



Happy Valentine's Day Noodle News

February 2012

Volume 187

Community, Family & Youth Services
CACFP
2309 Euclid Ave
Des Moines, Ia 50310
515-286-2136

The 2nd Trimester will be on Portion Sizes.

Just

To let you know:



- ◆ Please toss the envelopes and enrollments with the 1914 Carpenter address on them away. We have new envelopes and enrollments with the new 2309 Euclid address on them. Please do not mail anything to the 1914 Carpenter address the forwarding will be expired.
- ◆ If you are unable to attend a class that you signed up for please call us. If you sign up for 2 classes and miss them both

without notifying us the next class you sign up for you will be put on a waiting list.

- ◆ Please don't wait until the last minute to sign up for your nutrition training. We are only required to offer 13 trainings a year. Keep in mind that our trainings are free and you are only required to take one class for our program.
- ◆ Please read your messages in the Minute Menu.

CACFP Classes: All classes are at 2309 Euclid Ave, Des Moines, Ia 50310, unless otherwise specified. Please call Pam @ 286-2136 to sign up.

February 15, 2012

Organic Foods- What's the Difference
6:30p.m.-8:30pm.

February 21, 2012

Creditable Portion Sizes
6:30p.m.-8:30pm.

March 14 or 15 2012

CACFP Week Exploring Food Together
6:30p.m.-8:30pm.



Portion Size is Important

By serving the correct portion size and balancing the meal out with nutritious foods you will be helping to teach children good meal habits.

Serving appropriate portions along with exercise will help children to maintain a healthier weight and combat obesity.

Important Dates to Remember:

February food sheets are due by **March 5, 2012**

WebHX claims are due **March 5, 2012.**

Claims received on the 6th or after are considered late claims.

WebHX claims received on the 6th or after are also considered late claims.

Checks for the **February** reimbursement will be mailed no later than **March 21st**

Next Paid Holiday: November 12, 2012

Don't forget to have parents sign the Parent signature sheet if you are open during this holiday. If it is not turned in, you will not get paid.

You may contact us by

Calling, E-mailing or dropping by between the hours of 8:00am-12:00pm or 1:30pm-5:00pm

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Recipe: Full of Nutrition

Braised Mixed Berry Compote

Original Kaboose.com recipe and photography by Vanessa Bush

Holiday Recipes Links

This simple mix of fresh berries will sweeten your Valentine's Day breakfast or brunch meal. And the antioxidants in the berries have huge health benefits too.

Ingredients

- 1/2 cup sugar
- 1/2 cup water
- 1 cup blackberries
- 1 cup strawberries
- 1 cup raspberries
- 2 tablespoons butter
- Sprig of fresh mint

Cooking Time:

15 minutes

Ready In:

20 minutes

Cooking Instructions

1. In a large saucepan, bring sugar and water to a boil. Simmer for about 10 minutes on medium-low heat.
2. Add the blackberries and strawberries, stir to mix thoroughly and simmer on low for 2 minutes.
3. Add the raspberries and butter to the mixture; warm until butter just melts.
4. Remove from heat; let cool slightly. Garnish with mint.

Tips & Tricks

Top with fresh whipped cream or creme fraiche.

Preparation Time:

5 minutes



Recipe: Full of Fun

Valentine Pancakes with Maple Raspberry Sauce

Original Kaboose.com recipe and photography

Ingredients

Pancakes:

- 1-1/2 cups all-purpose flour
- 3 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1-1/3 cups buttermilk
- 1 large egg, at room temperature, lightly beaten
- 3 tablespoons butter, melted

Make-Ahead

Pancakes can be made ahead, cooled, then wrapped well and frozen up to 1 month.

Tips & Tricks

Reheat frozen pancakes in toaster. Reheating them this way they will have the very thin, crunchy layer on the sides of the pancakes.

A microwave can also be used to reheat frozen pancakes. Reheating them this way the pancakes will have a uniform soft texture.

Preparation Time:

15 minutes

Ready In:

20 minutes

Make breakfast special with these heart-shaped buttermilk pancakes topped with a sweet and easy-to-make raspberry-maple sauce. Other than tasting great, they can also be made ahead and reheated for an any-time treat.

Maple Raspberry Sauce:

- 3/4 cup seedless red raspberry jam
- 3 tablespoons maple syrup



Cooking Instructions

1. In a large bowl whisk flour, sugar, baking powder, baking soda and salt to combine.
2. Make a well in the dry ingredient. In the well add the buttermilk, egg and butter. Stir to moisten. It will not be smooth.
3. Grease and heat griddle over medium low heat. For each pancake, pour 1/4 cup of batter onto griddle. Cook about 1-2 minutes, or until bubbles appear on the top of the pancakes. Turn and cook about 1-2 minutes more or until just cooked through. Repeat with remaining batter.
4. With 3-inch heart-shaped cookie cutter, cut pancakes into hearts. *For sauce:* In medium microwavable bowl cook raspberry jam with maple syrup on high; stir to combine. Continue to heat in 30 second intervals, stirring to combine, until raspberry jam is melted