

CHILD NUTRITION, INC.

NEWSLETTER

SEPTEMBER / OCTOBER 2009

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POWER UP WITH BREAKFAST!

September is All American Breakfast Month. A healthy breakfast is important for everyone, especially for growing children. Eating breakfast gives a head start to your day!



Breakfast provides important nutrients that children need. Whole grain and enriched grain bread products such as cereal, muffins, and oatmeal provide fiber, folic acid, and lasting energy. Milk is full of protein, calcium and vitamin D for building strong and healthy teeth and bones. Fruits and vegetables help supply vitamins A and C.

Fun and easy breakfast ideas:

- Keep sliced fruit or hard-cooked eggs in the refrigerator.
- Try something different like a burrito or other leftovers, such as a stuffed baked potato or pizza.
- Cut toasted bread into fun shapes using a cookie cutter.
- Top pizza crust with yogurt and sliced fruit.
- Slice biscuits in half and lay them on a plate with the rounded edges together to make a breakfast butterfly.
- Put all other ingredients for a breakfast smoothie (fruit, 100% fruit juice, and yogurt) in a blender pitcher and refrigerate overnight. The next morning, just blend and serve.



IMPORTANT REMINDERS

ETHNICITY AND RACE

You must provide both ethnicity and race when enrolling children.

QUESTIONS/CONCERNS

We are always available to answer any questions or concerns you may have.

TRAINING OPPORTUNITIES

For training opportunities be sure to visit the DSS TIPS website at the following address:

www.dss.virginia.gov/family/cc_providertrain/tips/cgi

RECYCLING

We are continuing our effort to help make the world a better place by recycling old cell phones and ink cartridges. Feel free to give your monitor any old cell phones you have that you need to dispose of as well as used ink cartridges.

FUN FOOD FACTS

- Green, sweet bell peppers have 2 times as much vitamin C as oranges; red and yellow bell peppers have 4 times as much.
- Half of the world's supply of raisins are grown in California.
- More than one third of all milk produced in the United States is used to make cheese.

NEW MEAL RATES

The new meal rates for 2009-2010 are as follows:

TIER I RATES

- Breakfast: \$1.19 (*an increase of 2 cents*)
- Lunch/Supper: \$2.21 (*an increase of 3 cents*)
- Snack: \$0.66 (*an increase of 1 cent*)

TIER II RATES

- Breakfast: \$0.44 (*an increase of 1 cent*)
- Lunch/Supper: \$1.33 (*an increase of 2 cents*)
- Snack: \$0.18 (*no change*)

JULY / AUGUST CONTEST WINNER

Congratulations to Connie Harding!! Her name was chosen in the drawing. She has received a \$20 gift certificate for Wal-Mart.

The correct answers were:

1. How long does a family child care provider have to keep copies of attendance records, menus and signed enrollments? 3 years

(Taken from the May/June 2009 and July/August 2009 newsletters.)

2. Popcorn is not creditable in the Child and Adult Care Food Program because of the low nutritive value. True

This item is not creditable. Popcorn provides fiber but little nutritional value. There is a potential choking hazard for both preschool and elderly populations.

(Taken from the Crediting Foods Book at the back of the Child and Adult Care Food Program training book.)

\$\$\$ TEST YOUR KNOWLEDGE ???

1. Answer the questions and **cut out the form**.
2. Submit your entry with next month's claim.
3. Those entries with correct answers will be put in a drawing for Wal-Mart gift card.
4. Correct answers and a winner will be announced in the next newsletter.

ENTRY FORM

NAME: _____

PROVIDER NUMBER: _____

1. **Race** and **ethnicity** must **both** be supplied for each child enrolled on the Child and Adult Care Food Program.

_____ True _____ False

2. Which meal/snack would eggs **not** be creditable for? _____

- a. snack b. lunch
b. breakfast d. dinner

FUN RECIPES TO TRY

CHEESY WAFFLE-WICHES

- 4 small whole-wheat toaster waffles
- 2 slices low-fat cheese



Toast the waffles. While they are hot, put a slice of cheese on two waffles. Top each with another waffle. Makes 2 waffle sandwiches.



Eat these waffle-wiches with a cup of fruit!

SWEET POTATO BISCUITS

- 1 $\frac{1}{2}$ cups all purpose flour
- $\frac{1}{2}$ cup whole wheat flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- $\frac{1}{4}$ cup margarine, cold
- $\frac{3}{4}$ cup evaporated skim milk
- $\frac{1}{2}$ cup sweet potato, cooked, mashed, and cooled

Combine the flours, baking powder, and salt in a medium mixing bowl. Stir to mix well. Cut the cold margarine into the flour mixture until it has the consistency of corn meal.

Combine the milk and sweet potato in a small bowl and mix well. Add to the flour mixture all at once, stirring quickly just until it forms a ball.

Turn the dough out onto a lightly floured surface and with floured hands; knead until it just comes together. Don't overwork the dough, or it will become tough.

Pat or roll the dough to a $\frac{1}{2}$ -inch thickness. Cut into rounds with a biscuit cutter or the floured top of a drinking glass. Gather the scraps, flatten, and cut again until all the dough is used.



Place the dough rounds on a cookie sheet and bake at 450°F for 10-15 minutes, or until the biscuits are a light golden brown.