



JUNE 2011

Noodle News

Volume

179

Community, Family & Youth Services
CACFP
1914 Carpenter Ave
Des Moines, Ia 50314
515-286-2136

ONLY THE PARENT IS ALLOWED TO FILL OUT THE CHILD'S ENROLLMENT.

We have mailed letters to providers that still need to take a training class. We don't have many left so if you haven't signed up for one of ours, make sure to find a Nutrition or Records Keeping Class before the end of September. Please call Gracy before you sign up to see if it is accepted for the food program.

Please make sure to sign up for the CACFP Recertification. This is a mandatory training for all providers. (pick a day and a time and call Pam to Schedule)

Sept. 7	6:00p - 6:30p
	6:45p - 7:15p
	7:30p - 8:00p
Sept. 8	6:00p - 6:30p
	6:45p - 7:15p
	7:30p - 8:00p
Sept. 9	6:00p - 6:30p
	6:45p - 7:15p
	7:30p - 8:00p
Sept. 12	6:00p - 6:30p
	6:45p - 7:15p
	7:30p - 8:00p

CACFP Classes:

June 15, 2011 6:30-8:30p.m. Avoid Serious Deficient Findings. This will be held in our office.

July 18, 2011 6:30-8:30p.m. Farmers Market. This class will be held at South Ridge

Aug. 4, 2011 6:30-8:30p.m. Farmers Market. This class will be held at Valley Junction

Healthy Menu Makeover On-Line Module information will be mailed to you soon. DHS has approved this 4 hour class.



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:

June food sheets are due by **July 5, 2011**

WebHX claims are due **July 5, 2011**.

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 June reimbursement will be mailed no later than **July 20, 2011**

Next Paid Holiday: November 11, 2011.

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

☺ Gracy Kirkman 515-286-3703

Gracy.Kirkman@polkcountyiowa.gov

☺ Pamela Patterson 515-286-2136

Pamela.Patterson@polkcountyiowa.gov

☺ Treva Olson 515-286-2063

Treva.Olson@polkcountyiowa.gov

☺ Lorna Sapp 515-286-3284

Lorna.Sapp@polkcountyiowa.gov

☺ Penny Warner 515-286-2037

Penny.Warner@polkcountyiowa.gov

SERVE DELICIOUS SMOOTHIES TO YOUR KIDS!!!



Ingredients:
2 cups frozen mixed berries
1 cup strawberry flavored yogurt
1 banana sliced
1 cup milk
1/2 teaspoon white sugar (optional)



Directions:

In the container of a blender, combine the mixed berries, strawberry yogurt, banana, milk and sugar. Cover and blend until smooth. Pour into glasses and serve.

This recipe makes 3 servings. This would be creditable as a snack or a breakfast with a whole grain bagel.

Recipe found in allrecipes.com

YOU TUBE VIDEO ON MINUTEMENU INSTRUCTIONS

If you are needing extra instructions the Michigan CACFP has put together you tube videos on how to print reports, enter children, review claims and menu templates. It is both available in English and Spanish. It is very easy. You can click on the hyperlink below to go to the you tube video. If it doesn't work go to the internet and google youtube.com and then find acdkidsfoodprogram

<http://www.youtube.com/watch?v=gADuaQYMBgq>

Always give us a call if you have any questions regarding Minute Menu or if your computer is down.

Web Kids– computer people must be printing out their errors every month. If you don't know how to do this please use the you tube video or call Gracy for instructions.
