

"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

SUMMER FUN

Games and activities for some outside summer fun!



OUTDOOR SOUNDS

Have the children sit in a circle outside and close their eyes. Have them tell you the sounds they hear. Examples: neighborhood children playing, birds singing, dogs barking, cars driving by, construction equipment, train whistles, the wind, etc.



TAKE A NATURE WALK

Take the kids on a walk (in a park or around the back yard) to see how many nature items they can find. Look for bugs, birds, small animals, different types of trees, flowers or weeds.



FOLLOW THE ROPE



Lay a long length of rope (or twine) on the ground. Make the rope twist and turn around obstacles. Have the children walk on the rope without falling off.

COLOR SEARCH

Have the children sit in a group in the middle of the yard. Ask them (without moving) to find five yellow things, then red, blue and so on.

OR... grab some of those paint sample cards from your local store. Give each child a card and let them try to find something outside that matches the color on their card.



FOLLOW-THE-LEADER WALK

Line the children up behind you for a silly walk. Have them copy your movements as you walk. Examples: fast walk, slow walk, tiny steps, giant steps, walk with feet wide apart, walk sideways, walk backwards, walk heel-to-toe, walk in a zigzag, 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.

Congratulations to **Wijdan Hasan, Samra Johri and Nelly Velez** for receiving 100% participation from their parents.



Thank you to all our providers for doing a great job serving healthy and delicious meals.

IMPORTANT REMINDERS

- Attendance forms must be signed. Forms received and not signed will be returned and the claim will be processed on the adjusted claim.
- *Upcoming holiday* - July 4th - A holiday care form with the parent signatures and phone numbers must be submitted in order to claim meals for the holiday.
- Go to <https://help.kidkare.com/help>, select Home Providers for help with KidKare.

WELCOME NEW PROVIDERS

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

- | | |
|----------------------------------|--------------------------------|
| <i>Safeena Bibi</i> | <i>Fauzia Malik</i> |
| <i>Yesenia Cafferatta-Vargas</i> | <i>Yolanda Ovando</i> |
| <i>Shirin Davari</i> | <i>Maria Robles</i> |
| <i>Maria Degregori</i> | <i>Nathalie Rodriguez-Daza</i> |
| <i>Rita Fonseca</i> | <i>Parvin Sarker</i> |
| <i>Gul Hamaways</i> | <i>Ayesha Sheikh</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.

MAY / JUNE WINNER

Congratulations to Linda Carey, Provider #1367 from Charlottesville! Her name was chosen in the drawing. She will receive a Wal-Mart 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 Walmart gift card!

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 July / August 2019

✂-----

JULY / AUGUST 2019 ENTRY

NAME: _____

PROVIDER NUMBER: _____



RECIPE

FRESH FRUIT BURRITOS

- 4 6-inch flour Tortillas
- 4 tablespoons creamy Peanut butter
- 1 Banana
- 4 medium fresh Strawberries
- 1 medium fresh Peach
- $\frac{1}{4}$ cup fresh Blueberries
- 4 tablespoons vanilla Yogurt



Wash fresh strawberries, blueberries, and peach; peel peach, halve and remove pit. For each burrito, spread 1 tablespoon peanut butter evenly on a flour tortilla to within $\frac{1}{2}$ inch of edge. Onto each tortilla distribute in a line along the center $\frac{1}{4}$ sliced banana, 1 sliced strawberry, $\frac{1}{4}$ thinly sliced peach and approximately 1 tablespoon blueberries. Drizzle 1 tablespoon vanilla yogurt over the fruit.

Carefully fold one side of tortilla over the fruit so it's not too loosely packed. Roll the folded & tucked portion of the burrito towards the other side; the peanut butter will help hold it together. If desired for small children, cut the burrito in half crosswise, using a diagonal cut. Enjoy! Number of servings: 4

FUN FOOD FACTS

- ✂ Bagels are the only bread product that is boiled before it is baked.
- ✂ Americans eat over 300,000 tons of yogurt each year.
- ✂ Almost 90% of all cheese sold in the United States is classified as a cheddar type.
- ✂ A bolt of lightning contains enough energy to toast 100,000 slices of bread. The average 1,000-watt two-slice toaster could be powered for 84,000 minutes with just one strike!

THOUGHT FOR THE DAY

A smile is the light in your window that tells others that there is a caring, sharing person inside.

- Denis Waitley, Author