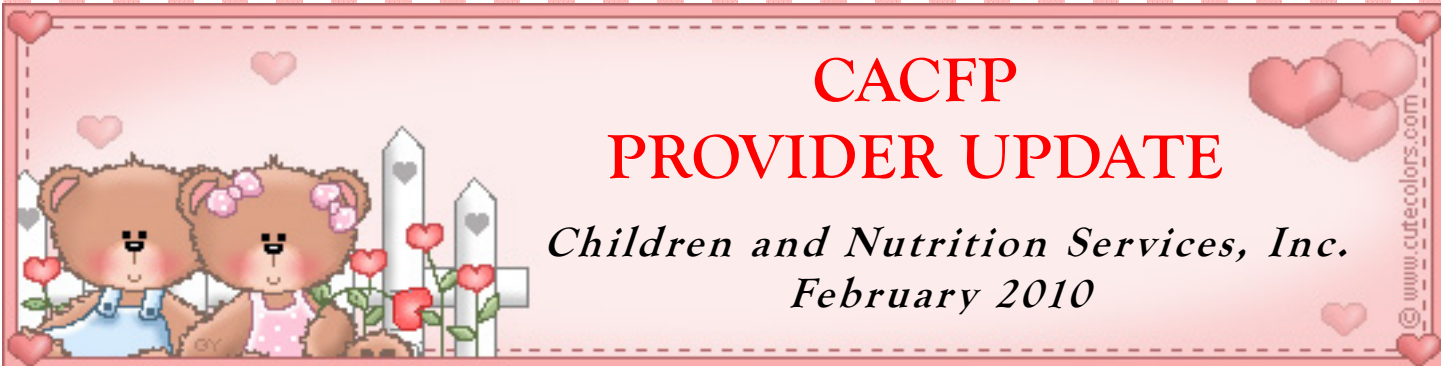



CACFP PROVIDER UPDATE

Children and Nutrition Services, Inc.
February 2010




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

Main Casper Office:
Tanya Keser.....Ext. 305
CACFP Director
Anita McCoy.....Ext. 321
Office Manager
Stacey Pearson.....Ext. 301
Administrative Assistant

Natrona County:
Krista Baskins.....Ext. 335
OR.....473-8062
Claims Processor

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

CACFP Reminders

When enrolling new children, please remember to include all necessary school information on your enrollment forms or to enter all necessary school information in WebKids. Please supply the name of the school *district* the child is in (not the school name) and indicate the appropriate grade level: School or School Age for 1st grade on up; Kindergarten or All-Day Kindergarten for all day kindergarten; AM Kindergarten for morning only Kindergarten; and PM Kindergarten for afternoon only Kindergarten.

Also, please remember Claims are due by the 3rd of the month and late claims can only be processed 60 days past the date of submission.



BE SURE TO CHECK OUT OUR CNS PAGE ON FACEBOOK!

Welcome Stacey Pearson!

CNS welcomes our new Administrative Assistant Stacey Pearson. Stacey joined the CNS team in January 2010 and will be assisting CNS staff with administrative tasks including answering providers' questions and conducting home visits. Stacey says she's drawn to non-profits and is very excited to be working at CNS. Stacey is a Casper native. She and her husband John operate a local hotshot business. They have three children, a son Jentry, who is a freshman at Casper College; a daughter Bailey, who is 13; and another son Jansen, who will soon turn 3!



WELCOME TO CNS STACEY!

Farewell Lorraine

CNS bids a fond farewell to Lorraine Adams, CNS Claims Processor and Office Manager. CACFP Field Coordinator, Krista Baskins, will now be the Claims Processor and will continue to conduct home visits in various areas statewide. Lorraine has been with CNS for over seven years and is leaving to be able to spend more time with her family. We wish her all the best! **GOOD-BYE LORRAINE!**



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 to be held on October 15, 2010.

FRESH FRUITS AND VEGGIES — WHAT’S IN SEASON?

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. The following list is continued from our January 2010 newsletter and shows some of the ‘in-season’ produce for July–December.

JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Apricots	Apricots	Apples	Apples	Apples	Broccoli
Blueberries	Blueberries	Eggplants	Broccoli	Broccoli	Cauliflower
Cantaloupe	Cantaloupe	Grapes	Cranberries	Cranberries	Cranberries
Corn	Corn	Lettuce	Grapes	Mushrooms	Grapefruit
Cucumbers	Cucumbers	Persimmon	Lettuce	Oranges	Mushrooms
Green Beans	Eggplant	Pomegranate	Pomegranate	Pears	Oranges
Kiwi	Green Beans	Pumpkins	Pumpkins	Persimmon	Papayas
Lettuce	Kiwi	Spinach	Spinach	Pomegranate	Pears
Peaches	Lettuce	Tomatoes	Sweet Potatoes	Pumpkins	Pomegranate
Plums	Peaches		Winter Squash	Spinach	Sweet Potatoes
Raspberries	Plums			Sweet Potatoes	Tangelos
Strawberries	Raspberries			Tangerines	Tangerines
Summer Squash	Strawberries			Winter Squash	
Tomatoes	Summer Squash				
Watermelon	Tomatoes				
	Watermelon				



BABIES, BABIES, BABIES!
 Dawn Dudley, Laramie County
 Baby Girl — Sierra L'Nai
 November 21, 2009
 8 lbs., 2 oz.
 18 3/8 inches

Brandi Seals - Platte County
 Baby Boy - Ivan Daniel
 November 17, 2009
 6 lbs. 2 oz. 19 inches

Congratulations!

WELCOME NEW CNS PROVIDERS!

Lucinda Pope	Laramie
Misty DeMonzy	Laramie
Tammie Hallman	Big Horn
Sally Hamer	Big Horn
Louise Potter	Big Horn

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