

GET ACTIVE!

The beginning of a new year is the perfect time to start getting more active! Physical activity is an important part of a healthy lifestyle. Experts say that children need at least a total of 60 minutes of physical activity each day.

Encourage children to:

- | | | | |
|---------|---------|----------|---------|
| • Climb | • Walk | • Run | • Jump |
| • Hop | • Skip | • Gallop | • Slide |
| • Leap | • Pull | • Push | • Pedal |
| • Swing | • Dance | • Crawl | • Twist |

Plan fun games and activities such as:

- Tossing a ball around a circle
- Creating an obstacle course for children to go through
- Follow the leader



Staying active helps children to have:

- Greater muscle strength
- More energy
- Improved self esteem
- Better concentration
- Stronger bones and joints
- A decrease in body fat
- Improved flexibility

Encouraging children to be active at a young age will teach them healthy habits. Join in the fun! Being a good role model is important.



WELCOME NEW PROVIDERS

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

*Naznin Akther
Ana Avila
Kristina Benson
Lida Bernal
Zaid Gebre
Judy Gorham
Erica Hardy*

*Nancy Johnson
Hayat Khalifa
Cynthia Mayorga
Ernest Randolph
Ana Norma Rossi
Ana Vasquez-Alvarez
Frances Waller*

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.

UPCOMING CLAIM CHECKS

We want to thank all of our providers for their patience during the transition which involved the change in our payment cycle. We are making every effort to expedite the process.

Previously, checks were mailed around the third week of the month. This will most likely change to the fourth week of the month or the first week of the following month. Keep in mind that any month that has a holiday in which banks or the post office are closed, could change when checks are mailed. Once a cycle is established, checks should be mailed around the same time each month, so you will be able to plan your budget accordingly.

Please feel free to call our office at anytime with questions or concerns. We will update you with the most current information we have at that time. All of the staff at Child Nutrition, Inc. strive to offer our providers the best customer service possible. We appreciate your patience and understanding during this transition.

NOVEMBER / DECEMBER WINNER

Congratulations to Joan Winkie from Gordonsville, provider #1253! 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 January/February 2011 Newsletter in your email.

JANUARY/FEBRUARY 2011 ENTRY

NAME: _____

PROVIDER NUMBER: _____



HEALTHIER MAC & CHEESE

8 ounces dried elbow macaroni (try whole grain)
1 cup 2% cheddar cheese, shredded
 $\frac{1}{4}$ cup nonfat plain yogurt
 $\frac{1}{2}$ tablespoon mustard
2 teaspoons butter or 2 teaspoons margarine
Salt
Pepper

1. Cook macaroni in a large pot according to package directions. Drain, and set aside.
2. While the pasta is cooking, combine the cheese and yogurt in a small bowl.
3. Melt the butter in a large pot over medium heat, and briskly stir in the mustard.
4. Add cooked macaroni to the butter mixture, and toss to coat.
5. Stir in the cheese mixture and salt and pepper to taste.
6. Stir until cheese is fully melted.

FUN FOOD FACTS

- * Salt makes grapefruit taste sweeter.
- * The sweet potato is a member of the morning glory family, and is not related to the yam.
- * 80% of U.S. households have oatmeal in their cupboard
- * Each cherry tree produces about 7,000 cherries, or about 30 pies' worth!
- * Campbell's Soup Company® was founded in 1869.

THOUGHT FOR THE DAY

Learn from yesterday, live for today, hope for tomorrow.

- Albert Einstein

