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...

- 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!!!

USDA is an equal opportunity provider and employer.
NEW RESOURCES FROM THE USDA:

1. Recipes for Healthy Kids: Cookbook For Homes

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

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!!!
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, YOU MUST RSVP 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. YOU MUST RSVP 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.
Child Care Nutrition Program
Class Schedule

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ALL CLASSES WILL BE HELD FROM 6:30-8:30 PM

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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Please make arrangements to attend one of these classes.
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 sautéed 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. Sip 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, sauté, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers.

Go to www.ChooseMyPlate.gov for more information.
10 tips for making healthy foods more fun for children

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.

Go to www.ChooseMyPlate.gov for more information.