

"USDA and Child Nutrition, Inc. are equal opportunity providers and employers."

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

www.cni-usda.org

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

WELCOME NEW PROVIDERS

We would like to welcome the following new providers who have joined the food program in September and October 2014.

<i>Mina Begum</i>	<i>Kelcey Pavlocak</i>
<i>Johaneslee Canlas</i>	<i>Danielle Rothrock</i>
<i>Karlyn Davis</i>	<i>Evelyn Santiago</i>
<i>Kelly Davis</i>	<i>Masreka Sultana</i>
<i>Marjorie Davis</i>	<i>Jessica Vandevender</i>
<i>Nadia Khan</i>	<i>Thelma Velasquez</i>
<i>Nighat Khan</i>	<i>Lojuana Wingfield-Mensah</i>
<i>Ivonne Lester</i>	<i>Mosammat Yasmeen</i>
<i>Kelly Neal</i>	

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.

PARENT SURVEYS

Parent Surveys are sent out each month to parents of those children who participate in the Child and Adult Care Food Program. The results from the surveys tell us if providers are serving nutritious snacks and meals and if they are maintaining records correctly.

Positive comments from recent surveys included - Parents are happy to say yes!, when asked if their child was happy with the food being served. They also like to see menus posted.

Thank you to Kristin Rider, Fareeha Shaharyar and all our providers for doing a great job serving healthy and delicious meals.

STAFF CHANGES AT CNI

We would like to welcome Theresa Reed, a new field specialist to our staff at CNI. We look forward to working with her.

IMPORTANT REMINDERS

- * Visit our website to check for upcoming trainings. www.cni-usda.org
- * Enrollments must be submitted within 5 days of a child enrolling.
- * Providers entering enrollments online no longer have to print the enrollments. We will provide enrollment forms for you to complete.
- * Claims must be received by the 5th *business* day of the month.



Example:

October claims are due *by November 7th*

November claims are due *by December 5th*

WEBSITES

www.healthiergeneration.org

Alliance for a healthier generation. Get informed on childhood obesity, learn how to get fit and eat healthier.

www.smokeybear.com

Learn how to be safe with fire. Download certificates, activities, and play games.

www.wegivebooks.org

Join for free! Visit We Give Books with a child in your life and read some of your favorite children's books for free, anytime you like, no matter where you are. With each digital book you read, we'll give a brand new book to a great local or international literacy organization that you choose to support.



www.healthychildren.org

Powered by Pediatricians. Trusted by Parents. from the American Academy of Pediatrics. Tips on nutrition, fitness and more.

SEPTEMBER / OCTOBER WINNER

Congratulations to *Maria Soldi* from Leesburg, provider #1763! Her name was chosen in the drawing. She will receive a \$25 restaurant gift card.

Thank you to everyone who entered.

NEWSLETTER DRAWING

As a thank you for all you do, we would like to give you 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.

There are three ways to enter

- send in the entry form from this newsletter
- send an email to sheila.j@cni-usda.org
- call our office at 1-800-735-5434

Be sure to mention the November/December 2014 Newsletter when you email or call.

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NOVEMBER/DECEMBER 2014 ENTRY

NAME: _____

PROVIDER NUMBER: _____



RECIPES

SWEET POTATO STICKS

2 sweet potatoes
1 tablespoon canola or olive oil
salt
cinnamon sugar (mix $\frac{1}{4}$ teaspoon ground cinnamon with 1 tablespoon sugar)



1. Peel sweet potatoes and cut into long strips.
2. Toss sweet potato strips with oil and salt. Place strips on a metal baking sheet.
3. Roast in a 450° oven until golden brown, about 20 to 30 minutes. Turn strips over a couple times while roasting.
4. Remove from the oven and sprinkle with a little cinnamon sugar. Cool and eat.

Makes 4 $\frac{1}{2}$ cup servings.

CHEESY GARDEN WRAPS

Mix finely chopped broccoli, shredded carrots, shredded cheddar cheese and low fat ranch salad dressing together. Spread mixture on a whole wheat tortilla and roll up for a delicious wrap.

FUN FOOD FACTS

- * Capers are the pickled, unopened flower buds of a Mediterranean bush and have been used as a seasoning and condiment since ancient Roman times.
- * Oil from cashew nut shells is used in insecticides, brake linings, and rubber and plastic manufacture. The milky sap from the tree is used to make a varnish.
- * After opening, almonds will keep 4 to 6 months under refrigeration.
- * One cup of quinoa has more calcium and protein than a quart of milk.
- * It takes about 2 million flower visits to produce 1 pound of honey.

