



CACFP PROVIDER UPDATE

*Children and Nutrition Services, Inc.
January 2010*



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January 2010
1-800-578-4017
Option 1
or
307-266-1236

CACFP Reminders

Pending Child Enrollments:

Please remember to send in child enrollments; if a child is no longer attending your childcare, please withdraw them.

Children listed as Pending in the Minute Menu system 90 days past their date of enrollment will be withdrawn.

Claim Due Dates:

Claims are due by the 3rd of the month and late claims can only be processed 60 days past the date of submission. This means a late December claim has to be received and processed by February 3rd.

Claim payments run one month behind. This means you submit your January claim by February 3rd and receive payment by the end of February.

Check Date E-mail List:

If you would like to be notified via E-mail when your check or direct deposit will be sent, send an e-mail to ladamscacfp@wyoming.com and Lorraine will add you to her list.

Sweets on the CACFP:

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

Second Annual CNS Claims Contest!

The Second Annual CNS Claims Contest begins January 1, 2010! Beginning with your December 2009 claim you may be eligible to be entered in the Second Annual CNS Claims Contest. Providers who turn in a claim each month, by the 3rd of the month, January 2010 through September 2010, will automatically be entered to win \$250.00 in assorted gift cards! Drawing held October 15, 2010.

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

All we really needed to know about life, we learned from Children's Books...
 Never eat someone else's vegetables.
 (The Tale of Peter Rabbit)
 Clean up the house when you're through playing.
 (Cat in the Hat)



Pumpkin Ginger Squares

Mix:

- 1 cup sugar
- 1 tsp salt
- 1 tsp ginger
- 1tsp cinnamon
- 1/2 tsp nutmeg
- 1 cup chopped nuts (optional)
- 2 cups canned pumpkin
- 1/2 gallon vanilla ice cream softened

Line bottom of 9x13 cake pan with gingersnaps.

Pour 1/2 of above mixture over ginger snaps.

Layer another section of gingersnaps. Pour remaining mixture over ginger snaps. **FREEZE.**

Serve with whipped cream.

Submitted by Artha Smith, Central West CACFP Field Coordinator

Easy Sun Catchers

- Contact Paper
- Tissue Paper in Assorted Colors
- Construction Paper
- Scissors

Cut a “photo frame” out of the construction paper. The frame can be of any size and shape, square, heart, circle etc. Peel the backing off the contact paper. Place the construction paper frame on the sticky side of the contact paper. Tear the tissue paper into small pieces. Lay and stick the tissue paper pieces inside the construction paper frame until all exposed areas of contact paper are covered. Use scissors to trim contact paper and frame and any excess tissue paper. Hang in a window and enjoy!

Submitted by Artha Smith, Central West CACFP Field Coordinator

FRESH FRUITS AND VEGGIES —WHAT’S IN SEASON?

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
Broccoli	Broccoli	Broccoli	Artichoke	Apricot	Apricots
Cabbage	Cauliflower	Lettuce	Asparagus	Artichoke	Blueberries
Cauliflower	Grapefruit	Mangoes	Broccoli	Asparagus	Blackberries
Grapefruit	Lemons	Pineapple	Lettuce	Broccoli	Raspberries
Leeks	Oranges		Mangoes	Cherries	Strawberries
Lemons	Papayas		Pineapple	Lettuce	Cantaloupe
Oranges	Tangelos		Rhubarb	Okra	Cherries
Papayas			Spring Peas	Pineapple	Corn
Tangelos			Zucchini	Rhubarb	Lettuce
Tangerines				Spring Peas	Peaches
				Zucchini	Watermelon



FRESH FRUITS AND VEGGIES AND THE CACFP

USDA Regulations for the CACFP require that each reimbursable breakfast, lunch, or supper served contain vegetables and/or fruits. Vegetables and fruits may also be served as part of reimbursable snacks. Two or more servings of *different* vegetables and/or fruits must be served

to meet the vegetable/fruit requirement at lunch and/or supper. You may not count any single fruit or vegetable toward the recommended serving size unless it provides at least 1/8 cup. The importance of adequate and recognizable amounts of fruits and vegetables must be considered in menu planning in order to ensure a well-balanced meal.

To help meet nutritional standards and/or goals, and respond to dietary guidelines, USDA recommends that:

- meals include a vitamin A-rich vegetable or fruit at least two to three times a week;
- meals include a vitamin C-rich vegetable or fruit three to four times a week, and breakfasts include them frequently;
- meals include a variety of vegetables and fruits; and meals include foods that are good sources of fiber, such as fresh fruits and vegetables and whole grain products

WELCOME NEW CNS PROVIDERS!

<i>Kimberlee Kitchen</i>	<i>Converse</i>
<i>Jill Havel</i>	<i>Laramie</i>
<i>Jessica Kautzman</i>	<i>Laramie</i>



CHILDREN AND NUTRITION SERVICES, INC.
Child Care Food Program Sponsors
 Child Care Finder Resource & Referral Network
 Asset Building
 Provider Business/Professional Development

Website: www.childrens-nutrition.com
Email: cns@wyoming.com
1-800-578-4017

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