

"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

TIPS TO BUILD A HEALTHY MEAL



☞ Make half your plate vegetables and fruits: Make sure to include all the food groups throughout the day.

☞ Include whole grains: Look for the words "100% whole grain" or "100% whole wheat" on the food label.



☞ Don't forget the dairy: Complete your meal with a cup of fat-free or low-fat milk.

☞ Add lean protein: Choose lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.

☞ Avoid extra fat: Using heavy gravies or sauces will add fat and calories to otherwise healthy choices.



☞ Get creative in the kitchen: Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier.

☞ Take control of your food: Choose options that are lower in calories, saturated fat, and sodium.

☞ Try new foods: Trade fun and tasty recipes with friends or find them online.

☞ Satisfy your sweet tooth in a healthy way: Indulge in a naturally sweet dessert dish - fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

☞ Everything you eat and drink matters: The right mix of foods in your meals and snacks can help you be healthier now and into the future.

For more tips on healthy eating, recipes, physical activity and more please visit the website below.



<https://www.choosemyplate.gov/ten-tips>

WELCOME NEW PROVIDERS

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

- | | |
|-------------------------|----------------------|
| <i>Telat Ali</i> | <i>Marco Quino</i> |
| <i>Laura Alvarado *</i> | <i>Sumy Shah *</i> |
| <i>Bandana Dahal</i> | <i>Jasmine Singh</i> |
| <i>Vera Damoah</i> | <i>Emina Trionfi</i> |
| <i>Robina Malik</i> | <i>Mana Zigta</i> |
| <i>Sana Nasar</i> | |

**provider whose actual start date is before February*

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

- Discard menus and attendance forms dated before 2017. The date will be at the bottom right corner of the page. Contact our office if you need new forms.
- Attendance forms need to show only the days you are claiming meals. It isn't necessary to leave blank days for holidays, school closings, vacations, etc.

PARENT SURVEYS

Parent Surveys are conducted each month for 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 Shabnam Farhad, Ruby Parker, Robyn Price, Rosa Ruiz and all our providers for doing a great job serving healthy and delicious meals.



MARCH / APRIL WINNER

Congratulations to Karla Fraser, Provider # 2256 from Leesburg! 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 May / June 2018 Newsletter when you email or call.

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MAY / JUNE 2018 ENTRY

NAME: _____

PROVIDER NUMBER: _____



RECIPES

VEGGIE DIP

- 1 cup cottage cheese
- 1 tablespoon onion (chopped very fine)
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon garlic powder
- 2 teaspoons parsley flakes



Measure cottage cheese and put in bowl or blender.

Beat with a fork or mixer, or in a blender, until cottage cheese is smooth.

Add the other ingredients. Stir together.

Store the dip in the fridge for 1 to 2 hours to let the flavors blend.

Serve with sliced veggies such as carrots, celery, cucumbers, zucchini, broccoli, turnips, cauliflower or green pepper.

Kids love to dip their food, whip up this quick dip to serve with raw veggies.

<https://whatscooking.fns.usda.gov/recipes>

FUN FOOD FACTS

☞ Ancient Egyptians used radish seed oil before olive oil was discovered.

☞ More fresh mangos are eaten every day than any other fruit in the world.



☞ Egg yolks are one of the few foods that naturally contain Vitamin D.

☞ Americans eat over 300,000 tons of yogurt each year.

☞ The average strawberry has about 200 seeds.

