

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

www.cni-usda.org

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

NATIONAL PROVIDER APPRECIATION DAY

May 7, 2010 is National Provider Appreciation Day! More children are in child care than ever before. As providers' you play an important role in the lives of the children in your care. Each day you serve them nutritious meals and snacks helping them to grow strong and be healthy. We want you to know how much you are appreciated. Thank you for doing a great job!



OPEN HOUSE

We are excited to announce that we are having an Open House on May 13, 2010 from 5:00 PM to 7:00 PM at our office in Warrenton. Please check out our website for more details.

WELCOME NEW PROVIDERS

We would like to welcome the following new providers who have joined the food program in February 2010 and March 2010.

<i>Parveen Akther</i>	<i>Maritza Lopez-Brizuela</i>
<i>Esperanza Caballero</i>	<i>Irma Lopez</i>
<i>Blanca Contreas</i>	<i>Jeannine Pegues</i>
<i>Monique Culmer</i>	<i>Alba Perez-Grande</i>
<i>Nelly deSolis</i>	<i>Fareeha Shaharyar</i>
<i>Shabnam Farhad</i>	<i>Tehmina Sharif</i>
<i>Consuela James</i>	<i>Ana Vasquez-Alvarez</i>
<i>Le Lam</i>	

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.

PROVIDER HIGHLIGHTS

We want to celebrate your accomplishments. If you have anything to share, please email Sheila at sheilaj@cni-usda.org with the details.

GET MOVING!



Children should be physically active for at least 60 minutes a day, on most days of the week.

DO PLENTY - MOVING WHENEVER YOU CAN

★walking the dog ★playing outside ★riding a bike
★throwing a ball ★sweeping ★dusting

DO MORE - MAKING YOUR HEART WORK HARDER

★jumping rope ★running or jogging ★dancing
★playing basketball ★swimming ★yard work

DO ENOUGH - STRETCHING & BUILDING MUSCLES

★sit-ups ★push-ups ★stretching ★yoga

DO LESS - SITTING AROUND

★playing on the computer ★watching television
★sitting still for hours ★playing electronic games

UPCOMING TRAINING

Child Nutrition, Inc. is pleased to offer the following training:

My Kids Won't Eat That!

DATE: June 19, 2010

TIME: 10:00 AM - 12:00 PM

PLACE: Bull Run Library in Manassas

COST: Free

RESERVATIONS ARE REQUIRED

Participants will receive a certificate for 2 training hours. Please call 1-800-735-5434 or send an email to sheilaj@cni-usda.org and reserve your seat today.

MARCH / APRIL CONTEST WINNER

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

Thank you to everyone who sent in comments on what the food program means to them. We appreciate your input and welcome you to continue to send in your thoughts.

DO YOU HAVE A FAVORITE RECIPE?

NAME: _____

PROVIDER NUMBER: _____

We would like you to share a favorite recipe or snack idea with us. Please make sure it is creditable for the Child and Adult Care Food Program. All providers who send in a response will have their name entered in the drawing to win a Wal-mart gift card.

DID YOU KNOW?

WATER - is not creditable. We encourage you to serve water; however, it is not creditable as a component for a meal or snack on the food program



ONE DISH FOOD ITEMS (such as stew or soup) - can only meet up to three components for a creditable meal: 1 protein, 1 grain, and only 1 fruit or vegetable

CHEESE - in order for cheese to be creditable, the package must say "cheese product" (not cheese food)

JUICE - must be 50% - 100% juice, the amount is stated above the list of ingredients on the product label

FUN FOOD FACTS



☞ Sweet potatoes are high in vitamins A and C, and are a good source of fiber.

☞ Avocados are a good source of fiber.

☞ Radishes - most of their "hot" taste is in the skin. Peel them for a milder flavor.

☞ The average person eats eight pounds of grapes a year.



WEBSITES FOR YOU

<http://wecan.nhlbi.nih.gov> - Ways to Enhance Children's Activity & Nutrition. We Can! ® is a national childhood obesity prevention program - join the We Can! ® movement today!

<http://www.letsmove.gov/index.html> - This site is sponsored by the government and contains information on healthy choices, healthier schools and physical activity.