



CHILD NUTRITION, INC.
NEWSLETTER
MARCH / APRIL 2010

9 N. 3rd Street, Suite 100, Warrenton, Virginia 20186

www.cni-usda.org

(800) 735-5434 or (540) 347-3767

ENROLLMENT RENEWAL REPORT

Enrollment renewal reports were sent out recently. Please have parents update all information such as meals served, days of attendance, address, phone number, etc. Parents must sign and date the form.

IT IS VERY IMPORTANT THAT YOU SEND THE UPDATED REPORT BACK BY MARCH 19, 2010 TO AVOID ANY DELAY IN PROCESSING.

All children listed on the report that do not have a parent signature will be withdrawn. Any child that is withdrawn will require a new enrollment form in order to be reimbursed on future claims.

Any provider who fails to return the completed report by the specific deadline, will have all children that are currently enrolled in their program withdrawn effective February 28, 2010. If that should happen, new enrollments would need to be submitted prior to processing any future claims.

We will be happy to answer any questions you may have regarding this process. We appreciate your cooperation. Feel free to call us at 1-800-735-5434.

WELCOME NEW PROVIDERS

We would like to welcome the following new providers who have joined the food program in December 2009 and January 2010.

<i>Laila Aly</i>	<i>Rachel McGranahan</i>
<i>Leena Batavia</i>	<i>Tiffany McLaughlin</i>
<i>Kimberly Costa</i>	<i>Fatma Saleh</i>
<i>Donna Cutter</i>	<i>Vijay Sharma</i>
<i>Natalia Gonzalez</i>	<i>Tonya Shomette</i>
<i>Stacey Jackson</i>	<i>Rochelle Westmoreland</i>
<i>Dona Mahoney</i>	

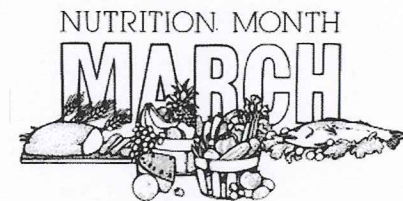
We look forward to working with each of you. Please feel free to contact your monitor or call our office at 1-800-735-5434 if you have any questions.

PROVIDER HIGHLIGHTS

This is a new section to spotlight providers. We are proud of all of you and would like to include your accomplishments, awards, degrees, etc. in our future newsletters.

We are excited to recognize your achievements. If you have anything to share, please email Sheila at sheilaj@cni-usda.org with the details.

NATIONAL NUTRITION MONTH



March is National Nutrition Month. There are lots of small steps you can take to ensure your daycare children are eating healthy amounts of the right foods.

- **Be Creative** - Try something different, like washing and clipping grapes into small bunches and putting them in the freezer. Try this with bananas too!
- **Cut Down on Fat** - Try low-fat dairy products, poultry without skin and lean meats to get flavor without a lot of calories.
- **Serve Healthy Snacks** and have smaller meals. Stock your kitchen with healthy lunch and snack foods, such as raisins, sliced vegetables and fruit.
- **Don't Use Food as Punishment or Reward.**
- **Keep Track** - Let kids "eat the rainbow." Keep a chart on the fridge so the kids can record each color fruit or vegetable they have each day.
- **Get Moving** - Encourage informal play every day.

JANUARY / FEBRUARY CONTEST WINNER

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

Thank you to everyone who sent in ideas for upcoming newsletters. We appreciate your input and welcome you to continue to send in your ideas.

WHAT DOES THE FOOD PROGRAM MEAN TO YOU?

NAME: _____

PROVIDER NUMBER: _____

We would like to know what the Child and Adult Care Food Program means to you. All providers who send in a response will have their name entered in the drawing to win a Wal-mart gift card.

FUN SNACKS TO TRY

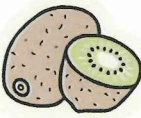
Here are some fun and healthy snack ideas that kids can help prepare.

- * Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
- * Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a tasty sandwich.
- * Spread peanut butter on apple slices.
- * Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.
- * Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins to make "ants on a log."



FUN FOOD FACTS

- ☞ It takes 1,000 pounds of almonds to make 1 pint of almond oil.
- ☞ It takes about 200 cranberries to make 1 can of cranberry sauce.
- ☞ Figs are the sweetest of all fruits, with a 55% sugar content.



☞ Kiwifruits have twice the vitamin C of oranges.

WEBSITES FOR YOU

- www.dolesuperkids.com - this is a great site for kids with comics, games and music
- www.actionforhealthykids.org - also has links to their other programs such as Game On! The Ultimate Wellness Challenge and ReCharge!
- www.nationaldairyCouncil.org - a great resource for information on dairy nutrition and more