

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

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www.cni-usda.org

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

FIGHT BAC!™

Keep food safe from bacteria. The four key steps are clean, separate, cook, and chill.

FIGHT BAC!



Keep Food Safe From Bacteria™

CLEAN. Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives, and countertops. Frequent cleaning can keep that from happening.

SEPARATE. Cross-contamination is how bacteria spreads. Keep raw meat, poultry and seafood and their juices away from ready-to-eat foods.

COOK. Even for experienced cooks, the improper heating and preparation of food means bacteria can survive.

CHILL. Bacteria spreads fastest at temperatures between 40° F and 140° F, so chilling food properly is one of the most effective ways to reduce the risk of foodborne illness.

WELCOME NEW PROVIDERS

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

*Cecilia del Carmen Ayala
Shaun Bissett
Norma Bonilla
Veronica Brown
April Clements
Erica Dorsey
Sheralynn Esguerra*

*Julietta Fleittes
Sheikh Ladely
Allison Lunsford
Jeannett Pearson
Suriya Rahman
Claudia Silva
Sandra Vineyard*

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 - "Thank you for this program. My kids eat very well and truly enjoy the food.", "...always prepares healthy snacks..."

Thank you to Maria Mayorga, Colleen Bilowus and all our providers for doing a great job serving healthy and delicious meals.

IMPORTANT REMINDER

APPLICATION FOR PARTICIPATION

USDA applications are mailed in advance to remind you to start the renewal process for your childcare license/permit or registration. **Please complete and return applications immediately.** Please send a copy of your license/permit or registration as soon as you receive it.

JULY / AUGUST WINNER

Congratulations to Jacqueline Tyree from Charlottesville, provider #1354! 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 sheilaj@cni-usda.org
- call our office at 1-800-735-5434

Be sure to mention the September/October 2014 Newsletter when you email or call.

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SEPTEMBER/OCTOBER 2014 ENTRY

NAME: _____

PROVIDER NUMBER: _____



RECIPES

ITALIAN BROCCOLI AND PASTA

- 2 cups fettuccini noodles, uncooked
- 3 tablespoons green onion (chopped)
- 2 cups broccoli florets
- $\frac{1}{2}$ teaspoon thyme (dried)
- $\frac{1}{2}$ teaspoon oregano (dried)
- $\frac{1}{2}$ teaspoon black pepper
- 1 can stewed tomatoes (14.5 ounce)
- 2 teaspoons Parmesan cheese (grated)



Cook noodles according to package instructions (do not include oil or salt), and drain.

Spray a medium skillet with non-stick cooking spray; stir-fry onion and broccoli for 3 minutes over medium heat.

Add seasonings (but not the Parmesan cheese) and tomatoes; simmer until heated through.

Spoon vegetable mixture over noodles and top with Parmesan cheese.

AMBROSIA

- 1 can pineapple chunks (in juice, 20 oz., drained)
- 1 can mandarin oranges (11 oz., drained)
- 1 banana (peeled and sliced)
- $1\frac{1}{2}$ cups grapes (seedless)
- $\frac{3}{4}$ cup marshmallows (miniature)
- $\frac{1}{3}$ cup coconut (flaked)
- 1 carton vanilla yogurt (8 oz., low-fat)



Drain pineapple and oranges. Use juice as beverage. Combine fruit with marshmallows and coconut. Fold in yogurt. Chill. Serve.

FUN FOOD FACTS

- * More than one third of the world's commercial supply of pineapples comes from Hawaii.
- * In 2007 there were 1,051,407 acres devoted to growing grapes in the United States.
- * Thyme is one of the herbs and spices used by the ancient Egyptians to preserve mummies.
- * More than one-third of all milk produced each year in the United States is used to make cheese.