- Bridger Elementary
- Ellis Elementary
- Woodruff Elementary
- Mt Logan Middle

**San Juan School District**
- Albert R. Lyman Middle
- Blanding Elementary
- Bluff Elementary
- Montezuma Creek Elementary
- Monument Valley High
- Navajo Mountain High
- San Juan High
- Tsebii’ Nidisgai Elementary
- White Horse High

**Uintah School District**
- Eagle View Elementary
- LaPoint Elementary

**Weber School District**
- Canyon View School?
- Club Heights Elementary
- Green Acres Elementary
- Lakeview Elementary
- Marlon Hills Elementary
- Municipal Elementary
- North Park Elementary
- Roosevelt Elementary
- Roy Elementary
- T. H. Bell Jr. High
- Valley View Elementary
- Washington Terrace Elementary
This product is not CN labeled. This form provides equivalent meat/meat alternate and bread equivalent information for a non CN labeled product.

Product name: Chicken Corn Dogs  Manufacturer: Foster Farms  Product code: 95111
Case: 36 lb  Pack: 6-6 lb boxes  Count: about 30 per box  Portion Size: 2.67 oz

I. Meat/Meat Alternate

<table>
<thead>
<tr>
<th>Description of Creditable Ingredients per Food Buying Guide (FBG)</th>
<th>Oz per Raw Portion of Creditable Ingredient</th>
<th>Multiply</th>
<th>FBG Yield</th>
<th>Creditable Amount M/MA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mechanically Separated Chicken 20-24% fat</td>
<td>1.33 oz cooked frank x 1</td>
<td>x</td>
<td>1.25</td>
<td></td>
</tr>
</tbody>
</table>

A. Total Creditable M/MA Amount 1.25 oz.

II. Alternate Protein Product (APP)

<table>
<thead>
<tr>
<th>Description of APP, Manufacturer’s Name &amp; Code</th>
<th>Ounces Dry APP Per Portion</th>
<th>Multiply</th>
<th>% of Protein As-Is</th>
<th>Divide by 18*</th>
<th>Creditable Amount APP</th>
</tr>
</thead>
<tbody>
<tr>
<td>n/a</td>
<td></td>
<td>x</td>
<td>86</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

B. Total Creditable APP Amount

C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest ¼ oz)

*18 is the percent of protein when fully hydrated.

III. Grains

A. Does the product meet the whole grain-rich criteria? Yes  No x

B. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program required beginning SY 2013-2014: EXHIBIT A

***Indicate to which Exhibit A Group (A-I) the product belongs: B

<table>
<thead>
<tr>
<th>Description of Product per USDA Food Buying Guide (FBG)**</th>
<th>Portion size of product as purchased (A)</th>
<th>Weight of one ounce equivalent as listed in SP 30-2102 Exhibit A (B)</th>
<th>Creditable Amount A + B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Batter type coating GROUP B</td>
<td>1.34 oz cooked</td>
<td>1 oz (28g)</td>
<td>1.34 oz = 1.25 oz</td>
</tr>
</tbody>
</table>

D. Total Creditable Grain per Portion*** (rounded down to the nearest ¼ oz)

1.34 oz. = 1.25 oz.

***Groups A-G use the standard of 16 grams creditable grain per oz eq.

**** Products with more than 3.99 grams or .24 ounce equivalents of non-creditable grains do not qualify after SY 2013. 2.67 oz. serving of the above product (ready for serving), would contain 1.25 oz. of equivalent meat/meat alternate and 1.25 oz. bread alternate when prepared according to directions. I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7CFR Parts 210, 220, 225, 226, Appendix A).

Victoria Lindsay  Labeling Scientist  12-15-14

This product is not CN labeled – CN equivalent meat / meat alternate calculations are subject to change without notice. Contact FF for the most current information.

This form is not valid after June 30, 2014 for National School Lunch Programs. It is valid for CAFP and SFP only.

www.fosterfarmsfoodservice.com

<table>
<thead>
<tr>
<th>Snack</th>
<th>1/2</th>
<th>1/3</th>
<th>1 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat/meat alternate amount required</td>
<td>¼ oz</td>
<td>¼ oz</td>
<td>1 oz</td>
</tr>
<tr>
<td>Meat/meat alternate-# pieces you would need to offer</td>
<td>1/2</td>
<td>1/2</td>
<td>1</td>
</tr>
<tr>
<td>Grain-# pieces you would need to offer</td>
<td>1/2</td>
<td>1/2</td>
<td>1</td>
</tr>
<tr>
<td>Lunch/Supper*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat/meat alternate amount required</td>
<td>1 oz</td>
<td>1.5 oz</td>
<td>2 oz</td>
</tr>
<tr>
<td>Meat/meat alternate-# pieces you would need to offer</td>
<td>3</td>
<td>1 ½</td>
<td>2</td>
</tr>
<tr>
<td>Grain-# pieces you would need to offer</td>
<td>3</td>
<td>1 ½</td>
<td>2</td>
</tr>
</tbody>
</table>
This product is not CN labeled. This form provides equivalent meat/meat alternate and grain product information for a non CN labeled product.

Product name: Chicken Corn Dog  Manufacturer: Foster Farms  Product code: 95005
Case: 32.04 lbs  Pack: 12-2.67 lb boxes  Count 16 per box  Portion Size: 2.67 oz

I. Meat/Meat Alternate

<table>
<thead>
<tr>
<th>Description of Creditable Ingredients per Food Buying Guide (FBG)</th>
<th>Oz per Raw Portion of Creditable Ingredient</th>
<th>Multiply</th>
<th>FBG Yield</th>
<th>Creditable Amount M/MA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mechanically Separated Chicken 20-24% fat</td>
<td>1.23 oz cooked</td>
<td>x</td>
<td>x</td>
<td>1.23 oz</td>
</tr>
</tbody>
</table>

A. Total Creditable M/MA Amount 1.23 oz

II. Alternate Protein Product (APP)

<table>
<thead>
<tr>
<th>Description of APP, Manufacturer's Name &amp; Code</th>
<th>Ounces Dry APP Per Portion</th>
<th>Multiply</th>
<th>% of Protein As-Is</th>
<th>Divide by 18*</th>
<th>Creditable Amount APP</th>
</tr>
</thead>
<tbody>
<tr>
<td>n/a</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

B. Total Creditable APP Amount

C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest ¼ oz) 1.0 oz

*18 is the percent of protein when fully hydrated.

III. Grains

A. Does the product meet the whole grain-rich criteria? Yes No x

B. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program required beginning SY 2013-2014: EXHIBIT A

***Indicate to which Exhibit A Group (A-I) the product belongs: B

<table>
<thead>
<tr>
<th>Description of Product per USDA Food Buying Guide (FBG)**</th>
<th>Portion size of product as purchased (A)</th>
<th>Weight of one ounce equivalent as listed in SP 30-2102 Exhibit A (B)</th>
<th>Creditable Amount A + B (rounded down to the nearest ¼ oz)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Batter type coating GROUP B</td>
<td>1.44 oz cooked</td>
<td>1 oz (28g)</td>
<td>1.44 oz</td>
</tr>
</tbody>
</table>

D. Total Creditable Grain per Portion***

***Groups A-G use the standard of 16 grams credible grain per oz eq.

A 2.67 oz serving of the above product (ready for serving), would contain 1.0 oz of equivalent meat/meat alternate and 1.25 oz bread alternate when prepared according to directions. I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7CFR Parts 210, 220, 225, 226, Appendix A).

Victoria Lindley  Labeling Scientist  01-07-15

This product is not CN labeled – CN equivalent meat / meat alternate calculations are subject to change without notice. Contact FF for the most current information.

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www.fosterfarmsfoodservice.com

<table>
<thead>
<tr>
<th>Snack</th>
<th>1-2</th>
<th>3-5</th>
<th>6-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat/meat alternate amount required</td>
<td>¼ oz.</td>
<td>½ oz.</td>
<td>1 oz.</td>
</tr>
<tr>
<td>Meat/meat alternate # pieces you would need to offer</td>
<td>1/2</td>
<td>1/2</td>
<td>1</td>
</tr>
<tr>
<td>Grain # pieces you would need to offer</td>
<td>1/2</td>
<td>1/2</td>
<td>1</td>
</tr>
<tr>
<td>Lunch/supper</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat/meat alternate amount required</td>
<td>1 oz.</td>
<td>1.5 oz.</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Meat/meat alternate # pieces you would need to offer</td>
<td>1</td>
<td>1 ¼</td>
<td>2</td>
</tr>
<tr>
<td>Grain # pieces you would need to offer</td>
<td>1</td>
<td>1 ¼</td>
<td>2</td>
</tr>
</tbody>
</table>
This product is not CN labeled. This form provides equivalent meat/meat alternate and bread equivalent information for a non CN labeled product.

Product name: Chicken Mini Corn Dogs  Manufacturer: Foster Farms  Product code: 95038
Case: 21.97 lb  Pack: 12/29.3 oz  Count _about 40 per box_  Portion Size: 4 mini's = 2.67 oz

I. Meat/Meat Alternate

<table>
<thead>
<tr>
<th>Description of Creditable Ingredients per Food Buying Guide (FBG)</th>
<th>Oz per Raw Portion of Creditable Ingredient</th>
<th>Multiply</th>
<th>FBG Yield</th>
<th>Creditable Amount M/MA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mechanically Separated Chicken 20-24% fat</td>
<td>1.33 oz cooked frank</td>
<td>x</td>
<td>1</td>
<td>1.25</td>
</tr>
</tbody>
</table>

A. Total Creditable M/MA Amount 1.25 oz.

II. Alternate Protein Product (APP)

<table>
<thead>
<tr>
<th>Description of APP, Manufacturer's Name &amp; Code</th>
<th>Ounces Dry APP Per Portion</th>
<th>Multiply</th>
<th>% of Protein As-Is</th>
<th>Divide by 18*</th>
<th>Creditable Amount APP</th>
</tr>
</thead>
<tbody>
<tr>
<td>n/a</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

B. Total Creditable APP Amount

C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest ¼ oz)

*18 is the percent of protein when fully hydrated.

III. Grains

A. Does the product meet the whole grain-rich criteria? Yes No x

B. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program required beginning SY 2013-2014: EXHIBIT A

***Indicate to which Exhibit A Group (A-I) the product belongs: B

<table>
<thead>
<tr>
<th>Description of Product per USDA Food Buying Guide (FBG)**</th>
<th>Portion size of product as purchased (A)</th>
<th>Weight of one ounce equivalent as listed in SP 30-2102 Exhibit A (B)</th>
<th>Creditable Amount A + B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Batter type coating GROUP B</td>
<td>1.34 oz cooked</td>
<td>1 oz (28g)</td>
<td>1.34 oz = 1.25 oz</td>
</tr>
</tbody>
</table>

D. Total Creditable Grain per Portion***
(rounded down to the nearest ¼ oz)

**Groups A-G use the standard of 18 grams creditable grain per oz eq.

**** Products with more than 3.99 grams or .24 ounce equivalents of non-creditable grains do not qualify after SY 2013 for National School Lunch programs.

2.67 oz (4 minis) serving of the above product (ready for serving), would contain 1.25 oz of equivalent meat/meat alternate and 1.25 oz bread alternate when prepared according to directions. I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7CFR Parts 210, 220, 225, 226, Appendix A).

Victoria Lindsay  Labeling Scientist  01-06-15

This product is not CN labeled – CN equivalent meat/meat alternate calculations are subject to change without notice. Contact FF for the most current information.

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www.fosterfarmsfoodservice.com
This product is not CN labeled. This form provides equivalent meat/meat alternate and grain product information for a non CN labeled product.

**Product name:** Mini Chicken Corn Dogs  
**Manufacturer:** Foster Farms  
**Product code:** 95100

**Case:** 31.5 lb  
**Pack:** 9-3.5 lb boxes  
**Count** about 84 per box  
**Portion Size:** 0.67 oz (6 mini’s = 4 oz)

### I. Meat/Meat Alternate

<table>
<thead>
<tr>
<th>Description of Creditable Ingredients per Food Buying Guide (FBG)</th>
<th>Oz per Raw Portion of Creditable Ingredient</th>
<th>Multiply</th>
<th>FBG Yield</th>
<th>Creditable Amount M/MA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mechanically Separated Chicken 20-24% fat</td>
<td>6 mini’s = 2 oz cooked</td>
<td>x</td>
<td>6 mini’s = 2 oz</td>
<td>x</td>
</tr>
</tbody>
</table>

**A. Total Creditable M/MA Amount** 6 mini’s = 2 oz

### II. Alternate Protein Product (APP)

<table>
<thead>
<tr>
<th>Description of APP, Manufacturer’s Name &amp; Code</th>
<th>Ounces Dry APP Per Portion</th>
<th>Multiply</th>
<th>% of Protein As-Is</th>
<th>Divide by 18*</th>
<th>Creditable Amount APP</th>
</tr>
</thead>
<tbody>
<tr>
<td>n/a</td>
<td></td>
<td>x</td>
<td>86</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**B. Total Creditable APP Amount**

**C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest ¼ oz)** 6 mini’s = 2 oz

*18% is the percent of protein when fully hydrated.

### III. Grains

**A. Does the product meet the whole grain-rich criteria?**  
Yes _____  
No x _____

**B. Does the product contain non-credible grains?**  
Yes _____  
No x _____  
How many grams _____

**C. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program required beginning SY 2013-2014: EXHIBIT A**

***Indicate to which Exhibit A Group (A-I) the product belongs: B***

<table>
<thead>
<tr>
<th>Description of Product per USDA Food Buying Guide (FBG)**</th>
<th>Portion size of product as purchased (A)</th>
<th>Weight of one ounce equivalent as listed in SP 30-2102 Exhibit A (B)</th>
<th>Creditable Amount A + B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Batter type coating GROUP B</td>
<td>6 mini’s = 2 oz cooked</td>
<td>1 oz (28g)</td>
<td>6 mini’s = 2 oz</td>
</tr>
</tbody>
</table>

**D. Total Creditable Grain per Portion*** (rounded down to the nearest ¼ oz) 6 mini’s = 2 oz

**All grains must be enriched or whole grain, made from enriched or whole grain meal or flour.**

**Groups A-G use the standard of 16 grams creditable grain per oz eq.**

**Products with more than 3.99 grams or .24 ounce equivalents of non-creditable grains do not qualify after SY 2013.**

6 mini’s (4 oz) serving of the above product (ready for serving), would contain __2 oz__ of equivalent meat/meat alternate and __2 oz__ creditable grains when prepared according to directions. I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7CFR Parts 210, 220, 225, 226, Appendix A).

_Victoria Lindsey_  
Labeling Scientist  
07 22 13

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<table>
<thead>
<tr>
<th>Snack</th>
<th>1-2</th>
<th>3-5</th>
<th>6-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat/meat alternate amount required</td>
<td>½ oz</td>
<td>½ oz</td>
<td>1 oz</td>
</tr>
<tr>
<td>Meat/meat alternate-# pieces you would need to offer</td>
<td>2</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Grain-# pieces you would need to offer</td>
<td>2</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Lunch/Dinner</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat/meat alternate amount required</td>
<td>1 oz</td>
<td>1.5 oz</td>
<td>2 oz</td>
</tr>
<tr>
<td>Meat/meat alternate-# pieces you would need to offer</td>
<td>3</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Grain-# pieces you would need to offer</td>
<td>3</td>
<td>4</td>
<td>6</td>
</tr>
</tbody>
</table>
**Pasta Vegetable Salad**
*From Mar/Apr 2004 Quick Cooking magazine*

Plan ahead . . . needs to chill
1-½ cups uncooked tricolor spiral pasta
½ cup fresh broccoli florets
½ cup cauliflowerets
½ cup chopped cucumber
½ cup chopped celery
1/3 cup sliced carrots
¼ cup chopped tomato
½ cup ranch salad dressing

Cook pasta according to package directions; drain and rinse with cold water. Place in large bowl; add vegetables. Drizzle with salad dressing; toss to coat. Cover and refrigerate for 1-2 hours.

Yield: 4 servings  *Counts as 1 bread & 1 vegetable.

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**Crunchy Tuna Salad**
*From 5-A-Day.gov*

1/4 cup bulgur
1/2 cup plain low fat yogurt
1 Tbsp. lemon juice
2 Tbsp. thinly sliced green onion
1 medium tomato, seeded and diced
2 cups lettuce greens
1/2 cup hot water
1 Tbsp. chopped fresh mint or 2 tsp. dried mint, crushed
1 Tbsp. Dijon mustard
1 6.5 or 7 oz. can water-packed tuna, drained
1 cup diced zucchini or cucumber

Preparation Time 30 min - 1 hour

In a medium bowl, combine bulgur and water. Let stand 30 minutes. Drain well. Stir yogurt, mint, lemon juice, mustard and green onion into bulgur. Add tuna, tomato and zucchini or cucumber. Stir gently to break up tuna and coat with yogurt mixture. To serve, line small plates with lettuce leaves and top with tuna mixture.

Serves: 4 people  *Counts as 1 meat & 1 vegetable.

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**Citrus Chicken Kabobs**
*From Quick Cooking Website*

1 pound fresh broccoli, broken into florets
2 large navel oranges
1 pound boneless skinless chicken breasts, cut into 1-inch cubes
4 plum tomatoes, quartered
1 large onion, cut into wedges

**GLAZE:**
1/4 cup barbecue sauce
2 tablespoons lemon juice
2 tablespoons reduced-sodium soy sauce
2 tablespoons honey

Place 1 in. of water in a large saucepan; add broccoli. Bring to a boil. Reduce heat; cover and simmer for 3-4 minutes or until crisp-tender. Drain. Cut each orange into eight wedges. On eight metal or soaked wooden skewers, alternately thread chicken, vegetables and oranges. In a small bowl, combine the glaze ingredients. If grilling the kabobs, coat grill rack with nonstick cooking spray before starting the grill. Grill kabobs, uncovered, over medium heat or boil 4-6 in. from the heat for 5-7 minutes on each side or until chicken juices run clear, turning once. Brush frequently with glaze.

Yield: 4 servings  *Counts as 1 meat, 1 fruit & 1 vegetable.

**Nutritional Analysis:** One kabob equals 278 calories, 3 g fat (1 g saturated fat), 63 mg cholesterol, 568 mg sodium, 38 g carbohydrate, 8 g fiber, 28 g protein.
PUTTING THE SQUEEZE ON GERMS!

by Paula Peirce, PhD, RD

We all recognize that in a busy child care environment germs and bacteria are a constant threat to the children we care for, our families and ourselves. We want to take action to keep germs in check and maintain a healthy and safe environment.

Hot new research may help us shed some light on the age-old concern about how clean is your sponge? The average kitchen sponge may contain as many as 7 billion germs. A recently released paper\(^1\) compared the bacterial reduction in the household sponge based on several cleaning tests.

- **Microwaving** - The research looked at bacterial reduction after a household sponge was placed in a microwave for 30 or 60 seconds, boiled, placed in a dishwasher or put through a washing machine. Contrary to the popular belief that the microwave will increase the temperature of a damp sponge and reduce bacteria, this study showed that the microwave is the least effective way to reduce bacteria in a sponge.

- **Dishwasher** - The most effective bacterial reduction was achieved when the sponge was washed in the dishwasher (57% reduction).

- **Boiling** - Boiling the sponge reduced bacteria by 47% and putting the sponge through a washing machine reduced bacteria by 43%. Researchers believe that the high temperature, detergent and moving water in the dishwasher and washing machine account for the reduced bacteria. Although this is an ongoing concern, researchers agree more research is needed, and we will be watching for it.

In summary, this research states that putting a sponge through the dishwasher was the most effective way to kill bacteria in the sponge.

Dish cloths can be an effective tool in our cleaning but only if they are washed (in the washing machine) frequently in hot water. Many busy providers choose disposable paper towels to assure that germs don’t lurk in the sponge or cloth between each use. Most experts recommend disposable paper towels for hand washing and other single use activities.

Keeping the sponge, dishcloth or towel clean is only the beginning in keeping bacteria under control. The USDA Fight Bac (Bacteria) campaign takes a comprehensive look at food safety. The graphic on the back of this sheet outlines the key areas of food safety:

- CLEAN
- CHILL
- SEPARATE
- COOK

\(^1\text{Tite, Nicole J. 2006. Bacteria in Household Sponges: A study testing which physical methods are most effective in decontaminating kitchen sponges. St. Martins University Biology Journal Volume 1: 65-74.}\)

Provider Handout
Mother's Day
ACTIVITY IDEAS

Paper Blossoms
These paper flowers are beautiful, quick to make, and unlike the real thing, guaranteed to last a long time.

You will need:
- Tissue paper
- Scissors
- Crayons
- Green pipe cleaners

Step 1: Cut 3 1/2-inch squares out of tissue paper.

Step 2: Using the side of a crayon, color along two opposite edges of each square.

Step 3: Place one of the squares on a flat surface with the uncolored edges at the top and bottom. Starting at the top, fold the square as you would a paper fan. The pleats should be about a half inch wide. Fold the remaining squares using the same method.

Step 4: For a stem, bend a pipe cleaner 1 1/2 inches from an end to form a hook. Stack the pleated squares (without unfolding them). Place the stack inside the hook and twist the hook end around the stem. Then, to open up the flower to full bloom, twist the petals a half turn near the stem.

Whose Baby Am I?

Words to use:
- Baby
- Mommy
- Match
- Pictures
- Column

You will need:
- Pictures of baby animals and their parents
- Poster board
- Magnetic tape
- Glue
- Clear contact paper or laminating film (optional)

What to do:
Step 1: Let the children cut out pictures of baby animals and their parents from old magazines, calendars or coloring books.
Step 2: Cover the pictures with clear contact paper or laminating film.
Step 3: Attach a piece of magnetic tape to each animal picture.
Step 4: Make a poster with two columns, one marked babies and the second Mommy
Step 5: Place a strip of magnetic tape down the column
Step 6: Let the children match the baby animals to their mothers

Mother's Day Box

You will need:
- Shoe box
- Markers, paints, or crayons
- Paper
- Glue
- Small presents

Step 1: Decorate a small box or shoe box
Step 2: Buy or make a few presents (such as a package of drink mix, coupons, or cards) for Mom and place them in the box.
Step 3: Write out a fun schedule (such as - when you wake up, open gift #1) of when you'd like her to open each gift and presto! — a day full of gift giving.

Recipe Book

Ask each child what their favorite food is that their mom cooks for them at home. Have the child tell you how his mom prepares that food item. Write down exactly what the child says. Type up the recipes, print them out and then compile these dictated recipes into a recipe book for Mother's Day.

Recipe book cover ideas:
★ Wall paper samples
★ Cardstock bubble prints: Use card stock paper. Make a bubble solution of 1c. Water and 1 Tablespoon dish soap. Add enough food coloring to make an intense color. Instruct the children to BLOW through a straw to make a bubble mound. Put the paper on top of the bubble mound to pop it and to create a design. Punch holes in the side of the booklet and bind it with ribbon
★ Have the children create designs using markers, crayons, or colored pencils
★ Collage the cover using cardstock and buttons, beads, bits of colored paper, paper shapes, feathers, sequins, etc. CLOSELY SUPERVISE VERY YOUNG CHILDREN.
Dinosaur Roar
by Paul and Henrietta Stickland

✦ Read the book to the children and talk about the pictures.

✦ Act out the words in the book. Let the children roar, squeak, act fierce, act meek, walk slow, walk fast, indicate above and below, act weak and strong, measure short and long, measure fat and tiny, demonstrate clean and slimy, act sweet and grumpy, touch spiky and lumpy, and dramatize eating lunch.

✦ Play a matching game with the colored dinosaurs on the end sheets of the story. Match the dinosaurs by color and by shape. Name the dinosaurs. The green and orange dinosaur with the spikes down his back is named Stegosaurus, the orange and yellow dinosaur with the bony head crest is named Parasaurolophus, the small orange and yellow dinosaur with the long tail pointed up in the air is named Deinonychus, the green and blue dinosaur with the two sharp front teeth is named Tyrannosaurus, the large yellow and orange spotted dinosaur is named Brontosaurus, the large brown spotted dinosaur is named Allosaurus, the flying dinosaur is named Rhamphorhynchus, and the small yellow and green spotted dinosaur is named Campsognathus.

✦ Trace the pictures. Encourage each child to use their finger to trace around the shape of the dinosaurs to distinguish long, short, bumpy, and sharp.

✦ Dinosaur Diorama Using empty paper towel rolls (cut in half), a flat pop lid box, paper, scissors, crayons, and glue to create a dinosaur world. Encourage the children to draw and create his own dinosaur. Draw and color the dinosaur, name it, and glue it onto the paper towel roll. Encourage them to create several dinosaurs. Shape a volcano or mountains for the diorama using modeling clay or play dough.

✦ Play Dough for Mountains or Volcanoes: Mix together 4 cups of flour and 1 cup salt. Add coloring and knead until the dough is the consistency for modeling.

✦ Paper Trees for Diorama: Roll three sheets of paper lengthwise into a tube and tape. Use scissors to cut slits one inch apart and four inches deep all the way around the tube. Gently pull up on an inside fringe, until the branches of a tree appear. Paint the tree with paint. Put inside of a toilet paper roll to help the tree stand upright in the diorama.

✦ Additional Dinosaur Books
Available in our Lending Library: The Dinosaur by Gallimard Jeunesse, Claude Delafosse, and Jane’s Prunier First Encyclopedia of Dinosaurs by Sam Taplin

Books you could find in your public library: How do Dinosaurs... series by Jane Yolen and Mark Teague
If the Dinosaurs Came Back by Bernard Most
Danny and the Dinosaur by Syd Hoff
Dinosaur Story by Joanna Cole