

"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

GETTING HELP WITH KIDKARE



 **Get Help** <https://help.kidkare.com>

Providers that are new to KidKare as well as those who might need a little extra help can visit <https://help.kidkare.com> and click on Home Providers for access to the KidKare Knowledge Base.

Select *Getting Started* for an Introduction to KidKare which offers help on a variety of basic topics including how to:

- ✓ Enroll a child
- ✓ Record a meal
- ✓ Send to sponsor
- ✓ And other related topics

You can access all KidKare features from the menu on the left side of the screen after you have logged in to your account. Clicking on *Get Help* will bring you to the KidKare Knowledge Base.

Take advantage of the recorded webinars with topics including:

- ✓ Get Started
- ✓ Reports
- ✓ Scheduling Menus
- ✓ Meal Pattern Changes
- ✓ KidKare Basics

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

HOLIDAY CARE

Effective October 1, 2019 Meals/Snacks will NOT be reimbursed on Holidays.

CNI does conduct home visits in the evenings and weekends. Providers claiming dinner and/or any meals or snacks on weekends (Saturday/Sunday) will be subject to a home visit during those times.

WELCOME NEW PROVIDERS

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

Shazia Ali
Farishta Amiri
Maniya Ashraf
Anna Atefi

Kerry Izquierdo
Judith Paredes
Maria Robles

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 **Dilek Gazioglu, Cynthia Holmes, Christine Jones-Nixon, Arleene Williams, Fatouma Youssouf** and all our providers for doing a great job serving healthy and delicious meals.

IMPORTANT REMINDERS

- Children entered online are **PENDING** and will not be activated until CNI receives the white copy of the enrollment form signed and dated by the parent/guardian. Meals/snacks for pending children are not reimbursed.
- Whole grains are required to be served at least once a day. If you serve a whole grain-rich food, select the bread/alternate food choice and be sure to click/tap the button next to the "Is this whole grain-rich?" option to change it to **Yes**.

JULY / AUGUST WINNER

Congratulations to Mercy Brito, Provider # 2245 from Round Hill! 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 sheila.j@cni-usda.org 
- call our office at 1-800-735-5434 

Be sure to mention the September / October 2019

✂-----

SEPTEMBER / OCTOBER 2019 ENTRY

NAME: _____

PROVIDER NUMBER: _____



RECIPES

WATERMELON BREAKFAST LASAGNA

- 4 cups corn flakes
- 2 cups minced watermelon
- 2 cups fresh blueberries and/or strawberries (or 1 cup each)
- 2 cups low-fat yogurt



Layer 1/3 cup of corn flakes evenly in bottom of 8"x8" serving dish. Mix together watermelon, blueberries and/or strawberries, and yogurt; spoon half of fruit mixture evenly over corn flakes. Sprinkle half of remaining flakes over fruit mixture; top with remaining fruit mixture. Finish with layer of corn flakes.

VEGETARIAN SWEET POTATO WEDGES



- 2 large sweet potatoes
- 2 tbsp olive oil
- 1-2 tbsp spice (chili, curry, paprika, or whatever you like)

Preheat oven to 400°. Slice the sweet potatoes lengthwise into wedges, about one inch thick in the middle. Throw potatoes into a large metal bowl, drizzle with olive oil, and toss while adding your spices - we chose a blend of chili, curry, and paprika. Spread wedges onto a large baking sheet and bake until cooked (about 35 minutes).

FOOD FACTS

- ✦ Celebrate Whole Grains Month in September. Check out the Whole Grains Council website at <https://wholegrainscouncil.org> for information and facts on whole grains.
- ✦ October is Vegetarian Awareness Month.
- ✦ The average pumpkin has about 500 seeds.



JUST A THOUGHT

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.

- Helen Keller