

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

Enrollment Forms Renewal

All enrolled children will need new enrollment forms for the FY2011 starting on October 1, 2010. All renewing parents need to fill out and sign/date new enrollment forms in early October. Remember if you are not on Minute Menu, you will need to save all old enrollment forms for the past 3 fiscal years.

If you are on **Minute Menu** the renewal process is very simple. On the top menu bar click on:

Reports>>Child>>Enrollment Renewal Worksheet.
Print off enrollment renewal report (format Adobe works best). Have all parents sign and date it in early October.

Then (both providers using paper records or the minute menu program) need to mail/fax the signed & dated enrollment forms to Nutrition Works by October 18th. Any enrollment forms that are renewing children for the new fiscal year missing the October date or not signed will not be valid.

*All children in your program must have either a current **enrollment form** or a **current decline form** (even drop ins). You are required to offer this program to all your child care children.*

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 **at least *2 hours in advance** when you will be gone during meal times or not claiming meals.

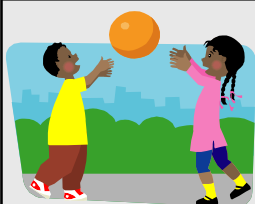


Sue: 860-3057

Tracy: 569-9661

Cheryl: 530-1799

**Salmon providers must call at least one day in advance.*



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?"

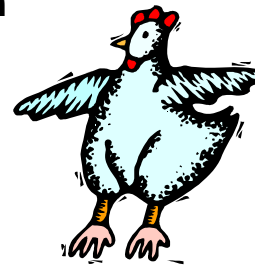
Continue to call colors until every child has had at least one chance to jump up or hop.



RECIPE IDEAS!

Shake-A-Leg Chicken

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



Beat the egg 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 a 9 x 12 inch rimmed baking sheet that has 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 8 servings

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



October Buying Calendar for:



FRESH FRUITS

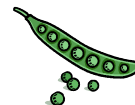
Apples
Dates
Figs
Grapes
Lemons
Pears
Persimmons
Valencia Oranges



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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