



February 2018

When I said Happy Winter I had no idea we were talking temperatures that low!
Brrr!

We have assembled a group of often forgotten or little know facts about the food program. If you have any questions—please reach out to us for clarification!

Jody



CNS sent many more menu comments sheets this month.
Lots of new guidance with the new regulations!



CNS does not restrict you from claiming any holiday!

For the 6 major holidays you need to submit documentation in advance. All other minor holidays are business as usual. Call if questions!

Please specify a brand of WG crackers or chips.

Example: SunChips WG or Triscuit WG

Tier II providers can income screen at any time if their income has changed.

Any meals that are not paid by CNS can still be deducted from your taxes as a business expense.

All forms can be printed from the CNS web site: www.gocns.net

CNS conducts parent audits every month.

If you haven't been audited yet—you will. We like to prove everyone's honesty.



Eliminate pre-breaded meats from your daycare.

Most processed meat items are higher in sodium, fat and calories. Try making homemade chicken nuggets (mark HM) , oven bake chicken legs, bread your own fish, make casseroles or buy deli sliced meats—so many other ideas to explore!

It is the provider's responsibility to show CNS staff your menus at any time.

If you can't produce menus and attendance —you can't be paid.



Graham Crackers and Animal Crackers have been approved to serve!

But not Vanilla Wafers or Fig Newtons.

Please use WG to specify whole grain. Not WW!



Best Practices/Regulations

- ◆ Limit 100% fruit juices to 1 time daily.
- ◆ Select Whole Grain items. One item each day will need to be Whole Grain Rich. Mark as WG.
- ◆ Serve only unflavored milk.
- ◆ Do not Deep Fat Fry
- ◆ No Grain-Based Desserts
- ◆ Select yogurt with <23 g sugar per 6 oz.
- ◆ Mom's can breastfeed on site and the provider receives reimbursement.
- ◆ Choose Low sugar (<6 g) cereals. Always list cereal by name brand—not "child's choice "or "cold cereal".
- ◆ Breakfast may include a meat/meat alternate in place of the grain requirement up to 3 x week.

Contact CNS

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 Child Nutrition Services, NE

 Child Nutrition Services

Congratulations



Provider Michelle Reinke of Beatrice welcomes **Tinlee Marie Reinke** on 12/7/17. Tinlee weighed 9LBS 1.1 oz. She is adored at home by brothers Trevor -13, Tristan 11, and sister Raelyn age 2.

Congratulations Phil and Michelle!



CN Labels!

So what is up? As we try to sort out the new USDA guidance on processed meat products (chicken nuggets, fish sticks, etc.) we have the following tips.

- * Processed meats/prebreaded meats cannot be served at your home unless you have a CN label in your hands for that specific product. If you do—send us a copy and let us know where you found it. If it has a CN label carefully look and see what the proper portion is to serve the kids to get adequate protein.
- * If you can't find CN labeled products—try to switch your menu options—chicken breasts, chicken legs, casseroles made with chicken, chicken fajitas, fish fillets, etc. You can also make homemade chicken nuggets, strips, etc. Mark HM on your menus.
- * Incorporate other meat products—fish, pork, beef or turkey. Just avoid any pre-breaded items.

WHY? Most pre-breaded meat products have added fat and sodium, fillers and by-products. Some products have more breading than meat and so kids weren't getting the protein they need.

Benefits—cost savings for providers, less fat, less sodium, more real flavors in the foods. Children will be exposed to many more meal options!

February 2018 Dates to Know:

Monday, February 5th—Claims are Due

Wednesday, February 14th—Happy Valentine's Day

Monday, February 19th —President's Day—CNS is open—call office if you are closed

Tuesday, February 20th—Checks SHOULD BE* mailed

Wednesday, February 21st—Bank Transfers SHOULD BE* complete based on information provided by:

The Nebraska Department of Education

Happy
Valentine's
Day