

"This institution is an equal opportunity provider."

9 N. 3rd Street, Suite 100, Warrenton, Virginia 20186

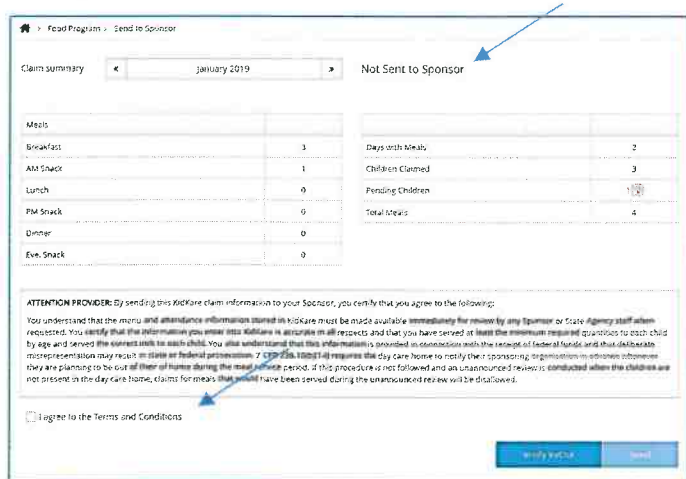
www.cni-usda.org

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

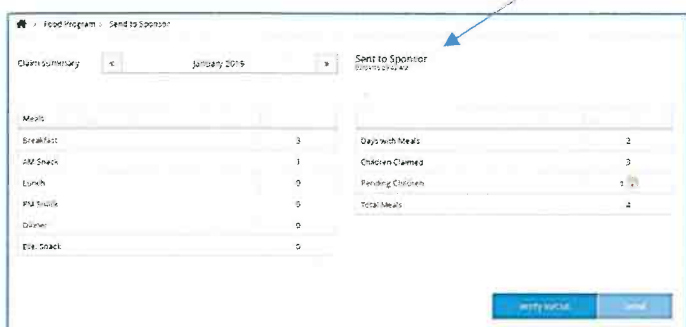
SUBMITTING CLAIMS USING KIDKARE

Use the following steps when you are ready to submit your claim:

1. From the menu to the left, click **Food Program**.
2. Click **Send to Sponsor**. The Send to Sponsor page opens and displays the claim summary for the current month. Note that the **Not Sent to Sponsor** text displays.



3. Review the claim summary and check for any possible issues.
4. Check the **I Agree to Terms and Conditions** box.
5. Click **Send**. The text at the top of the page changes to **Sent to Sponsor**. The date and time you submitted the claim also displays.



Please feel free to call our office if you have any questions at 1-800-735-5434.

WELCOME NEW PROVIDERS

We would like to welcome the following new providers who have joined the food program in August, September and October.

<i>Asia Ashraf</i>	<i>Sweety Muna</i>
<i>Donna Budzius</i>	<i>Geetanjali Nindawat</i>
<i>Sarah Ciciora</i>	<i>Megan Palmer</i>
<i>Sharon Dove</i>	<i>Blanca Reyes</i>
<i>Margarita Garcia-Perez</i>	<i>Nadia Sadat</i>
<i>Mary Gomes</i>	<i>Parvin Sarker</i>
<i>Maria Guevara de Pardo</i>	<i>Paloma Saucedo de la Pena</i>
<i>Pauline Henley</i>	<i>Claudia Silva</i>
<i>Nicole Kubinski</i>	<i>Sylvia Simms</i>
<i>Vicki Lucas</i>	<i>Patcharee Stennett</i>
<i>Natalie Montequin</i>	<i>Angelica Viscaya-Colmenarez</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 surveys tell us if providers are serving nutritious snacks and meals and if they are maintaining records correctly.



A big thank you to *Parvin Sarker, Silsila Nawzadi, Farishta Amiri, Claudia Roncal* and all providers for doing a great job serving healthy and delicious meals.

IMPORTANT REMINDERS

- **Effective October 1, 2019** CNI will no longer reimburse meals/snacks served on holidays.
- Whole grains are required to be served at least once a day. Remember to click/tap the button to show that you have served a whole grain.

SEPTEMBER / OCTOBER WINNER

Congratulations to Mary Franklin, Provider #2439 from Quicksburg! 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 November / December 2019

✂-----

NOVEMBER / DECEMBER 2019 ENTRY

NAME: _____

PROVIDER NUMBER: _____



RECIPES

2-STEP CHICKEN



- 1 Tablespoon vegetable oil
- 2 Boneless chicken breasts
- 1 can cream of chicken soup (10 ounces)
- $\frac{1}{2}$ cup water

Heat oil in a skillet at a medium-high setting.

Add chicken and cook for ten minutes.

Remove chicken from pan and set aside.

Stir the soup and water together in the skillet and heat it to a boil.

Return the chicken to the skillet. Reduce the heat to low and simmer for an additional 10 minutes, or until the chicken reaches an internal temperature of 165°F.

Pair this chicken with a salad, rice dish or steamed vegetables. To lower the sodium content, use reduced sodium cream of chicken soup.

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
- $\frac{1}{2}$ 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 to make a dressing.

Pour the dressing over the salad. Toss to mix.

FOOD FACTS

- ↪ China is the world's largest apple producer, followed by the United States in second place.
- ↪ Bananas, apples and watermelons float in water.

THOUGHT FOR THE DAY

"Kindness is the light that dissolves all walls between souls, families and nations."

- Paramahansa Yogananda