

MILK REQUIREMENTS
Effective October 1, 2011

All children two years of age and older that participate in the USDA food program must receive either fat-free (skim) or low-fat (1%) fluid milk. The milk must be pasteurized and meet State and local standards.

Requirements relating to children under the age of two are unchanged at this time.

HEALTHY EATING HABITS

Help children develop healthy eating habits at an early age by:

- ★ Setting a good example
- ★ Offering a variety of foods
- ★ Starting with small portions
- ★ Helping them know when they've had enough
- ★ Following a meal and snack schedule
- ★ Coping with a picky eater
- ★ Helping them try new foods
- ★ Making food fun



For more information on developing these habits visit the website below.

www.choosemyplate.gov/preschoolers/healthyhabits

WELCOME NEW PROVIDERS

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

<i>Ayala, Cecilia del Carmen</i>	<i>Gomes, Mary</i>
<i>Bustamante, Gloria</i>	<i>Gonzalez, Griselda Marina</i>
<i>Caballero, Esperanza</i>	<i>Lee, Alicia</i>
<i>Cardoza, Karla</i>	<i>Martinez, Yadira</i>
<i>Check, Zarina</i>	<i>Parvin, Mosammat</i>
<i>Gebere, Sara</i>	<i>Sharma, Suman</i>

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 REMINDERS

WATER AVAILABILITY REQUIREMENT

Family day care homes are now required to make water available to children in their care throughout the day.

ENROLLMENTS

COMMON ERRORS

- ✓ Missing Child Number (this does not apply to online enrollments)
- ✓ Ethnicity and Race Incomplete
- ✓ Incorrect Date of Birth
- Please review forms carefully before sending them.
- It is very important to send in enrollment forms as soon as possible after the child is in care. Please don't hold them to send with your claim.

ATTENDANCE FORMS

- Double check that the dates are bubbled correctly to avoid duplicate dates. The computer will automatically disallow meals for dates that are accidentally filled in twice. (*for example:* the numbers zero and nine being bubbled in for the 9th and the 19th)
- Verify that you have used the correct provider number on all pages of attendance.
- Be consistent when you are filling in the circles on the attendance forms. Circles must be completely filled in and dark enough so you don't see the number underneath. If some circles on the same attendance form are not as dark as others the scanner might not read them and you could lose those meals.



HOLIDAY CARE FORMS

Upcoming holidays that require submitting a holiday care form are: Thanksgiving Day, Christmas Day and New Year's Day

SEPTEMBER / OCTOBER WINNER

Congratulations to Myella Askarzada from Sterling, provider #1312! 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 November/December 2011 Newsletter in your email.

NOVEMBER/DECEMBER 2011 ENTRY

NAME: _____

PROVIDER NUMBER: _____



YUMMY CROCKPOT RECIPE

CROCKPOT SPANISH RICE

- 2 lbs. ground chuck or beef
- 1 medium onion, chopped
- 1 green pepper, chopped
- 1 can (28 oz.) stewed tomatoes
- 1 can (16 oz.) tomato sauce
- 1 ½ cups water
- 2 ½ teaspoons chili powder (or to taste)
- 2 teaspoons seasoned salt (or to taste)
- 2 tablespoons Worcestershire sauce
- 2 cups uncooked instant rice
- 3 stalks celery, chopped



Brown beef in a skillet then drain off the fat. Put the ingredients in a crock pot. Stir thoroughly. Cover and cook on Low 7 to 9 hours or on High 3 hours. If desired, sprinkle cheese on top before serving.

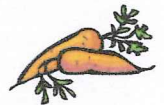
FUN FOOD FACTS

- ☞ A honey bee must tap 2 million flowers to make one pound of honey.
- ☞ Potatoes are 80% water.



- ☞ Guavas have 5 times the vitamin C as oranges, and are also rich in vitamin B1 and vitamin A.

- ☞ Carrots contain more sugar than any other vegetable, with the exception of beets.



- ☞ The average child will eat 1,500 peanut butter sandwiches by high school graduation.

THOUGHT FOR THE DAY

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."

- Schweitzer