



What's Cookin' Child Nutrition Services



Volume 48 Issue 25

January, 2020



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Happy New Year! Get ready for all the New Year's resolutions. You all are already off to a good start with eating healthier and by serving healthier foods to your daycare children. I have had many providers comment that they have noticed a difference in how they feel since they too are eating healthier. These changes have made us all more mindful of what we are putting into our bodies. We like to see those who are making the best of the situation.

April, Renae and I would like to wish you all a Happy and Safe New Year!!! Brooke

MEAT/MEAT alternates can be served in place of the grain portion at Breakfast **up to 3 times per week.**

Specify kind of meat in **hotdogs/frankfurters** and **bologna**—list if beef, chicken, pork or turkey.

Specify kind of meat in **casseroles** and **meat dishes**. For example: pork spaghetti casserole or beef sloppy joes.

SERVE low sugar **Yogurts** (23 grams or less per 6 oz. serving.) **Cereals** served may contain 6 grams of sugar or less per dry oz.

1% or Skim MILK is required at meals for all children 2 years and older. Substitutions **require** a Doctor's note or a Medical Statement form on file with CNS. Let us know if you would like us to mail you a Medical Statement form.

Whole Milk is required at 1 year of age. Limit 100% fruit/veggie Juice to 1 X Daily! Serve 1 wholegrain item daily!

Keep Labels for all **Cereals, Commercially processed meats, Yogurts and Wholegrains** served in your daycare.

***KEEP CN Labels or Product Formulation Statements** when serving breaded meats such as... **fish -sticks, patties, fillets, chicken -nuggets, patties, strips, corndogs, summer sausage, and salami.** *If serving commercially breaded meats or combination foods have your **CN Labeled** product package on file or a qualifying **Product Analysis Statement** for your product. Make sure adequate portions are being served. Try serving non-breaded meats and bread them yourself.

Holiday Forms—We must receive your Holiday Form if claiming children on **New Year's Day** by December 24th!
Let us know if you need a Holiday form.

Cookies, cakes, cupcakes, pop tarts, donuts, cinnamon rolls, pies, cobblers, brownies, vanilla wafers, bread pudding, cereal bars, granola bars and any type of desert items **are NOT allowed and will be deducted from your menus if served.**

***INFANTS**—Serve **Iron fortified infant cereal or a meat/meat alternate** along with Breastmilk/Formula and Fruit/Vegetable at meals. Try serving cheese, cottage cheese, eggs, creditable meat or yogurt in place of the IFIC at Breakfast, Lunch or Dinner if IFIC is not an option per parent request.

Pancakes, low sugar breakfast cereals, toast, crackers, waffles and muffins at snacks only.

Juice is NOT allowed for Infants!

Formula Documentation—You are required to offer to supply an Iron Fortified Infant Formula to all infants enrolled in your daycare. This information must be documented on their Enrollment Form even if the Parent declines the formula you offered.

*** Do NOT deep fat fry!**

***No Grain Based Desserts are to be Served!**

***Serve only Unflavored Milk!**



Child Nutrition Services

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Spring Workshop Dates: Growing Healthy Kids in 2020

Geneva—Monday, March 16th 1900 F Street @Fillmore County Hospital.
Lincoln—Tuesday, March 24th 4720 Randolph St. @Tabitha Health Care.
Auburn—Tuesday, March 31st 1810 Courthouse Ave. @Auburn Library.
Beatrice—Monday, April 20th 4800 Hospital Parkway @ BCHHC.
Gretna—Thursday, April 23rd 736 South St. @Gretna Public Library.

All Workshop Times are 7-9 p.m.

Call or email to Register
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402-806-4477

Newsletters & Vouchers by Email—Watch for a monthly email from april@gocns.net with this Information.

If you would like to receive your Newsletter and Voucher by email let us know.

Online Claiming—From a mobile device use this mobile link. www.cacfpnet.com/mobile

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



Penguin Crackers with olives & carrots.



Tortilla Snowflakes!



Cocoa cup made with popsicle sticks, cotton balls, construction paper and a little paint!



Snowman foot prints!



Snowman yogurt cups!



Cute Penguin Craft!



January Dates to know...

Wednesday, January 1st—*Happy New Year!*

Sunday, January 5th—**Claims are Due!**

Tuesday, January 21st—Martin Luther King Jr. Day!

Tuesday, January 21st —Checks **SHOULD BE*** mailed.

Wednesday, January 22nd—Bank Transfers **SHOULD BE*** complete

based on information provided by: The Nebraska Department of Education.

