

"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

FREE ONLINE TRAINING

VIRGINIA HEALTH AND SAFETY PRESERVICE TRAINING FOR CHILD CARE STAFF

This FREE online course introduces child care staff to important health and safety information and also addresses other areas such as child development, inclusion, Virginia resources, and Virginia's Subsidy and Licensing Programs. Participants will earn a 10-hour training certificate upon completion.

The training is available FREE of charge from August 1, 2016 through June 30, 2018. A link to the training is posted on <http://www.childcareva.com>, under "Providers" click on "Training and Professional Development" then click on "NEW Virginia Health and Safety Preservice Training for Child Care Staff".

Staff may start/stop the course multiple times while working through the material. Internet connection and a unique email address are needed in order to register.



WELCOME NEW PROVIDERS

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

*Durga Adhikari
Hannah Anokye-Gyambrah
Martha Boahene
Maria Crusado
Pooran Muradi
Nazmun Nahar*

*Zaib-un Nisa
Fakhria Nowroozi
Lauren Posey-Rodriguez
Mahnaz Samieian
Maria Sanchez
Jean Seay*

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 - When asked if their child is happy with food being served, parents are happy to say: "Yes! We love our provider!", "He eats it all!" "Yes, we are very happy." "Kids are very happy, and are eating more vegetables and fruit." "Yes, always healthy food!"

Thank you to Yolanda Acho, Marisela Aguilar, Parveen Singh and all our providers for doing a great job serving healthy and delicious meals.



IMPORTANT REMINDERS AND INFORMATION

- ✓ We are conducting visits for dinners, evening snacks and meals/snacks for weekend care. Please be sure we know the meal/snack times if you care for children during these times. Meals will be disallowed if you are not home or if you don't have children.
- ✓ Meal counts cannot be taken from attendance.
- ✓ Parents must sign and date enrollment forms or they will be returned.
- ✓ We are excited about the new changes we have recently made to our pre-planned menus.
- ✓ Please feel free to call the office if you need supplies before your next visit and we will be happy to send you what you need. (*attendance forms, enrollment forms, large envelopes, etc.*)
- ✓ Don't forget to enter the drawing for a restaurant gift card. It's as easy as sending the entry, calling the office or sending an email.

JULY / AUGUST WINNER

Congratulations to Lisa Condry, Provider #1604 from Woodbridge! 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 September/October 2016 Newsletter when you email or call.

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SEPTEMBER/OCTOBER 2016 ENTRY

NAME: _____

PROVIDER NUMBER: _____



RECIPES

MUFFIN-TIN MAC AND CHEESE CUPS

- $\frac{1}{2}$ lb. uncooked elbow macaroni
- 4 tablespoons butter
- 2 tablespoons all-purpose flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 1 cup milk
- 2 cups shredded sharp Cheddar cheese (8 oz.)
- $\frac{1}{2}$ cup plain panko crispy bread crumbs
- 1 tablespoon finely chopped fresh Italian parsley



Heat oven to 425° F. Place foil muffin liner in each of 12 regular-size muffin cups. Spray liners with cooking spray. Cook macaroni as directed on package; drain, and set aside.

Meanwhile, in 4-quart saucepan, melt 2 tablespoons of the butter over medium heat. Add flour, salt and pepper; cook and beat with whisk 1 to 2 minutes or until thickened. Slowly beat in milk. Heat just to boiling, stirring frequently. Remove from heat. Stir in cheese. Stir in macaroni. Divide mixture evenly among cups.

In medium microwavable bowl, microwave remaining 2 tablespoons butter uncovered on High 60 to 90 seconds or until melted. Stir in bread crumbs and parsley. Spoon on top of mixture in cups. Gently press.

Bake 18 to 22 minutes or until bread crumb mixture is golden brown. Let stand 5 minutes before serving.

FUN FOOD FACTS

- * More than one third of all milk produced each year in the United States is used to make cheese.
- * September is Whole Grains month. The Whole Grain stamp on makes it easier to spot whole grain foods.
- * A bushel of corn has about 27,000 kernels.
- * In 1952, Mr. Potato Head was born, and was also the first toy to be advertised on television.

