

**NEW MILK REQUIREMENTS**

The milk requirement for children in day care homes has recently changed. 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.



Whole milk and reduced-fat (2%) milk may **not** be served to participants over two years of age. Requirements relating to children under the age of two are unchanged at this time.

Make the move to lower fat milk slowly. If you usually drink whole milk, switch gradually to fat-free milk, to lower saturated fat and calories. Try reduced fat (2%), then low-fat (1%), and finally fat-free (skim).

**WATER AVAILABILITY**

Effective immediately all family day care homes are required to make water available to children in their care throughout the day. Water is not considered a part of a reimbursable meal or a substitute for milk at a meal service.

Care should be observed when serving water to young children as excess water can lead to meal displacement, reducing the amount of food consumed by the child.

**HOLIDAY CARE FORMS**

Holiday care forms are required for the following upcoming holidays: Labor Day, Thanksgiving Day and Christmas Day. If you are doing care on these holidays you will need to submit a holiday care form for reimbursement of meals.

If you need a holiday care form you can visit our website at [www.cni-usda.org](http://www.cni-usda.org) to download and print it or call the office and we will send you one.

**WELCOME NEW PROVIDERS**

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

- |                                |                              |
|--------------------------------|------------------------------|
| <i>Sheuli Akhtar</i>           | <i>Amy Lafferty</i>          |
| <i>Blanca Arevalo de Gomez</i> | <i>Katherine Leake</i>       |
| <i>Stephenette Botoe-Rose</i>  | <i>Ana Mejia</i>             |
| <i>Maria Cabrera</i>           | <i>Sidney Ortiz-Aparicio</i> |
| <i>Carolyn Carey</i>           | <i>Martha Pantaleon</i>      |
| <i>Ana Fermin</i>              | <i>Farhana Rahman</i>        |
| <i>Melissa Fernandez</i>       | <i>Shahnaj Sultana</i>       |
| <i>Sara Henriquez</i>          | <i>Shirley Veizaga</i>       |
| <i>Page Hill</i>               | <i>Rebecca Washington</i>    |
| <i>Heather Kahn</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.

**ATTENTION LOUDOUN COUNTY PROVIDERS**

**Daycare Provider's Come Join Us at LFCCC**

We are looking to recruit new members so we can grow and expand our base of Daycare Providers. LFCCC offers At-Home Daycare Providers support, a back-up program, and a hotline number for finding clients.

We meet the first Tuesday of the Month, social starts at 6:30 and our meeting begins at 7:00 - 7:45 PM at Joe's Pizza in Sterling (*located next to Safeway on Sterling Boulevard.*) We don't meet in the summer months of July and August.

Come and join our group!! If you are interested in joining our group, please call our hotline number.

Loudoun Family Childcare Coalition (LFCCC)  
*"Providing loving care in a nurturing environment"*  
 Hotline Number 703-715-6656



## JULY / AUGUST WINNER

Congratulations to Luz DeGallo from Ashburn, provider #2297! 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](mailto:sheilaj@cni-usda.org). Be sure to mention the September/October 2011 Newsletter in your email.

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## MAY/JUNE 2011 ENTRY

NAME: \_\_\_\_\_

PROVIDER NUMBER: \_\_\_\_\_



## TASTY ONE-DISH RECIPE

### EASY CHEESY VEGGIE BAKE

Mix and match the vegetables and cheeses as you see fit. Broccoli and cheddar as well as spinach and Swiss are tasty combinations.

- 1 package (16 oz.) frozen mixed vegetables
- 1 cup (4 oz.) shredded Cheddar cheese
- 1  $\frac{1}{2}$  cups milk
- $\frac{3}{4}$  cup Bisquick® baking mix
- 3 eggs
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon pepper



Cook vegetables until almost tender. Combine vegetables and cheese in a lightly greased pie plate. Mix remaining ingredients in a blender, processing until smooth. Pour over vegetables and cheese in the pie plate. Bake at 400° F until golden brown, about 40 minutes. A knife inserted halfway between the center and the edge should come out clean. Garnish with additional cheese, if desired. Let stand 5-10 minutes before serving.

*This recipe is from the October 2009 issue of Potpourri, a publication from the Association for Child Development of East Lansing, MI.*

## FUN FOOD FACTS

\* Quinoa is a botanical fruit of an herb plant and not a true grain.

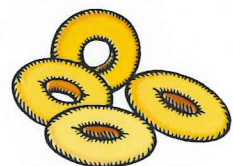
\* Pumpkins are about 90% water.



\* Fresh strawberries were once used as a toothpaste, as the juice cleaned discolored teeth.

\* Dill seeds are very small and very light. It takes more than 10,000 dill seeds to make an ounce.

\* Bagels are the only bread product that is boiled before it is baked.



\* One acre of peanuts will make 30,000 peanut butter sandwiches.