

**USDA RECOMMENDS USING
A FOOD THERMOMETER**

Why does USDA recommend using a food thermometer?

- ✓ Because you can't tell if food has reached a safe internal temperature just by looking at it
- ✓ Because it helps you to avoid overcooking
- ✓ Because it reduces the risk of foodborne illness



"Is it done yet?" You can't tell by looking. Use a food thermometer to be sure.

How To Use a Food Thermometer

1. Use an instant-read food thermometer to check the internal temperature toward the end of the cooking time, but before the food is expected to be "done."
2. The food thermometer should be placed in the thickest part of the food and should not be touching bone, fat, or gristle.
3. Compare your thermometer reading to the USDA Recommended Safe Minimum Internal Temperatures (see below) to determine if your food has reached a safe temperature.
4. Make sure to clean your food thermometer with hot, soapy water before and after each use!

USDA RECOMMENDED SAFE MINIMUM INTERNAL TEMPERATURES		
145° F Beef, Veal, Lamb Steaks & Roasts	145° F Fish	160° F Pork
160° F Beef, Veal, Lamb Ground	160° F Egg Dishes	165° F Turkey, Chicken and Duck Whole, Pieces & Ground

WELCOME NEW PROVIDERS


We would like to welcome the following new providers who have joined the food program in April and May of 2010.

- | | |
|------------------------------------|---------------------------|
| <i>Abaunza, Veronica</i> | <i>Guzman, Velia*</i> |
| <i>Abdi, Ubah</i> | <i>Harris, Sonia</i> |
| <i>Akpoku, Josephine</i> | <i>Jabari, Latifa</i> |
| <i>Bennett, Patricia</i> | <i>Jordan, Mary*</i> |
| <i>Camara, Nagnalen*</i> | <i>Lucas, Tamara*</i> |
| <i>Chavez, Celine</i> | <i>Mehryar, Zohreh</i> |
| <i>Correa, Regina*</i> | <i>Naz, Zeenat</i> |
| <i>Dadlani, Kanchann</i> | <i>Reza, Shayla</i> |
| <i>Dobies, Ann*</i> | <i>Saavedra, Olga</i> |
| <i>Fernandez-Quisbert, Tatiana</i> | <i>Shrestha, Luna</i> |
| <i>Galarza, Miryam</i> | <i>Sternberg, Silvia</i> |
| <i>Garcia-Barrientos, Sandra</i> | <i>Walters, De'Antawn</i> |

**providers whose actual start date is before April*

We look forward to working with each of you. Please feel free to contact your monitor or call our office at 1-800-735-5434 if you have any questions.

FUN FOOD FACTS

- Brazil nuts grow in tropical South America inside hard, woody coconut-sized shells that weigh about 5 pounds each and contain 15 to 25 nuts.
- Egg yolks are one of the few foods that naturally contain Vitamin D. 
- The papaya tree can grow from seed to a 20 foot, fruit bearing tree in less than 18 months.

WEBSITES FOR YOU

- <http://pbskids.org/zoom/activities/games> - A neat website for kids by kids with games, physical challenges and more.
- <http://www.sheppardsoftware.com/nutritionforkids/games/index.htm> - Fun nutrition games, exercise tips and more.
- <http://www.nutritionexplorations.org/kids/main.asp> - Kids can check out an interactive pyramid to learn more about nutrition, find activities and more.

MAY / JUNE CONTEST WINNER

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

Thank you to everyone who sent in recipes. We appreciate your input. Please continue to send in your recipes, thoughts and ideas.

PROVIDER APPRECIATION

All of the staff at Child Nutrition, Inc. would like to extend a special "Thank You" to each provider for offering a safe environment and for providing healthy nutrition to the children in your care. Your dedication is appreciated. We would like to acknowledge your hard work with an opportunity to receive a gift card to a local restaurant.

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 July/August 2010 Newsletter in your email.

JULY/AUGUST 2010 ENTRY

NAME: _____

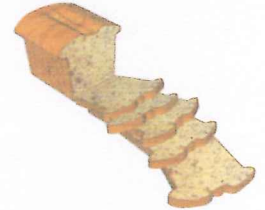
PROVIDER NUMBER: _____



RECIPE

BANANA BREAD

- 1 8-oz. package reduced fat cream cheese
- $\frac{1}{2}$ cup butter (applesauce can be substituted)
- 1 cup sugar
- 2 eggs
- 1 $\frac{1}{2}$ cup mashed banana
- $\frac{1}{2}$ teaspoon vanilla extract
- 3 cups all-purpose flour
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 1 cup raisins or chopped pecans (optional)



Blend the ingredients together and bake in two 8"X 4" loaf pans at 350° F for 55 to 60 minutes or until a toothpick comes out clean.

This recipe was submitted by *Eva Kenderesi*. Thank you Eva!

IMPORTANT REMINDERS

- * *Online Enrollments* - The box for Participating in CACFP (Child and Adult Care Food Program) under Child's Relation to Provider on the first page of the enrollment needs to be checked in order for you to claim the child.
- * *Holiday Care Forms* - A holiday care form will be needed if you offer care on July 5, 2010 in observance of Independence Day. You may download the form from our website www.cni-usda.org.
- * *Thank you!* - We would like to thank everyone who sent in pictures and testimonials for use at our Open House in May. We used them to create a display board telling about Child Nutrition, Inc. and the work we do.
- * *Notify us of any Changes* - If your hours of operation, meals or meal times change please notify us as soon as they occur. This ensures that you don't lose any meals on claims that you don't have approval for according to your application on file.