



CACFP PROVIDER UPDATE

Children and Nutrition Services, Inc.

May 2009

Sweets on the CACFP



May 2009

1-800-578-4017

Option 1

or

307-266-1236

Main Casper Office:

Tanya Keser.....Ext. 305
CACFP Director

Anita McCoy.....Ext. 301
Business Operations Assistant

Lorraine Adams.....Ext. 321
Claims Processor

Natrona County:

Krista Baskins.....Ext. 335
OR.....473-8062

Natrona, Converse & Niobrara
Counties:

Helen Romero.....Ext. 304
OR.....358-0557

Goshen, Laramie, & Platte
Counties:

Bridget White.....Ext. 331
OR.....778-2567

Albany & Laramie Counties:

Teresa Cirillo.....Ext. 346
OR.....638-2091

Big Horn, Hot Springs, Park, &
Washakie Counties:

Krista Baskins.....Ext. 335
OR.....473-8062

Campbell, Crook, Johnson,
Sheridan, & Weston Counties:

Nadine Peterson.....Ext. 336
OR.....684-7230

Sweetwater, Carbon, Fremont
& Eastern Uinta County:

Artha Smith.....Ext. 333
OR.....875-1956

Teton, Lincoln, Sublette &
Western Uinta Counties:

Chereon Hoopes.....Ext. 337
OR.....886-5545

Children need nutritious foods that provide a stable amount of glucose (energy) throughout the day. Foods high in sugar and simple carbohydrates (cookies, etc.) can satisfy a child's hunger, but result in the child eating less of the nutritious foods needed by the body.

Processed foods and refined sugars provide the body with short-term energy, which also can produce rapid rises and falls in blood sugar levels. These fluctuations can impact fat storage, appetite, attention, thinking, and mood, which in turn, affects a child's behavior.

Prepare and provide healthy meals and snacks from each of the five food groups every day. The Food Guide Pyramid is an excellent guide for daily meal and snack planning. The USDA Child and Adult Care Food Program (CACFP) also provides guidance to help stay on track in terms of nutrition and still be creative and vary menus according to portion sizes, nutritional requirements, seasonal items and child preferences.

Observe each child's eating behavior during meals to assure that they eat a variety of foods. At snack time, you can fill in nutritional gaps you may notice during meals. For instance, if a child did not eat the protein part of lunch, you can make up for that by adding peanut butter to apple slices at snack time. Avoid prepackaged, processed foods for snacks.

Sweet foods such as toaster pastries, coffee cake, doughnuts, sweet rolls,

cookies, cakes, or formulated grain-fruit products (such as some cereal bars), are permitted when made with enriched or whole grain meal or flour. Toaster pastries (pop tarts), coffee cakes, doughnuts, sweet rolls, fruit-grain/granola bars are allowed for breakfast and snacks.

Cookies, dessert pies, cakes, and brownies may be served as snacks only. Sweet snack foods should not be served as part of a snack more than twice a week due to high sugar and fat content.

The following foods are not reimbursable when served more than twice a week:

- Animal Crackers
- Chocolate Cookies
- Chocolate Chip Cookies
- Fig Newtons
- Ginger Snaps
- Granola Bars
- Nutrigrain Bars
- Oatmeal Cookies
- Peanut Butter Cookies
- Sugar Cookies
- Vanilla Wafers
- Angel Food Cake
- Brownies
- Cupcakes
- Gingerbread
- Pound Cake
- Rice Krispie Treats
- Other Cookies and Cakes

Also, please note that apple, banana, and corn fritters can be served for breakfast or snack only.

Sources:

*HealthyChildCare.net and
Crediting Foods In the CACFP*

Colored Crayon Balls

Materials

- Old and broken crayons
- Used plastic sandwich bags
- Twist ties
- Muffin pans

Directions

Peel the paper off the old crayons and break them into small pieces. Select a group of several different colors and place them in a sandwich bag. Seal

tightly with a twist tie. Put several bags of crayon pieces in the muffin pan. Place the pan in the sun for twenty minutes or until the crayon wax is soft. It should never be hot. With the crayons still in the bags, shape them into balls. Drop the bags into ice-cold water. Remove the firm balls from the bags and use them to color.

Taken from: <http://fun.familyeducation.com>

Child Care Village *An Early Childhood Resource*

Child Care Village offers 3 websites to assist you in your child care business.

ccvillage.com:

Child Activities—include planned monthly activity calendars with weekly themed units; creative corner art activities; printable certificates, sight cards and more; 100's of activity sheets and printable games; coloring pages.

Food Menus—include printable menus that follow CACFP guidelines; printable recipe cards.

Business Forms—dozens of different business forms to help you organize and track information.

ccvillage.net

A Free Online Community for early childhood and development allows you to create your own space; meet other caregivers; share knowledge; post trainings; join or create groups; participate in online discussions; and upload photos.

cornertoys.com

Educational toys that make learning fun including pretend play; musical instruments; innovative puzzles; manipulative; stuffed animals; play food; puppets and more.

Check out these cool sites today!

CNS CLAIMS CONTEST

Beginning with your December 2008 claim you may be eligible to be entered in the first Annual CNS Claims Contest. Providers who turn in a claim **each month, by the 3rd of the month**, January 2009 through September 2009, will automatically be entered in a drawing to be held on October 15, 2009.

BABIES, BABIES, BABIES!

Stacey Perez - Laramie County

Baby Girl - Aleeyah Venice

March 28, 2009

6 lbs. 15 oz. 19.5 inches

Lori Geisler - Laramie County

Grandson - Eric Sean

March 19, 2009

7 lbs. 1 oz. 19.5 inches



First AID & CPR Classes

Given by Jackie Shaffer

\$45.00 per person

Please check the training calendar at www.wykids.org or www.childrens-nutrition.com

For more information call 307-266-5408

Or send e-mail to:

jackieshafferwyo@hotmail.com

Not in Casper?

Jackie will travel to your location for 10 or more

Participants \$50.00 per person

Sandwich on a Stick

Ingredients:

Bread

Cheese

Lunch Meat

Grape Tomatoes

Cut up cubes of bread, cheese, and lunch meat (we ordered 1/2-inch-thick slices of ham and turkey at the deli counter).

Slide the cubes onto a skewer with other foods your child likes, such as a grape tomato, a piece of lettuce, a pickle, or an olive.

Set out a side of mayo, mustard or Ranch salad dressing for dipping.

Instead of using metal or wooden skewers, use a plastic straw to cut a hole in each item which will allow you to slide the cubes on thin pretzel sticks. Everything is edible and there is no danger of anyone getting poked.

Submitted by Tanya Keser, CACFP Director, taken from: Uplifting News



WELCOME NEW CNS PROVIDERS!

Christy Misplay

Lincoln

Tammy Levitt

Sublette

Alexa Bowden

Natrona

Angie Burton

Sheridan

Misty Dilley

Sheridan



Website: www.childrens-nutrition.com

Email: cns@wyoming.com

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