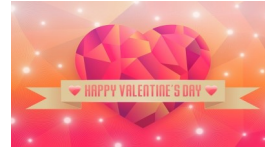




# What's Cookin' Child Nutrition Services



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I hope you all receive something special on Valentines Day. Flowers are always nice! Try to spread the love year round!



Try serving fresh or frozen fruit with yogurt for Valentine Treats and avoid those sweet extras on this special occasion. I hope everyone has a wonderful Valentines Day! Brooke



**Labels**—keep a paper or electronic file containing labels for wholegrains, cereals, yogurts, hotdogs/frankfurters and bologna. Specify kind of meat in hotdogs/frankfurters.

**CN Labels and Product Analysis Statements**—Documentation needed on file if serving breaded meats.

**Food Program Menus and Meal Attendance**—These Records **must** be documented Day of Service.

**Enrollment Forms**—Make sure forms are complete and signed by parent before sending to CNS.

**100% fruit/vegetable juice**—limit to serving 1 time per day.

**Cereals**—choose cereals containing 6 grams of sugar or less. *(keep your labels)*

**Yogurts**— choose yogurts containing 23 grams of sugar or less per 6 oz. *(keep your labels)*

Breakfast may include a **Meat/Meat Alternate** in place of the grain component up to 3 times per week.

Serve 1 **Wholegrain** per day. Keep your label and Mark WG on menus/check WG box for online claiming.

**Do NOT deep fat fry!**

**NO grain based deserts!**

**Serve only Unflavored milk!**

**Introduction to Solids Forms**— Update this form as more solids are added to the infants meal pattern.

**Please call with any questions.**

**Let us know if you do not receive our Monthly Newsletter by mail or email.**

Grains must be **Whole** or **Enriched** to be creditable on the Food Program.



Visit a **WIC** list for creditable cereals. Watch for the **WIC label** in grocery stores.



Child Nutrition Services  
1-402-806-4477

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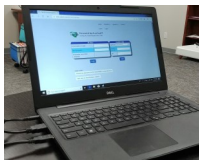


## Small Hands Crafting

To make puffy snowflakes and snowmen, mix equal parts salt and flour in a bowl. Food coloring is optional. Add enough water to make the consistency of pancakes. Pour the mixture into a squirt bottle and let the children make their snowflakes on heavy paper. Microwave the drawing on high for about 30 seconds. The paint is dry and puffy!



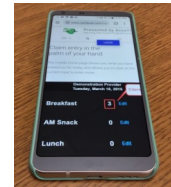
[www.cacfp.org](http://www.cacfp.org)



**Online Claiming**—If you are entering menus and attendance from your phone make sure to use the mobile link.

[www.cacfpnet.com/home/MobileApp.aspx](http://www.cacfpnet.com/home/MobileApp.aspx)

Let us know if you would like to start claiming online!



Check out these **Team Nutrition Training Webinars** on Thursday's. These are approved and will count towards your 12 credit hours required for licensing. Click on Resources Order Form for Free Resources.

Go to <https://www.fns.usda.gov/tn/team-nutrition> and click on Trainings and Webinars.

Here are some other training/webinar links , feel free to check them out and see if any interest you!

<https://moodle.education.ne.gov/course/index.php>

<http://eepurl.com/cc049f>

This UNL link will take you to their website which offers Teaching activities & Resources, Food Safety Education, Physical Activity Guide, Food Calendars with Recipe Ideas and much more. Check it out!

<http://food.unl.edu/fit-and-healthy-kids>

### February Dates to know...

Saturday, **February 2nd**—Groundhog Day.

Tuesday, **February 5th**—Claims are Due by Noon.

Thursday, **February 14th**—Happy Valentine's Day!

Monday, **February 18th**—Presidents' Day.

Tuesday, **February 19th**—Checks SHOULD BE\* mailed.

Wednesday, **February 20th**—Bank Transfers SHOULD BE\* complete based on Information provided by:

The Nebraska Department of Education.

