

# CACFP PROVIDER UPDATE

Children and Nutrition Services, Inc.

October 2009

www.cutecolors.com

## MASTER MENUS

October 2009

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Option 1

or

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OR.....473-8062

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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:

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OR.....875-1956

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Western Uinta Counties:

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OR.....886-5545

Whether you use bubble sheets or the Internet to file your food program claims, please remember that when using Master Menus, you can only substitute one meal component. If you substitute more than one, your meal is no longer considered a Master Menu meal and you should enter each component individually.

CNS provides a means by which you can have more flexibility in your menus. By making Master Menu Substitutions you can have the convenience of using Master Menus with the freedom to make some choices in what you serve to the children in your care. Please follow the guidelines below when making your Master Menu substitutions:

Please make **only one substitution per meal** (breakfast, lunch and supper)

Please do not make substitutions on **meats/meat alternates**. Changing these would alter the nutritive value and composition of the menu to the point that evaluation would not be possible

All **breads** can be interchanged

All **pastas** can be interchanged

All **rices** can be interchanged

**Fruits and vegetables** should be substituted within the same color or nutritive value. On your food chart you will see small letters: A C I. These stand for vitamin A, vitamin C and Iron. You could substitute figs for raisins as both have I (iron) beside them; figs and raisins are of similar nutritive value. You could not, however, substitute figs for pineapple because pineapple has a C (vitamin C) beside it. You could substitute blackberries for pineapple as both have a C beside them on the Food chart.

If there is no letter on the Food Chart indicating a particular nutritive value, you may substitute a similar colored fruit or vegetable. For example, green beans are a good choice to substitute for celery.

Please do not substitute flavored milk for non-flavored milk.

## ACTIVE NOW, SLIM LATER

Vigorous Preschool Exercise = 4% Less Fat

If your five-year-old is always jumping, running, rolling about -- that hyperactivity could protect against excess weight many years down the line. Scientists at the University of Iowa measured activity and fat mass for 333 children at ages 5 and 11. Turned out that those most active at age 5 have 4% less fat mass at age 11, compared to the least active kids.

Why? It's possible the early activity prevented kids from growing too many fat cells. It's also possible that the vigorous exercise built up little muscles, which burn more calories than fat tissue.

Super-active kids may spend less time in front of the TV, whereas those who watch

more than three hours a day are 50% more likely to become obese as adults.

Parents should encourage active play year round. Don't let inclement weather stop you: Use ice/roller rinks and kids' gyms or video games that incorporate exercise.

Preventing childhood obesity is important especially as it raises kids' risk of earaches, joint disorders, breathing constrictions and emotional distress.

Beyond helping avoid unhealthy weight gain, exercise can improve academic performance: Researchers have found that the most physically-fit students tend to do better on state achievement tests.

Taken from: Dole.com

## 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 to win a **Nintendo Wii and Nintendo Wii Fit!** Drawing will be held on October 15, 2009!!

# PUMPKINS!

## How to Cook a Pumpkin

Cut pumpkin in half and hollow out the seeds and stringy parts with your hands or spoon. Save the seeds, if you like, for roasting. (We have a recipe below.) Place on cookie sheet and bake at 325 degrees for 1 hour. Pierce with a fork to see if it is tender. When it cools off, scrape out the pulp and use it for breads, pies, desserts, or other pumpkin recipes below. Cooked pumpkin also freezes well if you have some leftover.

## Flavor Roasted Pumpkin Seeds

Fresh pumpkin seeds out of hollowed out pumpkin

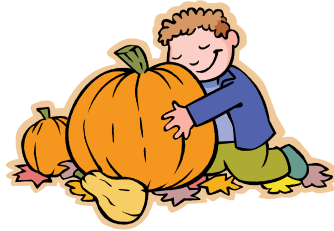
- 1 teaspoon Worcestershire sauce
- 1 Tablespoon vegetable oil
- 1 teaspoon seasoning salt

Clean pumpkin seeds with water and pat dry. Let dry overnight. Mix ingredients together and toss pumpkin seeds to coat evenly. Place on a cookie sheet in an even layer and bake at 250° for 1 hour or until seeds are browned. Stir once or twice during cooking time.

Taken from: <http://www.kids-cooking-activities.com/pumpkin-recipes.html>

## Kid's Pumpkin Pie

- 8 small pumpkins (each the size of a softball)
- 2 eggs, beaten
- 2 cups (1 16 ounce can) pumpkin
- 1 cup brown sugar
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 4 tablespoons butter, melted
- 1 cup milk
- 1 teaspoon vanilla

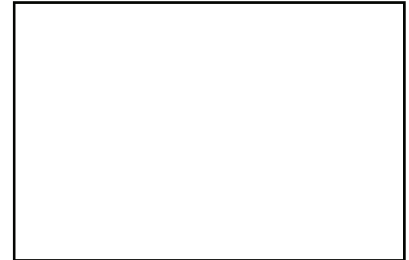


Carve the small pumpkins, hollow out center, and remove all seeds. Wash pumpkins thoroughly with warm water and pat dry. Set aside the lid. Lightly salt the pumpkin and cover with oil. Mix pie filling ingredients together in a large bowl. Place pumpkins and lids on a baking sheet lined with parchment paper.

Pour filling into each small pumpkin. Bake in a 325°F oven for 1 hour or until knife inserted in the middle comes out clean. Make sure you don't overcook the pie or the pumpkin shell will not hold. Cool slightly and serve one little pie per person.

Kids will love having their own little pumpkin pie.

Taken from: <http://www.easy-kids-recipes.com/pumpkin-article.html>



Pumpkins are extremely good for you. Pumpkins contain the antioxidant, beta-carotene. They're rich in vitamin A and potassium and high in fiber.

Pumpkins originated in Central America. Native Americans roasted pumpkin strips to eat, used pumpkin for medicine, and wove dried pumpkin strips to make mats.

Pumpkins are a fruit and are part of the gourd family that includes squash.

American colonials hollowed out pumpkins and filled them with milk or cream, sugar or honey, and spices, then baked them (sort of the first pumpkin pies).

## A Nurturing Place To Eat Is...

### Caring, Calm, and Respectful...

- Focus mealtime on eating and family talks that includes your child and turn off the TV.
- Plan quiet time for eating so your child comes to the table relaxed.

### Comfortable and safe from injury...

- Always stay with a young child who is eating, even if you must do other tasks.
- Get a stable, comfortable, child-size chair. A counter stool without back support is not safe.
- Get easy-to-hold, child-size utensils and cups.

### Safe from choking...

- For a child under age 4, skip hard, small, whole foods. That includes popcorn, nuts, seeds, and hard candy. Slice foods such as hot dogs, grapes, and raw carrots in small strips.
- Teach your child to chew foods well before swallowing them so he or she will not choke.
- Be careful with sticky foods like peanut butter. Spread just a thin layer on bread.

Taken from: <http://www.fns.usda.gov/tn/Resources>

What do goblins and ghosts drink when they're hot and thirsty on Halloween? Ghou-Aid!



## WELCOME NEW CNS PROVIDERS!

- |                        |                    |
|------------------------|--------------------|
| <i>Ciley Andreen</i>   | <i>Hot Springs</i> |
| <i>Desiree Parsons</i> | <i>Johnson</i>     |
| <i>Genell Hodges</i>   | <i>Campbell</i>    |
| <i>Janie Woolson</i>   | <i>Natrona</i>     |
| <i>Teri Mahaffy</i>    | <i>Sweetwater</i>  |

## BABIES, BABIES, BABIES!

Tell us about your new babies  
or grand-babies  
and we will announce  
them here!



Website: [www.childrens-nutrition.com](http://www.childrens-nutrition.com)  
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1-800-578-4017