



Program Updates

Days to Remember...

December 2013

Stress-Free Family Holiday Month

1- Mail in/Submit Your Claim

5-Hanukkah ends

6- Mitten Tree Day

7-Nat'l Pearl Harbor Day

25- CHRISTMAS DAY

26-First day of Kwanza

31- New Years Eve Day

31-New child enrollment forms due in the office



January 2014

National Dairy Month

1- New Years Day

Mail in/Submit Your Claim

7-Three Kings Day

20-Martin Luther King Day

31-New child enrollment forms due in the office



Reminders...

- Please make sure you have the correct mailing address for all the children you enroll.
- **REMEMBER: Claim due by the 5th.** If it is mailed or submitted after the 5th, it will be considered late and not processed until the next month :(
- If you claim on-line: make sure you check your Claim error report about the 7th of the month. If you disagree with it, call the office by the 11th of the month.
- Remember we only have school district days off listed in Minute Menu as vacation days. If you have children who are out of school and you are serving AM Snack and/or Lunch make sure you list it on the CIF or check them out of school when you claim on-line. When you put their times in on-line make sure their in/out times reflect that they are not in school

We have a Face Book page. Check us out & LIKE us. There are also some fun recipes and information at:

<https://www.facebook.com/#I/childcarenutritionprogramutah>



**DON'T FORGET:
MENUS NEED
TO BE POSTED!**

**THE CHILD CARE
NUTRITION
OFFICE
WILL BE CLOSED
FROM
DECEMBER 21-
JANUARY 5**



USDA is an equal opportunity provider and employer.

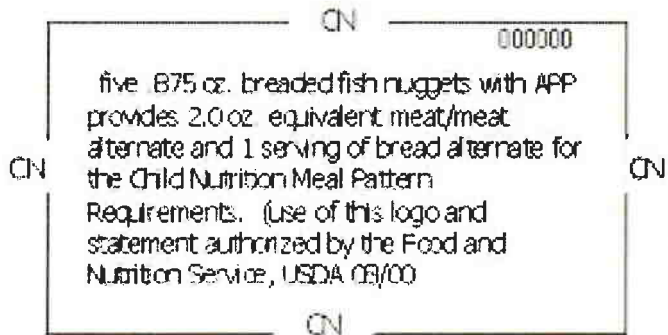
You are responsible to understand the information in this newsletter. If you can't because of a language barrier, call this number (435) 797-2169 or 1-800-540-2169 for translation services.



REMEMBER: IF YOU ARE SERVING CHICKEN NUGGETS, FISH STICKS, CORN DOGS OR ITEMS IN THIS CATEGORY YOU NEED TO HAVE EITHER THE CN LABEL OR THE PRODUCT SPECIFICATION ANALYSIS SHEET. IF YOU DON'T HAVE ONE OF THESE

ITEMS FOR THE FOODS YOU ARE SERVING THEY WILL NOT BE CREDIBLE. !!!

WE DISCUSSED THIS AT OUR LAST TRAINING.



Faxing the office?

Make sure your name is on ALL your papers. You also might want to call to make sure we received your fax.



PLEASE HELP US GET THE CLAIM DONE EARLY IN DECEMBER BY SUBMITTING YOUR CLAIM AND CHILD ENROLLMENT FORMS ON-TIME!!!



Cottage Cheese Snowman

Using an ice cream scoop, place three scoops of cottage cheese on a plate to look like a snowman. Add raisins for eyes and buttons, a small piece of carrot for a nose, a small piece of red bell pepper for the mouth, leafy celery sticks for arms, and a hat cut from toast or cheese.

*Note: raisins, carrots and celery can be a choking hazard for children under the age of 4 years.

Here's a recipe from one of our providers: DeAnn Williams

Spaghetti Squash Au Gratin

- 1 medium spaghetti squash
- 2 T butter
- 1 small yellow onion, cut in half and very thinly sliced
- 1/4 tsp red pepper flakes, or more if you like it spicy
- 1 tsp fresh thyme
- 1/2 cup sour cream
- 1/2 cup shredded cheddar cheese



Cut the spaghetti squash in half and remove the seeds. Place in a covered dish with a 1/4 inch of water and microwave for 1-12 minutes. In a medium size skillet over medium heat, add the butter, onions, red pepper and thyme. Cook until the onions are slightly brown in color. Salt and pepper to taste.

Using a fork, scrape the insides of the squash and transfer to a small bowl. Combine the squash onions, sour cream and half the cheese together and mix well. Transfer the mixture to a buttered baking dish and top with remaining cheese.

Place into a 375 degree oven for 15-20 minutes until golden brown on top.

Turkey Enchiladas

<http://www.kraftrecipes.com/recipes/turkey-enchiladas-114642.aspx>

- 2 1/2 cups enchilada sauce, divided
- 2 cups shredded cooked turkey
- 1 pkg (8 oz Mexican style finely shredded cheese
- 4 green onions, chopped , divided
- 12 corn torillas(6 Inch), warmed
- 1 large tomato, seeded, chopped
- 1/4 cup finely chopped fresh cilantro
- 2 T Zesty Italian Dressing



Heat Oven to 350 degrees

Spread 1/2 cup enchilada sauce onto bottom of 13x9-inch baking dish sprayed with cooking spray. Combine 1/2 cup of the remaining enchilada sauce, turkey, 1/2 cup cheese and 1/4 cup onions. Spoon 1/4 cup turkey mixture down center of each tortilla; roll up.



PLACE, seam-sides down, in prepared dish; top with remaining sauce and cheese. Cover.

BAKE 30 min. or until cheese is melted, uncovering for the last 5 min. Meanwhile, combine tomatoes, remaining onions, cilantro and dressing.

TOP enchiladas with tomato mixture

Let's Move... Cold Weather Fun!

Cold weather offers great ways to have family fun. Take time to play together – and move more. You'll all feel good! As an adult, you need to move for at least 30 minutes on most days. Your child needs at least 60 minutes of moving on most days.



Get Moving INDOORS

- **Act out a story.** Read a book together; move to give it action. If it's a book about food, make it in the kitchen together later.
- **Create an obstacle course.** Kids love to tumble over pillows, crawl through open boxes, and jump into hula-hoops.
- **Turn up the music and dance.** Swing your arms like a conductor. Or move to the music like a cat, bird, horse, elephant, or bug. You do it, too!
- **Make bread, soft pretzels, or pizza.** Knead, shape, and roll dough. It's good for arm muscles. Tip: buy frozen dough to keep it easy for you!



- **Start planning your garden.** Find a library book about kids and gardening. Look at seed catalogues. Plan for spring.
- **Your family's ideas:**



Get Moving OUTSIDE

- **Enjoy autumn leaves.** Rake leaves in a pile. Enjoy the pleasure of jumping in it!
- **Bundle up for snow play.** Create angels. Make a "snow family" – with a pet. Go sledding. Climb a snow mountain. Make paths through the snow.
- **Take a nature hike.** Look for animal tracks in the snow, wild flowers and buds in early spring, or colorful fall leaves.
- **Walk in the zoo!** See how animals look with their winter coats on. Talk about how they live in the cold weather. No zoo? Look for squirrels and birds in the park.
- **Take a neighborhood walk.** How does it look different in cold weather?
- **Decorate an outdoor tree for the birds.** Hang apples, pinecones rolled in peanut butter, or popcorn strings.
- **Your family's ideas:**

Provided by _____

Let's Move... Cold Weather Fun!

Play Safe Outdoors!

- **Always stay with your child for safety's sake.** You also have the fun of playing together!
- Protect your child's skin with sunscreen – even in cold weather.
- Check the safety and conditions of sleds and other play equipment.
- Bring water if your family is outside longer than an hour. When you move a lot, you sweat – even in winter!

In cold weather

- Cover your child's head with a hat, maybe earmuffs. A lot of body heat gets lost through an uncovered head. A hood can interfere with moving and seeing.
- Dress your child in layers for warmth. Be sure that he or she can move easily for fun and safety.
- Tie a scarf over your child's nose and mouth to warm air that's breathed in. Tuck the scarf inside the coat so it won't get caught in play equipment and choke your child.
- Remember mittens or gloves and boots!



MORE WINTER ACTIVITIES



Just because it's cold outside doesn't mean it's time to hibernate inside. There are many ways to have fun playing outside this time of year, which will lift everyone's spirits and provide an opportunity to burn off some pent-up energy. Below are some activities to get the fun started, then see what you can come up with on your own.

Snowsnake Building: Instead of making a snowman by stacking large snowballs on top of each other, make a snowsnake. Roll balls and line them up in a curved pattern on the ground. Decorate with charcoal for eyes (or a rock) and sculpt a pointed tail at the opposite end of the head. What other animals can the children think of to make out of snowballs or other snow sculptures.

Snowcastle Building: Bring out dishes and pans from the kitchen, pack them with snow, and use the shapes to build snowcastles as if you were on the beach building sandcastles.

Snow Obstacle Course: Pack snow to make hurdles to jump over, "bridges" to crawl under, and pillars to run around. See how fast the children can maneuver through the obstacle course.

No Snow on the Ground? Pull out the bikes, balls, jump ropes, and get the blood pumping by having fun with activities traditionally played in warmer months.

