



Polk County Community, Family & Youth Services
 Home Sponsor
 Child and Adult Care Food Program
 1914 Carpenter Ave – Des Moines, IA 50314
 515-286-2136



June 2009

Noodle News

Volume 156

Food for Your Brain



JUNE

Happy Father's Day

TURKEY LOVERS' & NATIONAL SOUL FOOD MONTH

Try these recipes:

Turkey Salad

- | | |
|--|--|
| 1qt & 2c Chopped turkey | 1 & 1/4 c -2Tbsp Fresh celery |
| 1/2 c Fresh chopped onions | 1/4 c & 1Tbsp Sweet pickle relish |
| 1/2 tsp Ground black pepper | 1 1/8 tsp Dry mustard |
| 3/4 c & 2Tbsp Lowfat mayonnaise | |

Directions:

1. Combine turkey, celery, onions, pickle relish, pepper, and dry mustard. Add mayonnaise. Mix lightly until well blended.
2. Cool from 70 degrees within 2 hours to 41 degrees within 4 hours
3. Mix lightly before serving

Portion size is 1/2 cup or 2 oz, approximately 12 servings.

Gumbo

- | | |
|------------------------------------|-------------------------|
| 2 Tbsp oil or shortening | 2 Tbsp flour |
| 1 Lg. onion | 2 cloves Garlic |
| 1/2 c chopped celery | 1 Tbsp parsley |
| 1 c water | 1 c steamed rice |
| 2 c chopped D&D sausage | 1 c shrimp |
| 2 c drummets | 1 c gizzard |
| 1 c tomato sauce | |

Heat up the pot with shortening put some garlic in it to spice it up. Then add chop celery, parsley, onion and water. Then add shrimp, drummets, tomato sauce, and D&D sausage. Bring to boil then simmer til done. Then add rice and serve.





PROVIDERS SHARE IDEAS:

During the Pleasing the Picky Palate training our providers came up with these ideas on how to get children excited about trying new foods.

❖ Have kids help make the food	❖ Give kids healthy dips
❖ Allow them to serve themselves	❖ Reinforcement from parents
❖ Educate the parents	❖ Read books about fruits and vegetables
❖ Draw funny pictures of fruits and vegetables	❖ Use chart to show like and dislike of the new food item
❖ Pick a color each day then eat something that is that color	❖ Serve new item with one of the children favorite foods.
❖ Take kids to the grocery store	❖ Have kids help with the menu
❖ Work new food into a theme for the week	❖ Use toothpicks for utensil depending on the age group
❖ Make funny faces with food	❖ Serve food in different ways, raw, cooked or casserole
❖ Eat with the children and set a good example	❖ Laminate foods from adds
❖ Plant a vegetable for the children to grow, prepare & eat	❖ Visit a greenhouse to see all the different fruits and vegetables
❖ Blind fold – Sensory Taste test, feel & smell	❖ Exploring foods workbook that was handed out

CACFP HELPFUL HINTS

- If some one opens the door when a monitor comes out, all of your records must be available. If your monitor is not able to initial your claim documents you will not be paid for those days. If you do your paperwork daily these documents will be available to your monitor. Please do not be upset with your monitor as this is part of their job.
- Before you come in to our office during the lunch hour, please give us a call. From time to time we do lunch together to do some brainstorming. Then sometimes there is only one person in the office and may be out to lunch at this time.
- If have decided to do dinner and weekends you need to notify your monitor. Your monitor will have you complete a provider change form. This must be done before you can get paid for these meals.
- We believe that it is very important for you to check your error report. Please wait to do so it usually takes us about 3 working days to complete the claim. When you see the error report before the claim is finished it your totals may not be correct.





The following Workshops are available through CACFP Please call Pamela Patterson at 515-286-2136. Our classes are FREE and held at

1914 Carpenter Ave, Des Moines, IA 50314.

June 24, 2009 Part time hours 6:30pm -8:30pm. This is helpful to make more money if you are a category B or C.

June 25, 2009 Web Kids 6:30pm -8:30pm

July 18, 2009 6:30p.m. -8:30p.m. Infant Toddler Nutrition

September 14, 2009 6:30p.m.-8:30p.m. Infant Toddler Nutrition

For a list of Workshops available through CCR&R Please call Carol Rainforth at 515-246-3561.

CACFP requires 1 1/2 hours of training that must be completed by September 30th each program year (October – September).

The State (DHS) requires 12 hours of training that must be completed for each of the 2 years of registration.



AWARE OUR E-MAIL ADDRESSES HAVE CHANGED!!!!

You may contact us in a number of ways: phone, email or drop in.

CACFP Staff phone numbers and e-mail address:

Pamela Patterson : 515-286-2136

pamela.patterson@polkcountyiowa.gov

Treva Olson: 515-286-2063

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Lorna Sapp: 515-286-3284

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Penny Warner: 515-286-2037

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Gracy Kirkman: 515-286-3703

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May food sheets are due June 5th

WebHX claims are due the 5th

Claims received on the 6th or after are a late claim

WebHX claims received on the 6th or after are late claims

Checks for the May reimbursements will be mailed no later than

June 24, 2009



Holidays eligible for reimbursement:

Veterans Day – November 11, 2009

Remember to call in a couple of days before each Holiday and let CACFP know that you are working on the holiday and complete the Parent signature form and turn it in with the claim for the same month

