



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



May 2009
 Food for Your Brain

Noodle News

Volume 155



Did you know May 10th – May 16th is Food Allergy Awareness Week?

Some of the most common symptoms of food allergies are:

- ✓ Tingling of the mouth
- ✓ Hives, itching & eczema
- ✓ Swelling of the lip, tongue, throat, face or other parts of the body
- ✓ Wheezing, nasal congestion or trouble breathing
- ✓ Abdominal pain, diarrhea, vomiting or nausea
- ✓ Dizziness, lightheaded, fainting

The most common food allergies:

- ✓ Peanut
- ✓ Milk
- ✓ Egg
- ✓ Soy
- ✓ Wheat
- ✓ Fish
- ✓ Shellfish





Craft Corner

Fingerprint Flowers

By Amanda Formaro

Difficulty: Easy

Age: 4 and up

This darling craft makes a wonderful keepsake. Perfect for Mother's day, Grandparent's day or just to usher in spring. Be sure to check out all of our spring and Easter Crafts. What you'll need:

- ✚ Construction paper
- ✚ Acrylic paint
- ✚ Green chenille stems
- ✚ Scissors
- ✚ White craft glue

How to make it:

1. Cut out simple flower shapes from construction paper.
2. Dip child's finger into acrylic paint and dab off excess, then press onto each petal. Dab a contrasting color into the center of the flower.
3. Cut chenille stem in half.
4. Glue chenille stem to the back of the flower.
5. Display your pretty flower in our <http://crafts.kaboose.com/sunshine-flower-pot.html>

Tips:

- ✚ While this is a simple craft, if you are working with smaller children you may want to cut out the flower shapes ahead of time.
- ✚ If you don't have chenille sticks you can substitute with craft sticks or straws.
- ✚ You can use plain white paper and colorful paints if you don't have construction paper.





CACFP HELPFUL HINTS

Web providers: There is a **HELP** button at the top of your screen. This button is a faster way to get the answers to most of your questions. If you can not get help by using the button please give us a call.

New providers: When entering enrollments on system you need to enter the date that the child started. If you put a different date in the system and there is no date on the enrollments we can not change the date.

All providers: Please look over the enrollments before sending them in. If an enrollment is incomplete we will try to call the parent if we are unsuccessful, we will then mail the enrollment back to the parent to be completed.

If you have faxed or e-mailed your part time hrs or dinner sheet in you will not need to send in the original. However, when you fax in an enrollment we will need the original mailed in to the office.

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.

May 14, 2009 Pleasing the Picky Palate 6:30pm -8:30pm. This is a repeat of the classes in March during CACFP week. **This class is filling up fast.**

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

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





CACFP requires 1 ½ 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.



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

CACFP Staff phone numbers and e-mail address:

| | |
|---|--|
| Office Spec: Pamela Patterson : 515-286-2136 | ppatter@co.polk.ia.us |
| Monitor: Treva Olson: 515-286-2063 | tolson@co.polk.ia.us |
| Monitor: Lorna Sapp: 515-286-3284 | lsapp@co.polk.ia.us |
| Monitor: Penny Warner: 515-286-2037 | pwarner@co.polk.ia.us |
| Program Specialist: Gracy Kirkman: 515-286-3703 | gkirkma@co.polk.ia.us |

April food sheets are due May 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 **April** reimbursements will be mailed no later than

May 20, 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

