




MENU PLANNING TIPS

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- **VARIETY** - Plan several days or a week of meals at a time. This will help you avoid repeating foods too often.
- **COLOR** - Think about all the different colors of foods. Colorful meals are more appealing. For example, color in foods such as orange and green fruits and vegetables can indicate the presence of vitamin A. 
- **TEXTURE** - Include foods that are crunchy, chewy, and smooth. This will add interest to the meal.
- **AROMA** - Prepare foods that smell good. Baking bread, cooking with spices such as cinnamon, and sautéing onions are examples of aromas that will stimulate appetites.
- **PORTIONS** - Serve portions that are recommended for the child's age. 
- **ARRANGEMENT** - Pay attention to how food looks on the plate. It should look good, delicious and appealing.
- **CHOICE** - Select foods you know the children will eat and are within your budget. Don't be afraid to try new things. 

PHYSICAL ACTIVITIES FOR CHILDREN

Here is a list of activities to do *with* children.

- Games in the yard or park
- Ring around the rosy
- Throwing a Frisbee
- Hide and seek
- Follow the leader
- Freestyle dance
- Bike rides
- Treasure hunt
- Simon says
- Playing catch

WELCOME NEW PROVIDERS

We would like to welcome the following new providers who have joined the food program in August and September of 2010.

Maria Chirinos-Villegas
Amanda Collins
Anisa Fields
Karla Fraser
Marie-Luise Giese
Tina Kenny
Tanjim Khan
Khadija Oubakhti

Tania Paredes
Ruby Parker
Glacia Settle
Lori Smith
Iffat Sohail
Mary Stevens
Lorraine Whitfield
Norma Zetino

We look forward to working with each of you. Please feel free to contact your field specialist or call our office at 1-800-735-5434 if you have any questions.

IMPORTANT NOTES

OCTOBER CLAIM CHECKS - PLAN AHEAD

We are changing payment systems. The October claim checks, normally mailed around the third week of November, might not be mailed until the 1st or 2nd week of December. Once a cycle is established, checks should be mailed around the same week each month.

Child Nutrition, Inc. is making every effort to make this transition smooth for our providers and we will mail checks at the earliest date possible.

HOLIDAY CARE FORMS

If you provide care on the following holidays you must submit a holiday care form signed by parents.

JANUARY	New Year's Day
MAY	Memorial Day
JULY	Independence Day
SEPTEMBER	Labor Day
NOVEMBER	Thanksgiving Day
DECEMBER	Christmas Day

If you need holiday care forms for the upcoming holidays please let us know and we can mail them to you. You can also access the form at our website www.cni-usda.org.

SEPTEMBER / OCTOBER WINNER

Congratulations to Gloria Taylor from Arlington, provider #0483/ Her name was chosen in the drawing. She has received a \$25 gift certificate for Applebees®.

Thank you to everyone who entered.

NEWSLETTER DRAWING

We would like to extend an opportunity to receive a gift card to a local restaurant to say thank you for all you do!

All providers who submit their name from this newsletter will be entered in the drawing. You may also email your entry to sheilaj@cni-usda.org. Be sure to mention the November/December 2010 Newsletter in your email.

NOVEMBER/DECEMBER 2010 ENTRY

NAME: _____

PROVIDER NUMBER: _____









RED FLAGS

All menus and attendance records are reviewed by the Child Nutrition, Inc. staff each month not only to ensure that the provider is receiving the proper reimbursement, but to verify that policy and procedures are being followed properly. Upholding Integrity in the Child and Adult Care Food Program is a very important aspect of our program.

The following circumstances may trigger a *Red Flag* during menu and attendance review and may require further investigation.



-  No holiday form is received when care is provided on a holiday
-  No one home at the time of the field specialist's visit - no call to the office and no door hanger displayed
-  Perfect menus - the only changes made are when the field specialist visits
-  Children only absent when the field specialist visits
-  Paperwork always getting into the office late - this is a sign of paperwork not being kept up to date
-  Missing infant menus

Infants Turning 8 Months Old

You will submit two menus for the month an infant turns 8 months old (You will need to use the *Newborn Infants to 8 Months Menu* until a child turns 8 months old and the day the child turns 8 months old you will start using the 8 month to 1 year old menu)

Infants Turning 1 Year Old

You will submit two menus for the month an infant turns 1 year old (You will need to use the *8 Month to 1 year old Menu* until a child turns 1 year old and the day the child turns 1 year old you will start using the 12 month to 12 year old menu)

THOUGHT FOR THE DAY

What you say means nothing, how you say it means everything.

