

CHILD NUTRITION, INC.  
NEWSLETTER  
JANUARY / FEBRUARY 2010

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

VISIT OUR NEW WEBSITE

We are excited to tell you about our new website. Please visit us online at [www.cni-usda.org](http://www.cni-usda.org) where you can take a look at



- What's new
- Print forms
- Calendar events
- Contact information

ENROLLMENT RENEWAL REPORT

Enrollment renewal reports will be sent out in February. Parents will need to update information such as meals served, days of attendance, address, phone number, etc., and sign the report. **It is very important that you send back the updated report as soon as possible to avoid any delay in processing.**

All children listed on the report that do not have a parent signature ***will be withdrawn***. Any child that is withdrawn will require a new enrollment form in order to be reimbursed for future claims.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.

SNACK IDEAS

Snack ideas you and your daycare children can make together.

- \* banana dipped in sesame seeds
- \* orange sections
- \* cheese (in different shapes) and crackers
- \* fruit kabobs
- \* pretzel sticks with cheese cubes
- \* cheese melted on tortilla
- \* raisin toast
- \* bread sticks with peanut butter
- \* soft pretzels with cheese
- \* warm biscuits with cinnamon peaches (or apples)



NOTE: Peanuts and peanut butter can be a choking and allergy concern in young children.

WELCOME NEW PROVIDERS

We would like to welcome the following new providers who have joined the food program in October and November 2009.

*Anitra Abril*  
*Ixhlale Alibali*  
*Shweta Anand*  
*Azima Azmal*

*Mosammat Begum*  
*Wilma Burkel*  
*Lakeysha Copeland*  
*Kanchann Dadlani*  
*Meherunnisa Hasan*

*Idello Hughes*  
*Amanda Kondratick*  
*Claudia Lopez-Zeballos*  
*Angelica Olea*  
*Sandra Rinehart*  
*Mary Roggow*  
*Sediqa Sadr*  
*Elisa Steinhardt*

We look forward to working with each of you. Please feel free to contact your monitor or call our office at 1-800-735-5434 if you have any questions.

IMPORTANT REMINDERS

**Computer Alert**

When submitting claims online, be careful to only click submit once (if you click more than once, the month will advance more than once.)



**Holiday Care Forms**

All providers who are claiming a holiday must submit a holiday care form. If you submit your claim online you must mail a holiday care form to get reimbursed for that holiday. Providers who mail their claim to us need to send the holiday care form with their attendance and menus.

Holiday care forms are available from your monitor, calling the office, or visit our website at [www.cni-usda.org](http://www.cni-usda.org) to print one from home.



## NOVEMBER / DECEMBER CONTEST WINNER

Congratulations to Eva Kenderesi!! Her name was chosen in the drawing. She has received a \$20 gift certificate for Wal-Mart.

The correct answers were:

1. Milk is required to be served at all meals and snacks. **False**

- Breakfast needs to contain the following three food groups: fluid milk, a grain and a fruit, or vegetable or 100% juice.
- Snacks need to contain two different groups: milk, grain, fruit & vegetable, or protein.
- Lunch and Supper need to contain four different food groups: fluid milk, a protein, a grain, and two fruits or two vegetables or one of each.

*(Taken from page 3 of the Policies in the Child and Adult Care Food Program training book)*

2. Attendance and menus must be received at Child Nutrition, Inc. by (the 5<sup>th</sup> working day) **d**

Attendance and menus must be received by CNI by the 5<sup>th</sup> working day of each month to ensure reimbursement on time. Those received later will be processed within 60 days of the claim month.

*(Taken from page 2 of the Policies in the Child and Adult Care Food Program training book)*

## NEWSLETTER IDEAS

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

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

We would like to know what you want to see in upcoming newsletters. Please list your ideas below and send them with next month's claim or email them to [sheilaj@cni-usda.org](mailto:sheilaj@cni-usda.org). All providers who send in ideas or suggestions will have their name entered in a drawing to win a Walmart gift card. Thank you for your input.

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## FUN RECIPE TO TRY

### CARROT "NUTCAKES"

- $\frac{3}{4}$  cup whole-wheat flour
- $\frac{1}{2}$  cup flour
- 1 teaspoon baking soda
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{4}$  cup canola oil
- $\frac{3}{4}$  cup firmly packed light brown sugar
- 2 eggs
- $\frac{1}{2}$  cup unsweetened applesauce
- $\frac{1}{2}$  teaspoon vanilla
- 1  $\frac{1}{2}$  cups shredded carrots
- $\frac{1}{2}$  cup walnuts\*, chopped



Preheat the oven to 350° F, and mist all 12 cups of a muffin tin with cooking spray.

Combine the first 5 ingredients in a small bowl and set aside. In a large bowl, whisk together the oil, brown sugar, and eggs. Stir in the applesauce, vanilla, and carrots. Add the dry ingredients to the wet, mixing just until combined. Stir in the chopped walnuts.

Divide the batter among the muffin cups. Bake until a toothpick comes out clean, about 20 minutes. Cool completely on a wire rack.

*\*This food is a choking hazard for children under the age of 4 years*

*This recipe is from the February 2009 issue of Potpourri, a publication from the Association for Child Development of East Lansing, MI.*

## FUN FOOD FACTS

- ☺ Eggplants are actually fruits, and classified botanically as berries.
- ☺ One portabella mushroom has more potassium than a banana.
- ☺ One cup of kale provides more than the daily requirements of vitamins A and C it is a good source of calcium and fiber.



## JANUARY IS NATIONAL OATMEAL MONTH

January is National Oatmeal Month! Oatmeal is a healthy treat whether you eat it for breakfast, lunch, dinner or as a snack. You can add cinnamon with sugar, chocolate chips, or flavored syrup. Top a bowl of oatmeal with your favorite fruit, or mix in peanut butter to try something new.