



CACFP PROVIDER UPDATE



*Children and Nutrition Services, Inc.
December 2009*



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1-800-578-4017

Option 1

or

307-266-1236

Main Casper Office:

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

Anita McCoy.....Ext. 301
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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

MEAL TIME VISITS and FY 2010 MANDATORY TRAINING

The Wyoming Department of Education (WDE) oversees the Child and Adult Care Food Program (CACFP) in our state. On October 14th, WDE met with the two state sponsors of the CACFP, Children and Nutrition Services (CNS) and Nutrition and Child Development (NCD).

MEAL TIME VISIT PROCEDURE

Of the many items discussed there was one of particular importance to our providers, meal time visit procedure. It has been CNS practice to consider any portion of a meal observed to count toward a meal time visit. However, per USDA regulations, when a field coordinator conducts a meal time visit, she is to observe not only the meal served, but the meal preparation, and any meal leftover storage as well. This means when your coordinator comes for a meal time visit, she needs to watch you prepare the meal, see the children wash their hands, watch you serve the meal, observe the children eating the meal, and see that any leftovers are stored properly. This will undoubtedly lead to longer visits and we appreciate your understanding. The CACFP is a government funded program and therefore required to follow all regulations mandated by the USDA.

FY 2010 MANDATORY TRAINING

All home child care providers enrolled in the Child and Adult Care Food Program are required by the USDA to attend one Mandatory Training per fiscal year (October 1, 2009-September 30, 2010). CNS and NCD will begin collaborative trainings for the FY 2010 Mandatory Trainings in January. The two hour training entitled, "Those Mean Nasty Dirty Downright Disgusting but..." will be offered at various locations throughout the state. CNS and NCD field coordinators are teaming up in each region to provide the trainings. Watch your mail for flyers announcing times and locations.

WebKids Providers to Receive Additional Free 10 Week Trial of Kids PRO!

On November 15 Minute Menu re-activated all active provider accounts with a 10-week free trial of Minute Menu Kids Pro. From November 15, 2009—January 31, 2010, providers will be able to use all of the PRO features, including:

- Parent Invoicing
- Receive Payments, including direct deposit from Parents
- Business Expense Tracking
- Plan Lessons
- Print Certificates
- Make Charts
- Print tax reports

Even if you have already had the initial 30-day free trial when you first downloaded and installed Kids Pro, you still receive this additional FREE 10-week trial. If you choose not to purchase, you simply go back to using WebKids or Kids as you did before! No hassle, no change!

If you have questions about the free trial or about Kids Pro in general, feel free to call Minute Menu at (972) 671-5211 or email Natalie@minutemenu.com

CNS Claims Contest Winner Announced!

Congratulations to the winner of the first annual CNS Claims Contest, Betty King of Torrington! Betty's name was drawn from a total of 53 eligible providers to win a Nintendo Wii and Nintendo Wii Fit!

Our next 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 to be held on October 15, 2010.



Hot Chocolate Anyone?

Back in the days of the Aztecs, cocoa beans were valuable not only for their culinary importance but also as currency. Cocoa beans were often given as gifts during important ceremonies and festivals. Even so, they also used the roasted beans to make a chocolate drink. Their version is much different from the hot chocolate we know today. The Aztecs actually drank it cold, flavored with wine and chili peppers, and not at all sweet.

Chocolate was discovered and brought to Europe in the early 1500s by the explorer Cortez. After its introduction in Spain, the drink began to be served hot, sweetened and without the chili peppers. The Spanish were very protective of their wonderful new beverage, and it was over a hundred years before news of it began to spread across Europe. *Taken from: About.com*

Mayan Hot Chocolate

Puree 2/3 cup mashed butternut squash and 1/2 cup 2% reduced-fat milk in a food processor. Place in a saucepan with 2 cups milk and 6 ounces chocolate morsels. Heat until chocolate melts. Serves 2.

Hot Malted Chocolate

Combine 2 cups 2% reduced-fat milk, 1/2 cup chocolate morsels, 2 heaping tablespoons malted milk powder and 1 teaspoon vanilla. Cook over low heat until chocolate melts. Serves 2.

Hot Mocha

Combine 1/2 cup strong brewed coffee, 1/2 cup 2% reduced-fat milk, 1 tablespoon sweetened cocoa mix, and 1 tablespoon coffee flavoring of your choice. Microwave 1-2 minutes. Serves 1.

Indian Chai Punch

Heat 3 cups hot brewed tea, 2 cinnamon sticks, 4 whole cloves and 2 cardamom pods in a saucepan; let steep 30 minutes. Add 2 cups 2% reduced-fat milk and 3 tablespoons honey; reheat until hot. Remove spices. Serves 3.

Submitted by Helen Romero, Central East CACFP Field Coordinator



Sew Perfect!

Lacing Card Activity: Using heavy cardstock, cut out large shapes (circle, triangle, house, cat). Using paper punch, edge the cardstock with holes. Lace with yarn through the holes in different patterns (loop pattern, x pattern, every other hole pattern). See how differently each child "sews".

Submitted by Chereon Hoopes, South West CACFP Field Coordinator

SWEET POTATOES?

People often confuse sweet potatoes for yams, or vice versa. What most are referring to when they mistake a sweet potato for a yam—the ones with the moist, sweet, bright orange flesh—are actually just another variety of sweet potato. Real yams are not related to sweet potatoes and don't taste particularly sweet.

You can use sweet potatoes in just about any place you would use white potatoes: mashed; in soups; baked and topped with sour cream and chives; in potato salad; and for French fries.

For a quick side dish, peel, shred, and sauté with butter or olive oil. Season with salt, pepper, and balsamic vinegar, or a sprinkle of herbs or shredded cheese. (Also try tossing with pasta!)

Sweet potatoes also taste great raw: cut them into sticks for a new addition to the veggie platter, or shred them for salads.

For lots of great sweet potato recipes go to allrecipes.com.

BABIES, BABIES, BABIES!

Terri King - Teton County

Grandson - Carter Wade King

June 22, 2009

7 lbs. 8 oz. 19 inches

Granddaughter - Morgan Taylor King

August 27, 2009

8 lbs. 6 oz. 20 inches

Our Own Nadine Peterson - CACFP NE Area

Granddaughter - Alina Serenity

October 23, 2009

7 lbs. 9 1/2 oz. 20 1/2 inches



WELCOME NEW CNS PROVIDERS!

Abby Norwood

Laramie

James Gammel

Sheridan

Jolene Lynn

Big Horn



Website: www.childrens-nutrition.com

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