



"This institution is an equal opportunity provider."

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

www.cni-usda.org

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

FUN SUMMER ACTIVITIES

- Take a walk and then make a collage from nature objects you found along the way.
- Pretend to be a pirate for a day - dress up in costumes, plan a treasure hunt and talk like a pirate. 
- Scavenger hunts teach children to open their eyes to their environment. Stage a scavenger hunt with household items, nature items or other themed items.
- Put on your own summer Olympics with races, hurdles and relays.
- Take a boring brown paper bag and let kids think of creative things to do with it - you will be surprised at how many things they come up with! 

MOSQUITOS & THE ZIKA VIRUS

FACTS ABOUT THE ASIAN TIGER MOSQUITO THAT TRANSMITS THE ZIKA VIRUS:

- they ONLY breed in standing water in man-made containers
- they DO NOT breed in ponds, puddles or any standing water with a soil substrate
- they exist throughout Virginia
- they bite during the day and fly close to the ground, making pesticide spraying ineffective
- they typically spend their entire lives within a 200-yard radius of their birthplace
- larvae develop into adults in approximately 10 days

From May through October, pick one day a week to check for breeding sites on your property. Empty or change the water in possible Mosquito Breeding Sites often.

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 - When asked if their child is happy with food being served, parents are happy to say: "My kids are happier with food at the provider's house than mine!" "I think my provider does an excellent job feeding the kids." "Yes, extremely healthy!"

Thank you to Debbie Dingledine, Ruth Walker, Merci Brito and all our providers for doing a great job serving healthy and delicious meals.



WELCOME NEW PROVIDERS


We would like to welcome the following new providers who have joined the food program in February and March 2016.

*Nazma Akther
 Lorena Aziz
 Nazia Bibi
 Florence Duah
 Wijdan Hasan*

*Shamima Khatoon
 Tonia Phelps
 Suriya Rahman
 Ann Willey*

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.

FUN FOOD FACTS

- * A cluster of bananas is formally called a "hand" and a single banana is called a "finger."
- * Eggs age more in one day at room temperature than in one week in the refrigerator. 
- * Watermelons are actually vegetables, related to pumpkins, cucumbers and squash.

MAY / JUNE WINNER

Congratulations to Irma Lopez, Provider #2224 from Fairfax! 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.

These are three ways you can 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 July/August 2016 Newsletter when you email or call.

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JULY/AUGUST 2016 ENTRY

NAME: _____

PROVIDER NUMBER: _____



RECIPES

SPANISH CAULIFLOWER

- 1 tablespoon vegetable oil
- 1 medium onion
- $\frac{1}{4}$ teaspoon garlic powder
- 1 head of cauliflower
- 2 large tomatoes
- $\frac{1}{2}$ teaspoon black pepper
- 1 tablespoon dried parsley
- $\frac{1}{4}$ cup grated Parmesan cheese



Chop the cauliflower into 2 inch pieces.

Peel the onion. Chop it into small pieces.

Chop the tomatoes into small pieces.

Put the cauliflower in a pan. Add 1 inch of water.

Cook over medium heat, and let it boil for 3 minutes.

In a large pan, heat the oil, and add the onion.

Cook over medium heat for 3 to 5 minutes.

Add the garlic and cauliflower.

Cook while stirring for 3 minutes, until lightly browned.

Add the tomatoes and pepper.

Cook for 5 more minutes.

Serve with a sprinkle of parsley and cheese.

Makes 6 servings.

IMPORTANT REMINDERS

- ✓ If you need supplies before you are due for a monitor visit, please feel free to call the office and we will be happy to send you what you need. (*attendance forms, enrollment forms, large envelopes, etc.*)
- ✓ If you care for children on the upcoming 4th of July holiday, you are required to submit a holiday care form signed by the parent with your attendance and menus for July.
- ✓ Watch for exciting new changes for healthier meal planning coming soon to our pre-planned menus!