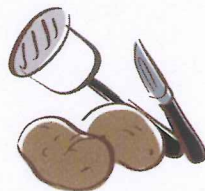


NATIONAL POTATO MONTH

September is national potato month.

Did you know that . . .

- a medium sized potato has about 110 calories
- is very low in fat
- is sodium free
- is cholesterol free
- is high in vitamin C
- is high in potassium
- is a good source of fiber
- is 80% water and 20% solid



Potatoes are best kept in a cool place away from light. Potatoes are highly healthy foods, rich in nutrients, low in calories and fat.

Potatoes are useful in other ways. If your mouth is burning, a bite of cooked or raw potato is an excellent way to cool a mouth that has been heated with hot chili peppers or salsa. If you put too much salt in a stew or soup, a peeled raw potato put into them will soak up salt and make the dishes less salty. Raw potatoes cut into different shapes can be used as stamps with an inkpad or food coloring for a fun craft for children.

WELCOME NEW PROVIDERS

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

Anees, Embreen

Boakye, Mavis

Brito, Mercy

Fatema, Shireen

Hernandez, Yessenia

Hossein, Rizuwana

Hudson, Kwana

Johnson, Adonia

Kaur, Rupinder

Pashtoon, Zainab

Sadr, Sediqa

Velarde, Isabel

Wickramaratne, Anne

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.

★ IMPORTANT REMINDERS ★

REIMBURSEMENT CHECKS

- ★ Checks are typically mailed out at the end of the 3rd full week of a month.
- ★ Once the checks have been mailed, it will be posted on the calendar page of our website at www.cni-usda.org.

OCTOBER CLAIM CHECKS

- ★ We are changing payment systems and the October claim checks, mailed in November, may be sent out a week or two later than usual.

LICENSE / PERMIT

- ★ Upon receipt, it is a provider's responsibility to submit a copy of their new license or permit as soon as possible.

ATTENDANCE FORMS

- ★ Write and bubble in the dates and provider number.
- ★ Sign and print your name.
- ★ Use only a #2 pencil when filling out the forms, the scanner doesn't detect bubbles filled out in ink and you may not get credit for those meals.

HOLIDAY FORMS

- ★ You will need to use a holiday care form for the upcoming Labor Day holiday. You can obtain that form by visiting our website or calling the office. www.cni-usda.org

ENROLLMENT FORMS

- ★ When enrolling children online you need to print two copies of the form, have the parent sign both copies and send one to our office. Place the second copy in your notebook to keep for your records.



JULY / AUGUST CONTEST WINNER

Congratulations to Ana Maria Uceda! Her name was chosen in the drawing. She has received a \$25 gift certificate for Applebee's®.

Thank you to everyone who entered.

NEWSLETTER DRAWING

Another summer has come and gone! We would like to extend another 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. Be sure to mention the September/October 2010 Newsletter in your email.

SEPTEMBER/OCTOBER 2010 ENTRY

NAME: _____

PROVIDER NUMBER: _____



RECIPE

FRESH FRUIT BURRITO

- 4 6-inch flour tortillas
- 4 tbsps. Creamy peanut butter
- 1 Banana
- 4 Med. fresh strawberries
- 1 Med. fresh peach
- 1/4 cup fresh blueberries
- 4 tbsps. Vanilla yogurt



Wash fresh strawberries, blueberries, and peach; peel peach, halve and remove pit. For each burrito, spread 1 Tbsp. peanut butter evenly on a flour tortilla to within 1/2 inch of edge. Onto each tortilla distribute in a line along the center 1/4 sliced banana, 1 sliced fresh strawberry, 1/4 thinly sliced peach and approx. 1 Tbsp. blueberries. Drizzle 1 Tbsp. vanilla yogurt over the fruit. Carefully fold one side of tortilla over the fruit, tucking the edge under the fruit so it's not too loosely packed. Roll the folded & tucked portion of the burrito towards the other side; the peanut butter will help hold it together. If desired for small children, cut the burrito in half crosswise, using a diagonal cut. Enjoy!

Kids can help wash fruit and put the burritos together, but keep small hands away from sharp knives used for slicing fruit! This recipe can be adapted to include other fruit on hand, or scaled up using larger tortillas for a heartier snack or even a light summer lunch.

FUN FOOD FACTS

Interesting food fact about potatoes . . .

- ✓ The average American eats approximately 126 pounds of potatoes each year.
- ✓ The potato is a relative of tobacco and the tomato.
- ✓ The potato is the fourth most important crop in the world after wheat, rice and corn.
- ✓ In 1952, Mr. Potato Head was born, and was also the first toy to be advertised on television.
- ✓ Potatoes and lettuce are the two most popular fresh vegetables in the United States.