



## April 2018

Daylight saving time is here! Hubby and I have differing views on this—I definitely prefer that extra hour of light in the evenings. I am so ready to get out and dig in the dirt!

If you know the expression—“the best made plans.....” I’m afraid the spring workshops hit a bit of a snag and we had to **change dates on Geneva and Auburn**. The correct dates are listed! We have also added a **Gretna workshop** per your request!

Make every effort you can to attend your closest workshop. This is your very best opportunity to get your questions answered. Enjoy creditable foods, new toys and fun!

Bring any labels you would like to share. We are asking each participant to **bring a creditable food item (as you are able) to donate to the local food pantry.**

We want to share our message of low sugar cereals and whole grains with your community.



Remember.....

- **Enrollment forms are due** with the claim to be **paid** for new children.
- **No school days** must be documented to be paid per USDA regulation. Write...**No school, 14th, teachers in-service.**

**You cannot be paid if information is missing!**

Jody

## Best Practices/ Regulations

- ◆ **Limit Juices to 1 time daily** (whether fruit, vegetable or combination of both).
- ◆ **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.**

## SPRING WORKSHOPS

**Please bring a creditable food item to donate to the local food pantry.**

Good Nutrition is our Mission +1 We are 1 year into promoting the new regulations! Join us to review, clarify and learn new ways to incorporate changes. Always a lot of fun—T-shirts for all! CNS providers will receive a special door prize, helpers and guests will get a goody bag!

Auburn—Tuesday, April 10th Nemaha County Hospital 2022 13th St Auburn

Lincoln—Wednesday, April 11th SCC 8800 O St. Lincoln, NE **Room V103 new room.** Use Southeast Entrance by curved glass.

Beatrice—Monday, April 16th Beatrice Community Hospital 4800 Hospital Pkwy

Geneva—Wednesday, April 25th Fillmore County Hospital 1900 F St Geneva, NE

 Gretna—Monday, 30th Gretna Public Library 736 South St. Gretna , NE

All workshops are 7–9 pm. Please call or email to sign up in advance. Continuing education credit is preapproved.

## Contact CNS

### Phone:

402-335-4044

1-800-927-7122


### Email:


Jody@gocns.net


Brooke@gocns.net

Tanya@gocns.net

Fax: 1-877-837-1493

 www.gocns.net

 Child Nutrition Services, NE

 Child Nutrition Services

Ready for Spring Workshops!

T-shirts

Toys

Food

Games

Fantastic Presentation reviewing all the new CACFP regulations!

Answers to all your questions!

Opportunity to give back to your community! Bring a creditable food item as you are able.

Call and let us know how many will be attending! Your guests will receive a gift bag from CNS!



**Five Dates!**

**Five Locations!**

**Don't miss out!**

Food Drive



April 2018 Dates to Know:

Sunday, April 1st—Easter

Thursday, April 5th—Claims are Due

Tuesday, April 10th—Auburn Workshop 7—9 pm

Wednesday, April 11th—Lincoln Workshop 7-9pm

Monday, April 16th—Beatrice Workshop 7—9 pm

Wednesday, April 18th—Checks SHOULD BE\* mailed

Thursday, April 19th—Bank Transfers SHOULD BE\* complete based on information provided by:

The Nebraska Department of Education

Wednesday, April 25th—Geneva Workshop 7-9 pm

Monday, April 30th—Gretna Workshop 7—9 pm

