

"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

FROM THE EXECUTIVE DIRECTOR

APPROVED MEALS AND SNACKS


Each day care home must serve one or more of the following meal types - breakfast, lunch, supper and snack. Reimbursement may not be claimed for more than two meals and one snack, or one meal and two snacks, provided daily to each child.

Child Nutrition, Inc. (CNI) conducts all unannounced visits unless a provider requests technical assistance. CNI must approve and monitor the meals and snacks that are being reimbursed. Therefore, it is vital that CNI has the correct meal/snack times on your Virginia Child and Adult Care Food Program Day Care Home Application for Participation. Your Field Specialist will be reviewing and updating the application at your next visit.

CNI is only approving Breakfast, AM Snack, Lunch, PM Snack and Supper. There must be at least two hours between each meal/snack service. You are required to contact CNI in advance if you will be serving a meal/snack away from your home daycare during the specified time that is recorded on your application.

Thank you for choosing to serve daycare children in Virginia healthy and nutritious meals. You play an important role in teaching the children in your care healthy eating habits that will last a lifetime.

IMPORTANT REMINDERS AND INFORMATION

- ✓ Be specific on your menus about the kind of vegetable you serve. Mixed vegetables only count as one component for a meal/snack. 
- ✓ Let the field specialist know if anyone is sick before they enter your home.
- ✓ Print/write clearly on the menus, if something is not clear a meal/snack will be disallowed.

WELCOME NEW PROVIDERS

We would like to welcome the following new providers who have joined the food program in August, September, October and November

*Fatima Zine Abdalla
Naznin Akther
Tallat Asif
Amy Cave
Brittney Duff
Nadia Elmdini
Archana Ghimire
Hormoz Ghobadian
Mary Gomes
Gul Hamaways
Mabinty Kamara*

*Nighat Khan
Naoual Madhoune
Saima Naz
Jacqueline Orr
Jeannine Pegues
Reyna Reyes
Zohra Sayed
Loretta Tierman
Kenia Velasco-Nava
Deborah Villagra
Angelina Yeboah*

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! Healthy, well balanced meals." "Yes, very!" "Yes, always."

Thank you to Maria Ramos, Narinder Saini and all our providers for doing a great job serving healthy and delicious meals.



SEPTEMBER / OCTOBER WINNER

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

Be sure to mention the January/February 2017 Newsletter when you email or call.

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JANUARY/FEBRUARY 2017 ENTRY

NAME: _____

PROVIDER NUMBER: _____



RECIPES

QUICK TUNA CASSEROLE

- 4 cups water
- 5 ounces egg noodles (wide)
- 10 ounces cream of mushroom soup (low-sodium)
(cream of celery would also work)
- 1/3 cup skim milk
- 1 can tuna (6.5 ounces, packed in water, drained)
- 1 cup green peas (frozen)
- 1 cup bread crumbs (fresh)

Preheat oven to 350 °. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes. Then, cover the pot, remove from heat and let stand for 10 minutes.





In the meantime, mix the soup and milk together in a bowl. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish.

Drain the noodles well and combine with the tuna mixture. Sprinkle the top with bread crumbs. Bake for 30 minutes.

Low-fat soup could also be used (it has less sodium than regular soup).

2 slices of bread will yield roughly 1 cup of bread crumbs.

FUN FOOD FACTS

- * Brazil nut trees can grow up to 200 feet tall.
- * Humans are born craving sugar. 
- * Eating bananas can help fight depression.
- * Pumpkins are 90% water. 
- * Grapefruit trees can produce fruit for 30-40 years.