

"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

WHOLE GRAIN-RICH



Under the new meal pattern providers are required to serve at least one whole grain-rich food per day and indicate that the food was whole grain-rich when recording menus.

When you serve a whole grain-rich food, *after* you have selected the bread/alternate, be sure to click/tap the "Is this whole grain-rich" option to make it say **Yes**.

Bread/Alternate

Is this whole-grain rich? Yes No

After you **Save** this menu, if it's something you plan to serve again, you can hit the **+Create MyMenu** Button, give the menu a name, and your menu and whole grain-rich option will be saved for you for next time. Please call our office 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 include - "...exceptionally healthy meals which inspires me to cook healthier at home...", "...VERY HAPPY with our provider..."



Thank you to Gail Crum, Champa Kumar and 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 October and November.

<i>Subhadra Adhikari</i>	<i>Rashida Perveen</i>
<i>Syeda Alamara</i>	<i>Uzma Rai</i>
<i>Dora Ayala</i>	<i>Nellys Ramirez</i>
<i>Amanda Bready</i>	<i>Luz del Alba Ramos de Sanchez</i>
<i>Niaz Hawramea</i>	<i>Milvia Santillan</i>
<i>Evelyn Morant</i>	<i>Lisa Will</i>
<i>Maria Nativi-Reyes</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.

IMPORTANT REMINDERS AND INFORMATION

ENROLLMENT RENEWAL REPORTS
Enrollment renewal reports will be sent out in February. It is very important to return them as soon as possible.



HOLIDAY CARE FORMS are required to claim these upcoming holidays

- DECEMBER - Christmas Day (12/25/2017)
- JANUARY - New Year's Day (1/1/2018)

WHOLE GRAINS

At least one serving per day, across all eating occasions, must be whole grain-rich

NEWSLETTER ENTRY

Don't forget to enter the drawing for a restaurant gift card. It's as easy as a phone call, an email (sheilaj@cni-usda.org) or sending the entry form from the back of this newsletter.

NOVEMBER/DECEMBER WINNER

Congratulations to Abida Munir, Provider # 1487 from Alexandria! 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 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 2018 Newsletter when you email or call.

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JANUARY / FEBRUARY 2018 ENTRY

NAME: _____

PROVIDER NUMBER: _____



RECIPES

TASTY TOTS

- 5 cups Fresh sweet potatoes, peeled, coarsely shredded
- 2 1/3 cups Canned low-sodium garbanzo beans (chickpeas), with liquid
- 1/2 cup Fresh green onions, finely chopped
- 2 Tbsp Vegetable oil
- 1/2 tsp Salt
- 1/2 tsp Granulated garlic
- 1/4 tsp Ground black pepper
- 1/2 tsp Onion powder
- 1/2 tsp Ground cinnamon



Preheat oven to 350 °F.

Place shredded potatoes on a large baking pan sprayed with a nonstick cooking spray. Bake at 350°F for 20 minutes or until slightly tender. Do not overcook.

Increase oven temperature to 400° F.

In a food processor or blender, purée garbanzo beans, including the liquid, until smooth.

In a medium mixing bowl, combine shredded sweet potatoes, puréed garbanzo beans, green onions, vegetable oil, salt, garlic, pepper, onion powder, and cinnamon. Mix well. Cover and refrigerate for 40-45 minutes to make tots easier to form.

Spray a large baking sheet with nonstick cooking spray. Using a cookie scoop or a spoon, roll 36 tots. Place 1 inch apart on baking sheet. Lightly flatten the tops of the tots with a spoon or fork. Bake at 400 °F for 10-12 minutes or until lightly brown. Serve hot.

FUN FOOD FACTS



☞ Acorns were used as a coffee substitute during the American Civil War.

☞ Quaker Oats, in Cedar Rapids, Iowa, is the largest cereal company in the world.

☞ Apple seeds contain a small amount of cyanide.



☞ Garbanzo Beans or chickpeas are the most widely consumed legume in the world.