

"This institution is an equal opportunity provider."

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**ENROLLMENT RENEWAL REPORTS**

Enrollment Renewal Reports will be sent out the week of February 15<sup>th</sup>. Parents will need to update information such as meals served, days of attendance, address, phone number, etc., and sign the report.

It is important to send back the updated report **BY MARCH 18, 2016** to avoid any delays.



All children listed on the report with no parent signature **will be withdrawn**. Any child that is withdrawn will require a new enrollment form in order to be reimbursed for future claims.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.

**IMPORTANT REMINDERS**

**ENROLLMENT FORMS** - Look over enrollment forms before sending them to the office to make sure the parent has filled it in completely.

**DIRECT DEPOSIT** - If you are interested in Direct Deposit, please call us to request a form.

**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.

Thank you to 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 December 2015 and January 2016.

- Esmeralda Aparicio-Urrutia*
- Adrienne Diaz*
- Rowshon Jahan*
- Most Nessa*
- Elsa Zapeta \**

*\*provider whose actual start date is before December*

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.

**GET MOVING INDOORS**

Take time to play together - and move more. You will all feel good!

**ACT OUT A STORY.** Read a book together; move to give it action.

**CREATE AN OBSTACLE COURSE.** Kids love to tumble over pillows, crawl through open boxes, and jump into hula-hoops.

**TURN UP THE MUSIC AND DANCE.** Swing your arms like a conductor. Or move to the music like a cat, bird, horse, elephant, or bug. You do it, too!



**START PLANNING YOUR GARDEN.** Find a library book about kids and gardening. Look at seed catalogues and plan for spring activities.

Adults need at least 30 minutes of physical activity on most days. Children need at least 60 minutes of physical activity on most days, all days would be even better!

## JANUARY / FEBRUARY WINNER

Congratulations to Mary Gray, Provider #2061 from Chantilly! 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](mailto:sheilaj@cni-usda.org)
- call our office at 1-800-735-5434

Be sure to mention the March/April 2016 Newsletter when you email or call.

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## MARCH/APRIL 2016 ENTRY

NAME: \_\_\_\_\_

PROVIDER NUMBER: \_\_\_\_\_



## RECIPE

### CRANBERRY PUMPKIN MUFFINS

- 1½ cups all-purpose flour
- ½ cup whole wheat flour
- ¾ cup sugar
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon ginger
- ¼ teaspoon nutmeg
- 1 cup pumpkin puree
- 1 large egg, lightly beaten
- ¼ cup canola oil
- 1 cup nonfat milk
- 1 cup fresh cranberries, chopped



Preheat oven to 350°. Coat a muffin pan with nonstick cooking spray. Combine dry ingredients in a large bowl. In a separate bowl, mix pumpkin, egg, oil and milk. Make a well in the dry ingredients, add pumpkin mixture, and stir just until combined. Fold in chopped cranberries. Fill muffin tin. Bake for 22-25 minutes. Makes 12 muffins.

## FUN FOOD FACTS

- \* A typical banana travels 4,000 miles before being eaten. Americans eat 12 billion bananas each year.
- \* In Japan they sell square watermelons, because they stack better! When a watermelon is still small it is placed in a square glass box and it acquires the shape as it grows.
- \* Tea bags were made by accident. Tea samples were sent to customers in small bags, they were intended to be just the packaging.
- \* The Pineapple is not technically a single fruit. The fruits of a hundred or more flowers grow on the plant spike. As they grow they swell with juice and pulp, expanding to become the "fruit".



- \* The peach was the first fruit eaten on the moon.