



Program Updates



IMPORTANT NOTICE

We have mailed a child re-enrollment packet. For some, it is included with this newsletter. Please watch for this. They need to be completed and back in our office by March 1, 2014. Instructions will be attached.

Reminders...

February 2014

National Heart Month
Black History Month

Days to Remember...

- 1- Mail in/submit your claim
- 2- Groundhog Day
- 12-Lincoln's Birthday
- 14-Valentine's Day
- 17-Random Acts of Kindness Day
- 17-President's Day
- 25-Quiet Day



March 2014

Nutrition Month
March 16-22 National CACFP Week

Days to Remember...

- 1- Mail in/submit your claim
- 2- Dr. Seuss Birthday
- 9-Daylight Savings
- 17-St. Patrick's Day
- 20-First Day of Spring
- 25-International Waffle Day

- **DON'T FORGET CLASSES BEGIN IN FEBRUARY—the schedule is included in this newsletter. Everyone needs to attend one class each year**
- **REMEMBER TO BRING EXAMPLES OF YOUR FAVORITE MENUS AND RECIPES TO THE CLASS!!!!**
- **We contacted Bar-S about their corn dogs. Their response: None of their products meet Child Nutrition regulations. They are not credible. That means: DO NOT PURCHASE Bar s products!**
- **If you are going to have a substitute care giver, remember to call the office and let us know. Especially if it is going to be for an extended period of time. Make sure she knows where your paperwork is and how to complete your claim or how to keep accurate documentation**
- **If you are substituting food on your menu—remember you need to change that in the computer or put it on your CIF!!!!**
- **Don't forget you need to keep your sign in/outs available from past months for monitor reviews**

HOLIDAY CARE

If you plan on providing care on 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 in a copy of your sign in/outs with **full signature** for all children claimed that day by the 5th of the next month. **REMEMBER, IF YOU PROVIDED CARE ON PRESIDENTS DAY TO SEND IN YOUR SIGN IN/OUTS WITH FULL SIGNATURE WITH YOUR JANUARY CLAIM!!!**



More Program Updates

NEW RESOURCES FROM THE USDA:



1. Recipes for Healthy Kids: Cookbook For Homes

<http://www.fns.usda.gov/sites/default/files/cookbook-homes.pdf>

2. Crediting Handbook for the Child and Adult Care Food Program

http://www.fns.usda.gov/sites/default/files/CACFP_creditinghandbook.pdf

We have requested print copies of these two items. No idea when they will arrive. Meanwhile you can check them out on-line.



- 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? Are you serving the appropriate amounts????
- Remember you can check your claim on line to see if meals have been disallowed. If you do this by the 9th of each month, and there are problems you still have time to call the office and talk to us about it.
- If you are going to be closed, please remember to call the office the **DAY BEFORE!!!**
- Did you know we have a web site???? Check it out: www.cnputah.org

The office will be closed March 25-28. We will be in Southern Utah teaching classes.

If you have problems, leave us a message and we will be checking the voice mail. Make sure you leave your phone number and name and that we can understand it if you want us to call you back.



USU just installed new telephones. But, sometimes it says we have a voice message and alas there isn't anything there. If you call and leave a message and we don't call you back, give us another call. Your message might have disappeared! Sorry!!!

You are responsible to understand the information in this newsletter. If you can't because of a language barrier, call this number (435) 797-2169 or 1-800-540-2169 for translation services.

Usted es responsable de entender la información que se encuentra en esta carta. Si esto no es posible por una barrera lingüística, llame a este número para solicitar servicio de traducción (435) 797-2169 or 1-800-540-2169.

Child Care Nutrition Program Class Schedule

Remember you will need to attend one of these classes to complete the requirement to attend one training each year. Our year is October 1, 2013-September 30, 2014.

ALL CLASSES WILL BE HELD FROM 6:30-8:30 PM
(Except the Saturday classes)

Northern Utah

- | | |
|--------------------|--|
| Tuesday, Feb 11 | Logan: USU campus our building (CPD) |
| Saturday, Feb 15 | Logan: USU campus our building
10 AM-noon |
| Thursday, Feb 20 | Brigham City, <i>YOU MUST RSVP</i> for this class, if we don't have an interest for this class we will cancel the class Location: 10 South 400 East—the old Family History Library across the street from the Middle School—corner of 400 east and Forest St. |
| Thursday, March 6 | Tremonton, Tremonton City Hall, 102 S. Tremont. <i>YOU MUST RSVP</i> for this class— if there is not enough interest, we will cancel the class |
| Tuesday, March 11 | Logan: USU campus our building |
| Thursday, April 3 | Logan: USU campus our building |
| Saturday, April 12 | Logan: USU campus our building
10 AM-noon |

DON'T FORGET: BRING MENU IDEAS AND RECIPES TO SHARE!!!!

These are the only times we will be holding classes this year. Please make arrangements to attend one of these classes.

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Southern Utah

- | | |
|---------------------|---|
| Tuesday, March 25 | Blanding---In the Tech Building on the USU/CEU campus |
| Wednesday, March 26 | Moab—USU Extension—125 West 200 South |
| Thursday, March 27 | Price----on the USU/CEU campus in the West Instructional Building (WIB) enter this building from the west. This entrance is located on the north side of the building on 100 East and 600 North. There is a big parking lot on the north side of the building. Same building as CCR&R. Room 211 |

DON'T FORGET: BRING MENU IDEAS AND RECIPES TO SHARE!!!!

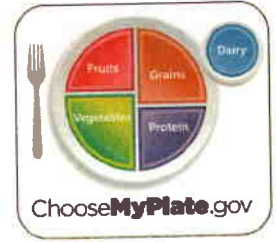
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10 tips

Nutrition
Education Series

liven up your meals with vegetables and fruits



10 tips to improve your meals with vegetables and fruits

Discover the many benefits of adding vegetables and fruits to your meals. They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups—and for some, up to 6 cups—of vegetables and fruits each day. Vegetables and fruits don't just add nutrition to meals. They can also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

1 fire up the grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peppers, or potatoes on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add great flavor to a cookout.

2 expand the flavor of your casseroles

Mix vegetables such as sauteed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.



3 planning something Italian?

Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, onions, or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.

4 get creative with your salad

Toss in shredded carrots, strawberries, spinach, watercress, orange segments, or sweet peas for a flavorful, fun salad.

5 salad bars aren't just for salads

Try eating sliced fruit from the salad bar as your dessert when dining out. This will help you avoid any baked desserts that are high in calories.

6 get in on the stir-frying fun

Try something new! Stir-fry your veggies—like broccoli, carrots, sugar snap peas, mushrooms, or green beans—for a quick-and-easy addition to any meal.

7 add them to your sandwiches

Whether it is a sandwich or wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce, or avocado on your everyday sandwich or wrap for extra flavor.



8 be creative with your baked goods

Add apples, bananas, blueberries, or pears to your favorite muffin recipe for a treat.

9 make a tasty fruit smoothie

For dessert, blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie.



10 liven up an omelet

Boost the color and flavor of your morning omelet with vegetables. Simply chop, saute, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers.

kid-friendly veggies and fruits



10 tips for making healthy foods more fun for children

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

1 smoothie creations
Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers
Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs
Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas
Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly
Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits
Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

7 bugs on a log
Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix
Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



9 potato person
Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge
Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.

