

Nutrition Works Newsletter

October 2010

Mountain States Group, Inc.

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Remember to mail your food program claim by the **3rd** of the following month or it may not be processed.

Nutrition Information on our Website

Nutrition Works is part of the non-profit organization called Mountain States Group, Inc.

Our non-profit organization has its own website. Nutrition Works has a great resource section on it for all child care providers on the food program.

We are enclosing an information sheet with this newsletter giving you the **website address** and an updated list of the **current resources** available.

We are putting our FY11 training material on our resource page. You have the option of doing your 2 hours of FY11 training before your reviewer gives it to you at your next review.



Food Program Information

Food Program Claim Checks



The food program checks/direct deposits are sent out/deposited the **third Friday** of each month. Please don't call about receiving your check until after the third Friday of the month date.

Food Program Reimbursement Money

The food program reimbursement money you receive must be spent only on costs that are applicable to feeding children on the food program.

These cost include food, food service supplies, wages for personnel involved in planning, buying, preparing, and serving the meals. It also includes the personnel time in maintaining all the food program paperwork requirements.

Remember you need to save all your food related receipts and personnel wage records for at least **three years**.

Food Program Reminders

New FY11 Training

Our two-hour fiscal year 2011 food program training sponsored by Nutrition Works is: **Sandwiches under Construction**. Your food program reviewer will give you the training at your next review and it will be due within 30 days of receiving it. The training will also be posted on the resource page on our web site (see enclosed handout) and you may complete it early if you want.

New Contact Numbers



We are eliminating all of our reviewers' pagers from our food program and replacing them with new phone contact numbers. It will work the same way for you as with the pagers, you will just need to leave your message at a new phone number.

Here are the new contact phone #'s:
Sue Moore: 860-3057
Tracy Searle: 569-9661
Cheryl Thomas: 530-1799

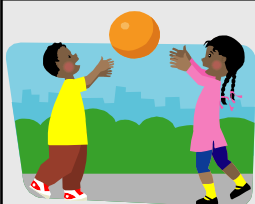
Please remember to call your reviewer's new number when letting her know you will not be home or not claiming a regularly scheduled meal.

Nutrition Works
1607 W. Jefferson
Boise, ID 83702

Remember to call your food program reviewer's pager **at least 2 hours in advance** when you will be gone during meal times or not claiming meals.



Sue: 860-3057
Tracy: 569-9661
Cheryl: 530-1799



Fun Physical Activities

Color Jump

Arrange the children in a circle on the floor.

Ask the children to look at their clothing and notice the colors they are wearing.

Tell the children that when you name a color they are wearing, they will jump up and then sit back down.

Be sure the children have enough space to move without bumping into other children. If your space is limited, the children can all stand and then hop when their color is called.

Call out one color. Help the children by drawing attention to the colors they are wearing. Example: "Jason, is that the color blue on your shirt?"

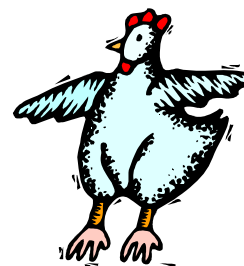
Continue to call colors until every child has had at least one chance to jump up or hop.



RECIPE IDEAS!

Shake-A-Leg Chicken

- 2 eggs
- 1/4 cup water
- 16 chicken legs, skin removed
- 2/3 cup Parmesan cheese
- 1/4 teaspoon black pepper
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/8 to 1/4 cup dried parsley
- 1+1/3 cups whole wheat bread crumbs (use all bread or part wheat germ)
- Non-stick cooking spray



Beat the eggs and water together in a medium bowl. Mix the remaining ingredients in a gallon size resealable plastic bag. Dip each chicken leg into the egg mixture, then place it into the crumb mixture in the bag. Shake to coat the meat well. Place coated pieces on two 9 x 12 inch rimmed baking sheets that have been coated with non-stick cooking spray. Bake at 350 degrees for 1 hour (or until meat thermometer registers 170 degrees), basting with meat juices several times.

Makes 16 servings
 Meal Component: 1 leg = 1 meat component for a 3-5 year old



October Buying Calendar for:



FRESH FRUITS

Apples
 Dates
 Figs
 Grapes
 Lemons
 Pears
 Persimmons
 Valencia Oranges



FRESH VEGETABLES

Broccoli
 Brussels sprouts
 Cabbage
 Cucumbers
 Eggplant
 Green beans
 Lima bean
 Lettuce
 Okra

Peas
 Peppers
 Potatoes
 Sweet corn
 Sweet Potatoes
 Tomatoes
 Winter Squash



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