



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



November 2008

Noodle News

Volume 149

Food for Your Brain

Reminder

Your Registration is the **key** to reimbursement for meals served to enrolled children each month. Reimbursement will not be paid for months that the Registration Certificate does not cover. Reimbursement will not be paid after the Registration expires without a copy of the DHS renewal application.

Keep a copy of the DHS renewal application. Send it to CACFP. This allows CACFP to continue to reimburse you for meals after the registration expiration date.

When you have the new registration certificate or the new seal for your current registration certificate send CACFP a copy.

Should you **move** keep a copy of the DHS change of address application. Send it to CACFP. This allows CACFP to continue to reimburse you for meals.

When you have the new registration certificate with the new address send it to CACFP.

Should you change your name keep a copy of the DHS change of name application. Send it to CACFP. This allows CACFP to continue to reimburse you for meals.

When you have the new registration certificate with your new name on it, send it to CACFP.

Failure to follow through with registration changes with a copy of the application and then the new registration certificate will result in delayed or denial of reimbursement.



Workshops for November

Call Carol Rainforth (515-246-3561) for workshops available through CCR &R.

Call Pam (515-286-2136) for workshops available through CACFP.

November 22, 2008 WEB HX TRAINING (Saturday) 9:00 a.m. 11:00 a.m.

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.

CACFP Staff phone numbers and e-mail addresses:

Please contact Pam with CACFP questions or to have forms mailed to you.

Office Spec: Pamela Patterson: 286-2136

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Monitor: Treva Olson : 515-286-2063

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Monitor: Penny Warner: 515-286-2037

pwarner@co.polk.ia.us

Monitor: Lorna Sapp: 515-286-3284

lsapp@co.polk.ia.us

Program Specialist Gracy Kirkman 515-286-3703

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November food sheets are due December 5th

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



Checks for the October reimbursements will be mailed **November 19, 2008**





Dipping Sauce for Vegetables:

- 1/4 cup plain nonfat yogurt
- 1/4 cup light sour cream
- 2 teaspoons honey
- 2 teaspoons spicy brown mustard



Chicken Nuggets with Pineapple-Orange Dipping Sauce

Makes 4 servings

Ingredients:

- 1 egg
- 2 tablespoons milk
- 3 1/2 cups cornflakes, crushed

1 pound boneless, skinless chicken breasts,
cut into nugget-size pieces

Dipping Sauce:

- 1 can (8-ounce) sliced or crushed pineapple in juice
- 1 tablespoon cornstarch

- 1/4 cup pineapple orange juice
- 1/4 cup barbecue sauce

Prepare dipping sauce: Pour undrained pineapple into the blender. Secure lid and process until it's a thick puree. Pour pineapple into the saucepan and add cornstarch; blend. Add pineapple orange juice and barbecue sauce; blend. Bring to a boil, then reduce heat and simmer, stirring until sauce thickens, about 3 minutes. Remove from heat and set aside.

Prepare chicken nuggets: Preheat oven to 400 F. Whisk the egg and milk together in a small mixing bowl. Place cornflakes in a plastic bag. Dip chicken pieces in egg mixture, then shake with cornflakes to coat. Put coated chicken on a baking sheet. Carefully place baking pan in oven and bake for 15 minutes. Carefully remove the baking pan from the oven. Serve nuggets with warm pineapple-orange dipping sauce.





November is National Peanut Butter Lovers Month!

How to make your own homemade peanut butter.



What you need: A blender or food processor
2 cups canned, roasted, salted Peanuts
1 tablespoon of oil
1 tablespoon sugar or Splenda

What to do: Put the 2 cups of peanuts & oil into the blender or processor

Blend on low at first then slowly increase the speed. Don't over do it, you just want to make sure the peanuts become creamy and the mixture is smooth.

Now taste it! If you want it sweeter add the sugar or some honey.

Eat or store in a sealed container. Refrigerate for up to 5 days. If you notice the oil rising to the surface, just stir it before using.

Holidays eligible for reimbursement:

Veterans Day – November 11, 2008

Martin Luther King Jr. Day – January 19, 2008

Presidents Day – February 16, 2008

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.

