

"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

WELCOME TO KIDKARE



KidKare is Minute Menu's new online claiming tool for providers. Effective October 1, 2017 Minute Menu will no longer support Minute Menu Kids Pro.

KidKare is completely web-based and can be used from any device - phone, tablet, PC or Mac.

If you have not switched from Minute Menu Kids Pro to KidKare please call our office today and we will help you make the transition.

WELCOME NEW PROVIDERS

We would like to welcome the following new providers who have joined the food program in April and May.

- | | |
|------------------------|------------------------|
| <i>Sadia Bibi</i> | <i>Alicia Lee</i> |
| <i>Safeena Bibi</i> | <i>Imelda Majano</i> |
| <i>Anne Black</i> | <i>Angela Miranda</i> |
| <i>Rachel Bleicken</i> | <i>Denise Rigans</i> |
| <i>Saadia Faizan</i> | <i>Banasree Sarkar</i> |
| <i>Ruby Garcia</i> | <i>Elizabeth Stine</i> |

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

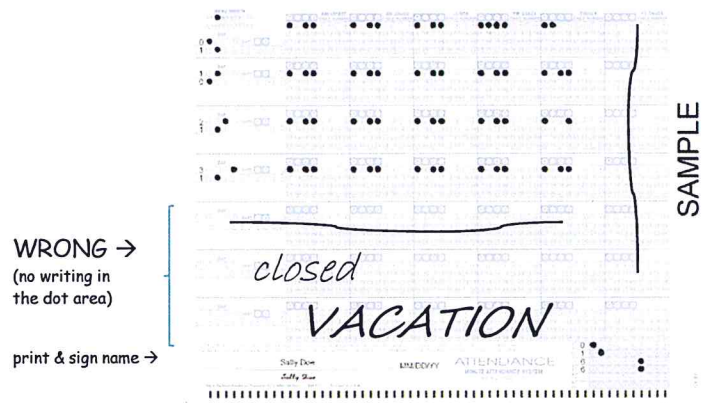
Parent Surveys are sent out each month to parents of those children who participate in the Child and Adult Care Food Program. The results from the surveys tell us if providers are serving nutritious snacks and meals and if they are maintaining records correctly.

Thank you to Ana Fermin, Omayma Eltayeb and all our providers for doing a great job serving healthy and delicious meals.

IMPORTANT REMINDERS AND INFORMATION

- **print and sign** your name on attendance forms
- attendance forms **must not be folded**
- **NO WRITING IN THE DOT AREA**
- dots need to be **filled in** using a #2 pencil (*you should not be able to read the number underneath*)
 - correct
 - ☹ wrong
- attendance and menus must be **received by the 5th business day** of the month to be processed on the original claim

EXAMPLE OF ATTENDANCE SHEET

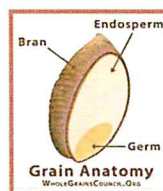


WHOLE GRAIN-RICH

WHAT DOES IT MEAN TO BE WHOLE GRAIN-RICH?

Whole grain-rich foods contain at least 50 percent whole grains by weight. If there are other grains in the food that are not whole grain, they must be enriched.

WHAT ARE WHOLE GRAINS?



Whole grains contain all three grain components (bran, endosperm, and germ) in the same proportions as they are found in nature. Whole grains contain valuable nutrients and play an important role in supporting good health.

MARCH/APRIL WINNER

Congratulations to Giti Fardad, Provider #1076 from Sterling! 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 July/August 2017 Newsletter when you email or call.

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JULY/AUGUST 2017 ENTRY

NAME: _____

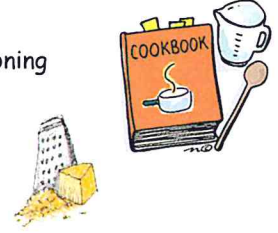
PROVIDER NUMBER: _____



RECIPES

TACO RICE & BEEF

- 1 pound ground beef
- 1 (1.25 ounce) packet taco seasoning
- 1 $\frac{1}{2}$ cups water
- 1 cup salsa
- 1 cup frozen corn, thawed
- 1 $\frac{1}{2}$ cups uncooked instant rice
- Pepper to taste
- 1 cup shredded Monterey Jack or Pepper Jack cheese



Brown ground beef in a large skillet. Drain. Add taco seasoning, water, salsa and corn. Bring to a boil. Stir in rice and pepper. Cook for 1 minute. Remove from heat. Cover. Let stand for 6 minutes. Fluff with a fork. Sprinkle with cheese. Serve with salad greens.

Makes about 6 $\frac{1}{2}$ cups.

COUNTING SALAD

1. Cut up 1 apple. Place in a medium bowl.
2. Peel and slice 2 bananas. Add to bowl.
3. Peel and slice 3 kiwi. Add.
4. Hull, slice and add 4 strawberries.
5. Add 5 tablespoons of orange juice.
6. Add 6 blueberries.
7. Add 7 sprinkles of cinnamon.
8. Add 8 orange slices.
9. Add 9 seedless grapes
10. Stir 10 times!



Make 3 $\frac{1}{2}$ cups.

FUN FOOD FACTS

- ✎ China is the largest producer of garlic.
- ✎ Fresh bread is the most commonly purchased food.
- ✎ North America produces nearly 90% of world blueberry production.
- ✎ Overall, 88% of hot dog eaters use mustard as a topping.
- ✎ The average American consumes over 28 pounds of bananas per year.