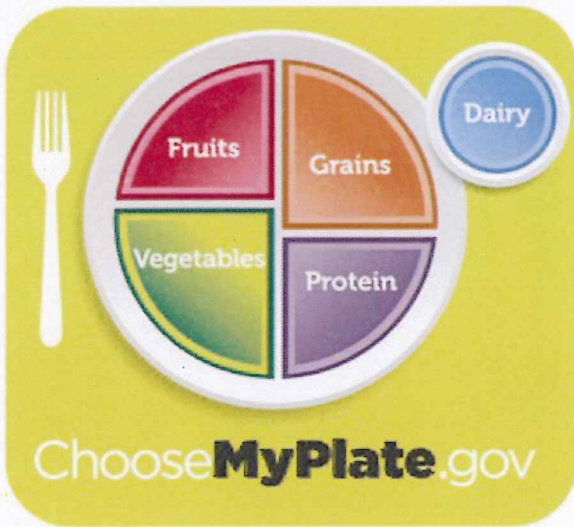



BUILD A HEALTHY PLATE

On June 2, 2011 USDA unveiled the new MyPlate food icon that will be used to replace the food pyramid. The new plate design is meant to offer a visual reminder for everyone to make healthy food choices.



Take these steps to healthy eating:

- Enjoy the food you eat, but eat less
 - Avoid oversized portions
 - Make half your plate fruits and vegetables
 - Make at least half of your grains whole grains
 - Switch to fat-free or low-fat (1%) milk
 - Read labels and choose foods with less sodium
 - Drink more water and less sugary drinks
- ★ Make smart choices from every food group
 - ★ Find balance between food and physical activity
 - ★ Get the most nutrition out of calories
 - ★ Make physical activity a regular part of the day 

Visit www.choosemyplate.gov for more information.

WELCOME NEW PROVIDERS

We would like to welcome the following new providers who have joined the food program in April and May of 2011.

Mark Bowman

Debrah Dingledine

Nahid Ghanizada

Amber Jansen

Harinder Kaur

Valiantsina Kizchanka

Alicia Lahor

Jun Li

Edith Moore

Reina Moreno

Merin Sultana

Patricia Thorpe

Jena Wilson

Donna Womack

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.

HOLIDAY CARE FORMS

Please remember to submit a holiday care form for the upcoming 4th of July holiday. Many providers claimed Memorial Day but did not submit a holiday care form and those meals were disallowed.



If you need a holiday care form you can go to our website at www.cni-usda.org to download and print it or call the office and we will send you one.

A SPECIAL THANK YOU

Our Field Specialist Dian Clawson would like to thank everyone for their kind words, cards and support during the recent loss of her husband.

CLAIM CHECKS

You can check our website to find out when the claim checks are mailed by going to www.cni-usda.org and clicking on the calendar tab.

MARCH / APRIL WINNER

Congratulations to Abida Munir from Alexandria, provider #1487! 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 give you 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 May/June 2011 Newsletter in your email.

MAY/JUNE 2011 ENTRY

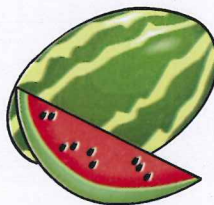
NAME: _____

PROVIDER NUMBER: _____



FUN "COOL" RECIPES

WATERMELON POPS



Cut watermelon into 1" thick slices. Use cookie cutters to cut the watermelon into fun shapes. Insert a popsicle stick and freeze the watermelon pops until firm. Enjoy this cool treat!

STRAWBERRY-APPLESAUCE POPS

- 2 cups no-sugar-added applesauce
- 1 cup strawberry yogurt
- 3 cups strawberries
- $\frac{1}{4}$ cup pink lemonade concentrate
- Paper cups

In a blender, put 2 cups no-sugar-added applesauce, 1 cup strawberry yogurt, 3 cups strawberries, and $\frac{1}{4}$ cup pink lemonade concentrate, blend until smooth. Pour mixture into paper cups. Freeze for 30 minutes. Insert a popsicle stick into the center of each cup and continue freezing until solid. Peel cups away when ready to serve.

FUN FOOD FACTS

- One bushel of wheat weighs about 60 pounds and contains about 1 million individual wheat kernels.



- Grapefruit trees can produce fruit for 30-40 years.

- A chicken egg shell has as about 17,000 tiny pores on the surface of the shell.

- The key ingredient in 78% of Americans favorite recipes is



- tomatoes.
- Figs are the sweetest of all fruits, with a 55% sugar content.
- The average strawberry has about 200 seeds.