



This is what the front of our office building looks like.



AUGUST 2012

NOODLE NEWS

Volume

193

Just a few

Notes:



MILK

2% MILK is not creditable on the food program as of 10-1-11. If we see this on your scannable forms or if you have it recorded on Minutemenu meals will be removed. Children under 2 must be served whole milk.

ENROLLMENTS

New enrollments will be mailed out to everyone this month. Please throw away all the old ones. You are required to only use the one we mail you this month. If old one are used they will be returned. Only the parents can fill them out.

RENEWAL

Renewal will be held in September. It will be required that you attend because we will be going over paperwork in your files. You will be turning in enrollments filled out by parents, and the Iowa Eligibility application if claiming own children on our program. Also Civil Rights must be documented that we have gone over with you.

Fax-Scan-Drop Off

You can always fax us your documents at 323-5211. You can scan and email to any one of us. We also have a drop box outside of our office. Please do not turn in original if you have fax one unless we ask you.

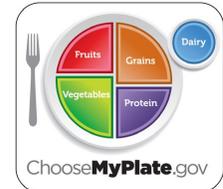
OUR CLASSES ARE FULL

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

If you want to take the **online class**, Healthy Menu Makeover, please call us and we will mail you the information. If we have your current e-mail address, the information has been sent already.

You can also take another **on-line training**. **DHS will not accept it but we will.** Go to fosterparents.com and click on Dietary Guidelines, Food Allergies, and Eating Disorders. The price is \$6.95.

**Community, Family & Youth Services
CACFP
2309 Euclid Ave
Des Moines, IA
50310**



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:

August food sheets are due by **September 5, 2012**

WebHX claims are due **September 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 **August** reimbursement will be mailed no later than **September**

19, 2012, 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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Ingredients

- 4 whole wheat flour tortillas (8 inch)
- 1/2 cup Peter Pan® Creamy Peanut Butter
- 6 tablespoons granola cereal
- 1 large red-skinned apple

Nutrition Information*

Serving	4 servings (1 wrap
Size	each)
Calories	380

Directions

1. Spread each tortilla to 1/2 inch of edge with 2 tablespoons peanut butter. Sprinkle 1-1/2 tablespoons granola over lower two-thirds of peanut butter.
2. Cut apple into quarters; remove core and chop into small pieces. Sprinkle apple evenly over granola. Start rolling each tortilla on apple end. Fold over 1 edge and continue rolling up, leaving one end open. OR, fold over both edges and continue rolling up burrito style.

A picture of providers during our Physical Activity in CACFP. We had a great time.

