

*"This institution is an equal opportunity provider."*

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

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**NATIONAL CACFP SPONSORS ASSOCIATION  
"PROVIDER SHOWCASE SERIES"**

We are excited to share that Alicia Quiroga, one of our providers from Woodbridge, has been highlighted by the National CACFP Sponsors Association in their *Provider Showcase Series*.

Alicia has been doing childcare for 30 years. She has been a provider with Child Nutrition, Inc. since 2002.

In addition to preparing homemade meals each day, Alicia works hard on social skills. She discusses manners with the children, such as please and thank you, making eye contact, and how to resolve mistakes and conflicts. The children help in the garden and assist with cooking and preparing meals when age appropriate.

Congratulations to Alicia for this special honor!

**PROVIDER APPRECIATION DAY**



May 10, 2019 is National Provider Appreciation Day. We would like to take this opportunity to say thank you for your hard work and dedication!

**ONLINE RESOURCES**

<https://snaped.fns.usda.gov/>

Nutrition Education with a seasonal produce guide, recipes, healthy tips for active play and much more.

<https://www.fns.usda.gov/tn/games-and-activities>

Children can have fun with nutrition. Check out the fun games and activities.

<https://www.fns.usda.gov/tn/grow-it-homes>

Garden-based nutrition education designed for family child care settings.

**WELCOME NEW PROVIDERS**

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

|                                |                         |
|--------------------------------|-------------------------|
| <i>Jacqueline Antelo-Baez</i>  | <i>Syeda Mirza</i>      |
| <i>Carmina Cabrera-Camacho</i> | <i>Salma Nooristany</i> |
| <i>Cynthia Holmes</i>          | <i>Homira Osmani</i>    |
| <i>Riffat Jabeen</i>           | <i>Ayesha Sheikh</i>    |
| <i>Mahfuza Khatun</i>          | <i>Amtul Yousaf</i>     |
| <i>Yadira Medina</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 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 Asna Bhatti, Clare Lehman, Becky Glasgow and all of our providers for doing a great job serving healthy and delicious meals.



**IMPORTANT REMINDERS**

- *Upcoming holiday* - May 27<sup>th</sup> is Memorial Day. You must submit a holiday care form with a parent signature and phone number in order to claim meals on Memorial Day.
- *Help.kidkare.com* - available with assistance in submitting your online claim, recording and scheduling menus and more.

## MARCH / APRIL WINNER

Congratulations to Nadia Khan, Provider # 2528 from Aldie! Her name was chosen in the drawing. She will receive a 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 Walmart!

*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](mailto:sheilaj@cni-usda.org) 
- call our office at 1-800-735-5434 

Be sure to mention the May / June 2019

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## MAY / JUNE 2019 ENTRY

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

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



## RECIPE

### CORN AND ZUCCHINI PANCAKES

- 3 medium-sized Zucchini, trimmed and shredded
- 1  $\frac{1}{2}$  cups canned, fresh or frozen corn
- 3 large eggs, whisked
- 1 cup whole-wheat flour
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon baking powder
- 3 scallions, trimmed and chopped
- 1  $\frac{1}{2}$  tablespoons oil



Grate the Zucchini. Drain the grated zucchini in a colander set over a bowl, press down. Let the zucchini sit in the colander for ten minutes, and press down again before removing it.

Chop the scallions into small pieces.

Whisk the eggs in a large bowl.

If using canned corn, drain and rinse the corn before measuring.

Add zucchini, corn, and scallions to the eggs.

Measure and add the flour, baking powder, and salt to the egg, corn and zucchini mixture in the large bowl. Mix until well combined.

Preheat a skillet to medium heat, add the oil.

Drop the corn, zucchini mixture from the bowl into the skillet using a  $\frac{1}{4}$  cup measuring cup. Cook pancakes until the bottoms are golden, about 5 minutes.

Try serving these pancakes topped with plain low-fat yogurt, low-sodium salsa, or chopped herbs, such as dill or basil.

## FUN FOOD FACTS

- A chicken egg shell has about 17,000 tiny pores on the surface of the shell.
- Corn is an ingredient in approximately 3,500 grocery products.

## THOUGHT FOR THE DAY

*"At the end of the day people won't remember what you said or did, they will remember how you made them feel."*

- Maya Angelou