

"This institution is an equal opportunity provider."

9 N. 3<sup>rd</sup> Street, Suite 100, Warrenton, Virginia 20186

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

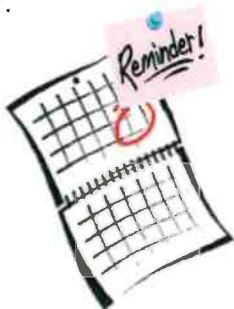
(800) 735-5434 or (540) 347-3767

### ENROLLMENT RENEWAL REPORTS

ENROLLMENT RENEWAL REPORTS WILL BE SENT OUT IN FEBRUARY.

Parents will need to update all information such as meals served, days of attendance, address, phone number, etc., and sign the report.

It is important to send back the updated report **NO LATER THAN MARCH 13, 2020** to avoid any delays.



All children listed on the Enrollment Renewal Report with no parent signature and date **will be withdrawn** effective February 29, 2020. Any child that is withdrawn will require a new enrollment form in order to be reimbursed for future claims.

We will be happy to answer any questions you may have regarding this process. We appreciate your cooperation. Feel free to call us at 1-800-735-5434.

### WELCOME NEW PROVIDERS

We would like to welcome the following new providers who have joined the food program in November, and December 2019 and January 2020.

Farjana Akter  
Parveen Akther  
Noor Arman  
Maria Cerruffo  
Olatokunbo Cole  
Velia Guzman  
Daniella Holmes  
Saima Khan

Pranita Lamichhane  
Gloria Leguia  
Teaira Moten  
Mandana Nassiri  
Rebekah Rogers  
Tania Sultana  
Farah Tahir

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 Marian Abdi, Giti Fardad, Milagros Flores, Karla Fraser, Robina Malik and all providers for doing a great job serving healthy and delicious meals.

### IMPORTANT REMINDERS

- Remember to click/tap the button to show you have served a whole grain to receive reimbursement. Whole grains are required to be served at least once a day.
- CNI no longer reimburses for meals/snacks served on holidays.
- For help with KidKare, go to <https://help.kidcare.com/help> then choose Home Providers. Select a category to get the help you need.



### NUTRITION EDUCATION MATERIALS

<https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials>

• Meal Planning, Shopping & Budgeting	• Physical Activity
• Healthy Eating Using My Plate	• Food Safety
• Eat Right When Money's Tight	• Gardening
• Cooking	• Farmers' Markets

## NOVEMBER / DECEMBER WINNER

Congratulations to Sharon Dove, Provider #2769 from Rockingham! Her name was chosen in the drawing. She will receive an Amazon 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 an Amazon 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](mailto:sheilaj@cni-usda.org) 
- call our office at 1-800-735-5434 

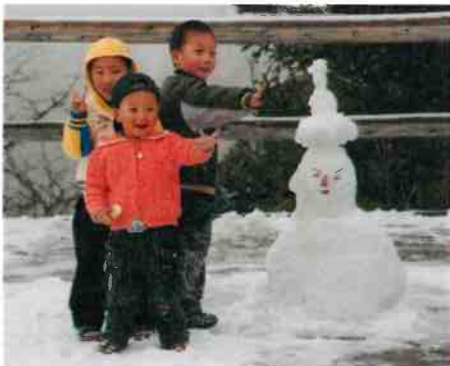
Be sure to mention the February / March 2020

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## FEBRUARY / MARCH 2020 ENTRY

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

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



## RECIPES

### BANANA BITES

- 3 cups breakfast cereal (*flakes and nuggets*)
- 2 ripe bananas
- $\frac{1}{2}$  cup applesauce
- $\frac{1}{2}$  cup peanut butter
- 1 teaspoon vanilla
- 1 teaspoon cinnamon



Place 3 cups of breakfast cereal in a plastic bag. Crush with a rolling pin or plastic cup.

Peel and mash bananas. Stir in crushed cereal.

Spray a 9" x 9" baking dish with a nonstick cooking spray. Spoon the batter into the baking dish and spread evenly. Bake in a 350° oven for 20 to 25 minutes. Cool and cut into squares.

Makes 25 servings - one serving (1.5" x 1.5" square)

## FOOD FACTS

- ↪ Garlic and sesame seeds are two of the oldest food seasonings.
- ↪ Artichokes are actually a flower bud - if allowed to flower, blossoms measure up to seven inches and are violet-blue color.
- ↪ Bananas grow on plants that are up to 16 feet tall. Banana plants can yield fruit all year round.

## THOUGHT FOR THE DAY



*"Children need at least one person in their life who thinks the sun rises and sets on them, who delights in their existence and loves them unconditionally."*

- Pamela Leo

*The mission of CNI is to facilitate an environment for healthful and happy child care in a family setting, to deliver benefits promptly and efficiently and to ensure integrity through quality, accountability and customer service.*