

"This institution is an equal opportunity provider."

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[www.cni-usda.org](http://www.cni-usda.org)

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

### WELCOME TO KIDKARE



If you have not switched from Minute Menu Kids Pro to KidKare it is very important you do now. What you need to know about KidKare -

- KidKare must be spelled with 2 Ks.
- To easily access KidKare, ask CNI to email you your account information. Click on the link in the welcome letter or go to [www.KIDKARE.com](http://www.KIDKARE.com) and log in at the top right corner.
- Always have antivirus software installed and up-to-date; visit [www.avg.com](http://www.avg.com) for a completely free version.
- KidKare is completely web-based.
- KidKare can be used from any device - phone, tablet, pc or mac.
- Although KidKare looks different, it is very easy to use.

Please call our office if you have any questions. We can help you with the transition.

### 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 Shaun Bissett and Maria Enciso and all our providers for doing a great job serving healthy and delicious meals.

### GRAHAM CRACKERS & ANIMAL CRACKERS

According to USDA, graham crackers and animal crackers will no longer be considered grain-based desserts. These crackers are now creditable under the Child and Adult Care Food Program. However, we encourage you to limit serving them to once or twice a week.

### WELCOME NEW PROVIDERS

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

*Zebiba Abuye*

*Telat Ali*

*Mavis Boakye*

*Norena Cardoza*

*Brandi Dacko*

*Milagros Flores*

*Maria Giraldez*

*Pamela Haynes*

*Afshah Khan*

*Patricia Lopez*

*Most Nessa*

*Linda Obando*

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.

### IMPORTANT REMINDERS AND INFORMATION

- Enrollments need to be sent to our office within 5 days of a child starting in your daycare.
- Double-check that you have entered the correct dates and provider number on the attendance.
- Sign and print your name on the attendance forms.
- Make sure your name is on each of the menus you submit with the attendance.
- 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 Mercy Brito, Provider #2245 from Round Hill! 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](mailto:sheila.j@cni-usda.org) 
- call our office at 1-800-735-5434 

Be sure to mention the September/October 2017 Newsletter when you email or call.

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## SEPTEMBER / OCTOBER 2017 ENTRY

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

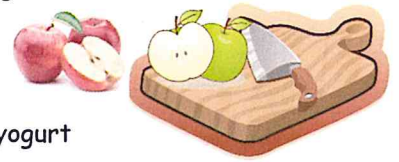
PROVIDER NUMBER: \_\_\_\_\_



## RECIPES

### APPLE SALAD II

- 1 cup diced apple
- 1 teaspoon lemon juice
- $\frac{1}{2}$  cup diced celery
- $\frac{1}{2}$  cup grated carrot
- $\frac{1}{2}$  cup raisins
- $\frac{1}{2}$  cup low-fat vanilla yogurt  
(can use  $\frac{1}{2}$  to  $\frac{3}{4}$  cup)



Wash apples, celery and carrots before dicing/ grating.

Toss apples in lemon juice.

Add celery, carrot and raisins.

Fold yogurt into apple mixture.

Cover. Chill for at least 1 hour before serving.

### APPLE COLESLAW

- 2 cups cabbage
- 1 carrot (medium, grated)
- $\frac{1}{2}$  green pepper (chopped)
- 1 apple (chopped)
- 5 tablespoons yogurt, low-fat
- 1 tablespoon mayonnaise, low-fat
- 1 teaspoon lemon juice
- $\frac{1}{4}$  teaspoon dill weed



Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.

Peel the carrot. Grate it with a grater.

Chop half a green pepper into small pieces.

Remove the core, and chop the apple.

Put the cabbage, carrot, green pepper and apple in a large mixing bowl. Stir together.

Put the yogurt, mayonnaise, lemon juice and dill weed in a small bowl. Stir together to make a dressing.

Pour the dressing over the salad. Toss to mix.

## FUN FOOD FACTS

- One of the most popular pizza toppings in Brazil is green peas.
- The average person eats eight pounds of grapes each year.
- Carrots have zero fat content.
- The apples from one tree can fill about 20 boxes per year.

