



Program Updates



IMPORTANT NOTICE

Please complete your child re-enrollment packet that has been mailed to you. They need to be completed and back in our office **by March 1, 2016**. Instructions are attached. We have also mailed your tax information form. If you have questions about either, call the office.

February 2016

National Heart Month
Black History Month

Days to Remember...

- 1- Mail in/submit your claim
- 2- Groundhog Day
- 8-Chinese New Year
- 12-Lincoln's Birthday
- 14-Valentine's Day
- 15-President's Day



March 2016

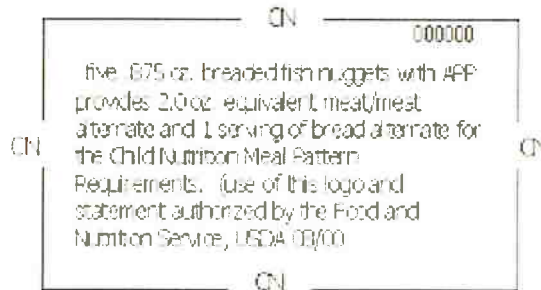
Nutrition Month
March 13-19 National CACFP Week

Days to Remember...

- 1- Mail in/submit your claim
- 2- Dr. Seuss Birthday
- 13- Daylight Savings
- 14-National Learn about Butterflies Day
- 17-St. Patrick's Day
- 20-First Day of Spring
- 27-Easter

IMPORTANT UPDATE!!!! PLEASE READ CAREFULLY!!!!

- **CN labels!!! Very important!** When you are shopping you need to check the box of combination foods to ensure there is a CN label still on the box. This includes chicken nuggets, fish sticks, corn dogs, pizza, etc. **Dino Nuggets and Foster Farms corn dogs DO NOT** have a CN label on the box anymore. You can serve the Dino Nuggets because we have previously sent you the product specification analysis sheet. But you **MUST** have this sheet in your book in order to claim them. We have emailed Foster Farms for a product specification analysis sheet. Until we receive this information Foster Farms Corn Dogs **ARE NOT CREDIBLE** and can't be served **UNLESS** you have a box with the CN label on it. If you have questions or concerns, call the office. This is what a CN label looks like:



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 PROVIDE CARE ON PRESIDENTS DAY TO SEND IN YOUR SIGN IN/OUTS WITH FULL SIGNATURE WITH YOUR FEBRUARY CLAIM!!!**

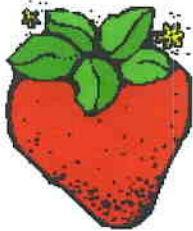


More Program Updates

Reminders...



- DON'T FORGET CLASSES BEGIN IN FEBRUARY—the schedule was mailed to you already! Everyone needs to attend one class each year
- If you are substituting food on your menu—remember you need to change it in the computer or put it on your CIF!!!! Be sure to put it on your posted menus as well.
- Don't forget you need to keep your sign in/out's available from past months for monitor reviews
- IMPORTANT!! For providers claiming on-line you need to make sure you check your claim error report around the 7th of each month. Let us know if there are problems with your claim before the 10th of each month. After the claim is submitted we can't make any changes. You are responsible to check your claim error report every month.
- Don't forget to send in child enrollment forms when you enroll a new child
- If you are going to be closed, please remember to call the office the DAY BEFORE!!! Thank You!
- Did you know we have a web site? Check it out: www.cnputah.org
- Did you know we are on Facebook? www.facebook.com/childcarenutritionprogramutah

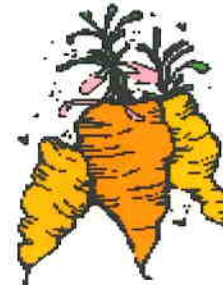


CACFP Week March 13-19, 2016 Growing Healthy Kids Farm to Preschool



Celebrate CACFP Week with the Utah State Office of Education!
Show them what you're doing with a garden
Take a field trip to a local farm
Teach about how food is grown
Use your Grow it! Try it! Like it! Kit from last years class.
Don't stop there, the sky's the limit with what you can do. Enter their CACFP week promotion activity for a chance to win!

We've enclosed the letter from the USOE on how to enter etc. Let us know what you are doing!!! We would love to share what you do in the next newsletter!



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 numero para solicitar servicio de traducción (435) 797-2169 or 1-800-540-2169.

CACFP week is all about raising awareness of how CACFP works to combat hunger and bring healthy foods to the table. Each year, we encourage you to celebrate CACFP week and share with us how you celebrated.

From those who share with us, we select winners and provide “train the trainer” sessions with your staff and the children. Past training activities have included planting a tree, making a healthy snack with the children, painting aprons, having super heroes/princesses come visit and more.

This year the theme is focused on Farm to Preschool, which includes serving locally produced food, growing food, and agriculture based education. We want to see how you implement Farm to Preschool at your center or home and how it benefits the children in your care.

There are so many Farm to Preschool related activities that you could do. Some possibilities include:

- Serve a locally produced food and teach the children where it came from and how it's grown/produced
- Utilize Farm to Preschool curriculum
- Take children on a field trip to a local farm or orchard
- Invite a local farmer to visit your child care site
- Provide opportunities for children to grow vegetables or herbs (indoor or outdoor)
- Take children to a local food production plant
- And more! If you have a different idea of what you'd like to do, let us know!

To enter, let your sponsor know that you're interested in participating, then share with the Utah State Office of Education a write up of what you've done and how it benefited the children. Feel free to include pictures of the activity, but please ensure that you have media release forms if there are children in the pictures. Visit www.schools.utah.gov/cnp for Farm to Preschool resources.

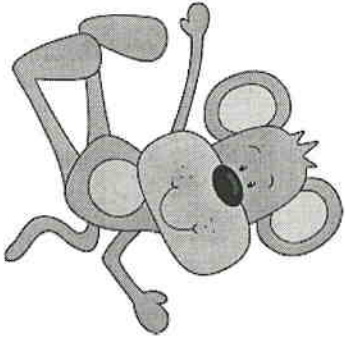
Submit entries to Maryann Durrant at USOE by March 31, 2016 by e-mail, mail, or fax:

maryann.durrant@schools.utah.gov

Utah State Office of Education
250 E 500 S
PO Box 144200
Salt Lake City, UT 84114-4200

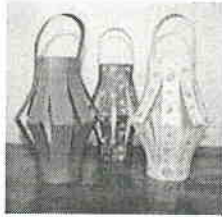
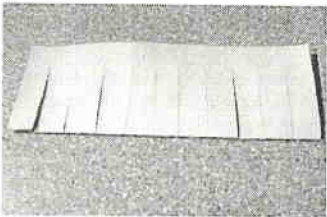
Fax:
801-538-7883

Chinese New Year of 2016, **THE YEAR OF MONKEY** begins February 8.



It will not just be fifteen days of festivity, but it will be a time to strengthen the bond of love and respect. *It will mean reunion, feasting, revelry and parties for Chinese people.* Dinners will be organized by Chinese families and will be a great get-together to come close with family, friends and dear ones. Delicious and delectable gastronomical delights will be cooked at home like chicken, fish, and cakes so that *New Year will usher in happiness, wealth and good health.*

MAKE CHINESE PAPER LANTERNS

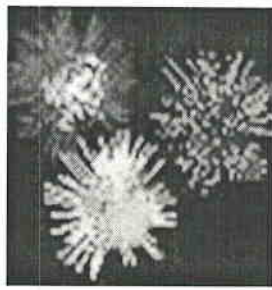
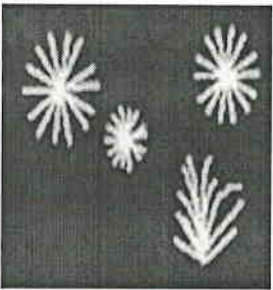


Materials:

Colored construction paper, Tape, stapler or glue, ruler, scissors

- Fold a rectangular piece of paper in half, making a long, thin rectangle.
- Make about a dozen or more cuts along the fold line. Don't cut all the way to the edge of the paper.
- Unfold the paper. Glue or staple the short edges of the paper together.
- Cut a strip of paper 6 inches long and 1/2 inch wide. Glue or staple this strip of paper across one end of the lantern

Create your own Chinese New Year FIREWORK PICTURE



The Chinese invented fireworks thousands of years ago!

Use dark construction paper, glue and different colors of glitter. These fireworks pictures are great decorations for Chinese New Year...

Supplies:

Black or very dark construction paper, glitter, white glue, Old newspapers and a straw

Work on old newspapers. Spread glue on the paper in geometric shapes. If the glue is soft enough, you can put a small blob of glue on the paper, and then blow some air through a straw to spread it into interesting shapes. You can experiment with the consistency of the glue and the angle of the straw.

Sprinkle glitter onto the glue. Slide the excess glitter off your picture and back into the glitter container.

PANDA NOISEMAKER



- Cut a circle the size of a paper plate out of a piece of white craft paper.
- Cut two oval shapes for the ears and two small circles for the eyes out of black craft paper.
- Cut one medium-sized circle out of white craft paper for the nose. Glue cutouts onto paper plate sized circle.
- Cut out a small black triangle and glue onto nose.

- Cut out two small white circles and glue onto eyes.
- Glue face to the backside of a paper plate.
- Fill paper plate with a handful of macaroni or beans and staple another paper plate to the reverse side to close.
- Shake to make noise.

- **SERVE CHINESE FOOD** or finger food such as egg rolls and won tons. This will allow children to see what the Chinese like to eat—in comparison to something like American pizza or hot dogs.

- **CHINESE FRIED RICE**

- Chinese New Year Cooking for Kids
- 3 cups cooked leftover cold rice
- 1 cup of cooked chicken, pork, or beef cut up in bite size pieces
- 1 egg
- 2 Tbsp soy sauce
- 1 Tbsp Teriyaki sauce
- 1 tsp, garlic powder
- 1 green onion chopped
- 1/2 cup frozen peas and carrots mix
- 2 Tbsp vegetable oil
- Black pepper to taste.
- Add oil in a wok or frying pan over medium heat. Add cold rice after the oil is hot, continually stirring for about 3 minutes. Add frozen peas and carrots, soy sauce, teriyaki sauce and garlic powder; continue stirring until vegetables are tender about 10 minutes.
- Add cooked meat and stir for another 3-4 min or until meat is warmed through. Scramble an egg in a bowl; push all of the rice mixture to one side of the pan or wok-- slowly add the egg to the empty space in the pan. Scramble until cooked through and then mix together with rest of rice mixture.
- Add green onion and black pepper to taste. (Can be made at home and re-heated)
- Source: apples4theteacher.com*** (I did this 'cooking activity' with groups at summer camp. The kids loved it and ate it all up! Barb)
- You could also **STEAM SOME WHITE RICE** and serve with sweet/sour sauce and chicken

BANANA PEANUT BUTTER SANDWICH

Ingredients

- 2 tablespoons peanut butter
- 4 slices raisin bread
- 1 firm, small banana, peeled and sliced

Directions

1. Spread peanut butter on 2 bread slices.
2. Arrange banana slices over peanut butter.
3. Top with remaining bread.
4. Place sandwiches on cutting board and cut into quarters.

FROZEN MONKEY TREATS

A healthy snack that kids will like!

Peel a banana and cut it in half. Insert Popsicle sticks into the cut ends. Dip the bananas into yogurt or melted chocolate, and then roll the bananas in chopped nuts, crushed cereal, or coconut shavings. Place the bananas on a small waxed paper-lined baking sheet and set the sheet into the

BANANA IN A BLANKET

- 1 (6 inch) tortilla
- 1 tablespoon smooth peanut butter or cream cheese
- 1 medium banana
- 1 teaspoon maple syrup or honey
- 1 tablespoon crunchy, nutty nugget cereal

Lay tortilla on a plate.

Spread peanut butter evenly on the tortilla.

Sprinkle cereal over peanut butter.

Peel and place banana on the tortilla and roll the tortilla.

Drizzle maple syrup or honey on top.

MONKEY BREAD (I've made it with kids; they love it!) (Adult Supervised)

Need:

Bunt Pan

4 cans of 10 each refrigerated buttermilk biscuits

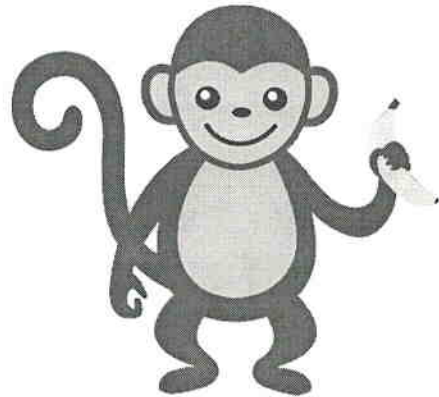
Small bowls

1 and 1/2 sticks butter or margarine

Small pan

3 cups brown sugar

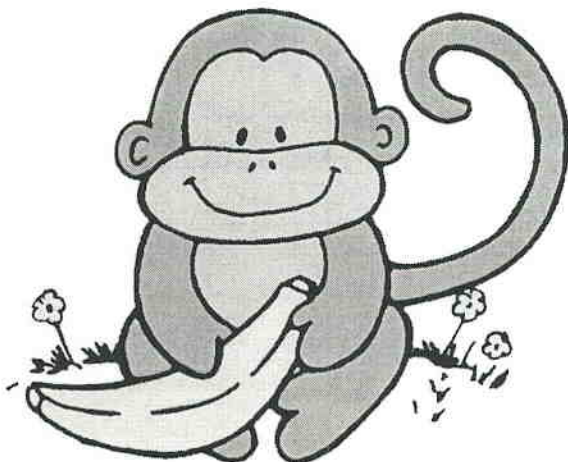
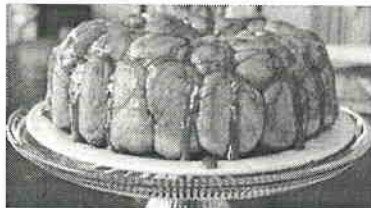
4 T brown sugar



Directions:

- Combine sugar and cinnamon. Divide mixture in half and put into 2 separate bowls.
- Adult melts 1 stick of butter in a small pan over low heat - or melt in microwave.
- Tear each biscuit into 3 pieces and roll into balls. Dip the balls in the melted butter and then into one bowl of the brown sugar and cinnamon mixture. Roll then to coat evenly.
- Put into the un-greased bunt pan.
- Adult melt over low heat the second $\frac{1}{2}$ stick of butter with the brown sugar-cinnamon mixture. Pour evenly over the coated balls in the pan.
- Bake for 30 minutes in 350 degree oven.
- Turn oven off. Let pan sit for 5 minutes and then remove from the oven and turn the pan over onto a serving platter.
- Let it sit a few minutes inverted on the plate, before removing it from the pan.

Cool before serving



Turn well known, simple GAMES into a 'Monkey Theme'

Examples: •Instead of 'Simon Says'- play 'The Monkey Says!' •Instead of Duck, Duck, Goose- play Chimp, Chimp, Monkey! •Play 'Pin the Nose on the Monkey!'

Play MONKEY TAG

Scatter with three or four persons who are "It".

All players run around. When they are tagged, they must lie on their backs, feet up in the air.

They are free if another person can touch both feet with their elbow before being caught.

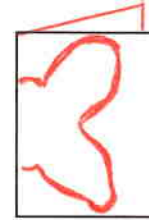
Time the game so many get a turn at being "it".

IDEAS FOR SPRINGTIME FUN

Pussy Willows break off a branch or two and keep them in water, they will bloom. For an art project, have the children draw a few brown lines on white paper. Then glue on puffed wheat or rice cereal for the buds.

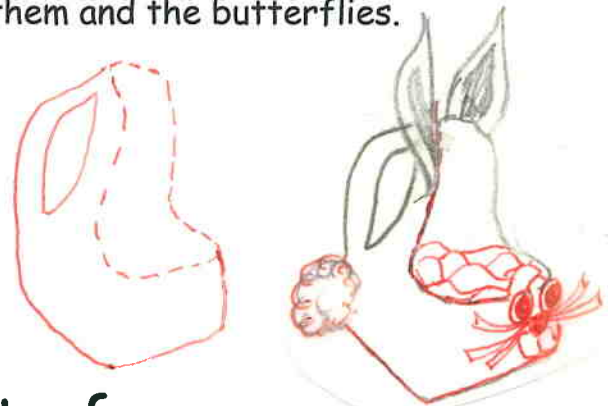


Blotted Butterflies Trace a butterfly shape onto folded construction paper for each student. Cut out the butterfly. Drop or lightly drizzle paint onto one-half of the open butterfly. Then re-fold and press. Unfold and allow to dry. Add pipe cleaner antennae



Cotton Ball Caterpillars Glue different colored cotton balls onto a tongue depressor. Add facial features with markers and pipe cleaner antennae. Then decorate you still bare tree (see How to make a tree) with them and the butterflies.

Baskets Recycle clean plastic milk jugs by cutting out half of the upper portion as shown. Then decorate with glue ons (paper, felt or foam and , of course, a cotton ball for the tail). Add crumpled scraps for the inside grass before you go out for the hunt.



Dyed Eggs out of paper Cut an egg shape from white construction paper. Using crayons draw and color a spring design on the cutout. Also add other decorative lines with crayon. Brush on water and food coloring wash (1 cup water to 4 or 5 drops of food coloring) to cover the entire egg. Then dry, these delicate pastel eggs are great for decorations!

Glistening Eggs Mix sweetened condensed milk with food coloring to create several colors of paint. Cut giant eggs from 12"x18" construction paper and paint with this mixture. When dry these eggs will



shine or glisten.



Cheeseburger Chowder

From Mar/Apr 2004 Quick Cooking magazine

- 1 lb ground lean ground beef
- ¼ cup chopped onion
- 1-½ cups water
- 3 teaspoons of beef bouillon
- ½ teaspoon salt
- 2 cups cubed red potatoes
- 1 celery rib, thinly sliced
- 3 tablespoons all purpose flour
- 2-½ cups milk, *divided*
- 1 cup (4 oz) shredded cheddar cheese



In a large saucepan cook beef and onion over medium heat until meat is no longer pink; drain well. Stir in the water, bouillon and salt. Add potatoes and celery. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until potatoes are tender. Combine flour and ½ cup milk until smooth; gradually stir into beef mixture. Bring to a boil; cook and stir for 2 minutes or until thickened or bubbly. Stir in remaining milk; heat through. Stir in cheese until melted

APRIL FOOLS FOOD!

Layer Cake Meat Loaf

If kids are always asking to eat dessert first, here is your chance! The "cake layers are real meat loaves. "frosted" with instant mashed potatoes. Ketchup and mustard "icing" helps complete the look!

- 2 eggs, beaten
- 1 can tomato juice
- ½ cup seasoned breadcrumbs
- ½ cup quick cooking oats
- 1 small onion, chopped
- 1 medium green pepper, chopped
- 1 teaspoon chili powder
- ½ teaspoon salt and pepper
- 2 pounds ground beef
- MAHED POTATOES:
- 4-2/3 cups water
- 1 cup and 2 tablespoons milk
- 7 tablespoons butter or margarine
- 1-3/4 teaspoons salt
- 4-2/3 cups instant potato flakes
- ketchup and mustard



Mango Chicken Stir-Fry

From 5-a-day Secret to Healthy Living

- 1 pound boneless, skinless chicken breasts cut into chunks
- ¼ cup pineapple juice
- 3 Tablespoons low sodium soy sauce
- ¼ teaspoon ground ginger
- 1 red bell pepper, cut into strips
- 2 mangos, pitted and cut into wedges
- ½ cup toasted, slivered almonds
- ground black pepper to taste
- non-stick cooking spray

Spray a large skillet with cooking spray. Sauté chicken over medium high heat until cooked through, about 5 minutes.

In a small bowl, stir together pineapple juice, soy sauce, and ginger. Add sauce and bell pepper to the skillet. Cook and stir for about 5 minutes. Add the mango wedges and almonds to the skillet and cook until hot. Season with pepper to taste, serve over cooked rice if desired.



In a large bowl combine first nine ingredients. Crumble beef over mixture and mix well. Pat into two ungreased 9-in. square baking pans. Bake at 350 ° for 15- 20 minutes or until meat thermometer reads 160°; drain and let stand for 10 minutes.

Meanwhile, in a large saucepan, bring the water, milk, butter and salt to a boil. Stir in potato flakes. Remove from heat. Take one cooked meat loaf and put on serving platter, take the second meat loaf and place on cutting board. Spread 1- ½ cups mashed potatoes over loaf on platter. Carefully slide the second meatloaf onto the layered potatoes. Spread 3- ½ cups mashed potatoes over top and sides. Spoon remaining potatoes into a pastry bag with an open star tip. Pipe a border around the edges. Place ketchup and mustard in resalable plastic bags; cut a small hole in corner and pip out onto "cake".

