

CHILD NUTRITION, INC.  
**NEWSLETTER**  
NOVEMBER / DECEMBER 2009

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**ENCOURAGING CHILDREN TO HAVE A POSITIVE ATTITUDE TOWARD FOOD**

- \* When introducing a new food, serve a small amount along with more popular and familiar foods.
- \* Serve finger foods such as meat or cheese cubes, vegetable sticks, or fruit chunks. Foods that are cut into smaller pieces are easier for children to handle.
- \* Encourage children to eat food or new foods in a low key way. For instance, read a book about a new food that will be served that day and serve the new food at snack time when children are more hungry.
- \* Expose children to new foods five or six times instead of only once or twice. The more exposure that children have to a food, the more familiar and comfortable it becomes, and the more likely it is that they will try the food.
- \* Offer the new food first to a child who eats more foods. Children will often follow other children and try the food.



- \* Present food attractively. Remember that we all make decisions to try or not to try food depending upon how food looks and smells.

- \* Do not offer bribes or reward for eating foods. This practice only reinforces the idea that certain foods are not desirable.

**IMPORTANT REMINDERS**

- Sign and print your name on your attendance forms
- Attendance forms must be completed with a #2 pencil and not a pen
- Verify that you have used the correct provider number on all pages of attendance
- Double check that the date you write on the attendance is the same as what you have bubbled in
- When enrolling children online please be sure to leave the *Participating in CACFP* box checked (CACFP stands for the Child and Adult Care Food Program)
- Don't forget to test your knowledge and enter to win a \$20 gift card in the contest on the back page of the newsletter



**HOLIDAY CARE FORMS**

If you provide care on the following holidays you must submit a holiday care form signed by parents.

**JANUARY**

New Year's Day

**MAY**

Memorial Day

**JULY**

Independence Day

**SEPTEMBER**

Labor Day

**NOVEMBER**

Thanksgiving Day

**DECEMBER**

Christmas Day



If you need holiday care forms for the upcoming holidays please let us know and we can mail them to you.

## JULY / AUGUST CONTEST WINNER

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

The correct answers were:

1. **Race** and **ethnicity** must **both** be supplied for each child enrolled on the Child and Adult Care Food Program. True
2. Which meal/snack would eggs **not** be creditable for? b

Meat and meat/alternates include lean meat, poultry, fish, cheese, egg, yogurt, cooked dry beans or peas; nuts and seeds and their butters (except for acorn, chestnut and coconut). Child and Adult Care Food Program (CACFP) regulations require that a lunch or supper must contain the required serving amount of meat or meat/alternate specified in the meal pattern.

*(Taken from pages 18 & 19 of the Crediting Foods Book in the Child and Adult Care Food Program training book.)*

For additional information about meal requirements please see page 3 of the CNI policies in your 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. Milk is required to be served at all meals and snacks.

\_\_\_\_\_ True                      \_\_\_\_\_ False

2. Attendance and menus must be received at Child Nutrition by \_\_\_\_\_
  - a. The 1<sup>st</sup>
  - b. The 15<sup>th</sup>
  - c. The 25<sup>th</sup>
  - d. The 5<sup>th</sup> working day

## FUN RECIPE TO TRY

### Mac and Cheese

- 2 cups whole-wheat elbow macaroni
- 1  $\frac{1}{2}$  cups 1% milk
- 1 cup evaporated skim milk
- 1 tablespoon cornstarch
- 1  $\frac{3}{4}$  cups low-fat shredded Monterey Jack cheese
- 1  $\frac{3}{4}$  cups low-fat shredded cheddar cheese
- $\frac{1}{2}$  teaspoon salt
- Optional:  $\frac{1}{2}$  teaspoon mustard powder and dash of cayenne pepper

In large Dutch oven or stockpot, cook pasta according to package directions. Drain pasta and set aside.

In small bowl, take 2 tablespoons of the measured 1% milk and mix with cornstarch until it's dissolved.

Add remaining 1% milk and evaporated skim milk to empty Dutch oven. Mix in the milk and cornstarch and cook, stirring constantly, over medium heat until mixture bubbles and starts to thicken. Continue cooking and stirring for 1 to 4 minutes until mixture is creamy. Remove from heat and gradually stir in salt, seasonings and cheeses until cheese is melted and uniform.



Add cooked macaroni to cheese mixture, stirring to make sure that all noodles are coated.

Transfer macaroni and cheese into a 2-quart casserole dish that has been sprayed with nonstick cooking spray.

Bake at 350° for 20 to 30 minutes, until cheese sauce is bubbly. Makes six 2/3 cup servings.

## FUN FOOD FACTS

- ☞ Pumpkins were once recommended for removing freckles and curing snake bites!
- ☞ Apples float because 25% of their volume is air



- ☞ More fresh mangos are eaten every day than any other fruit in the world