



# What's Cookin'

## Child Nutrition Services

brooke@gocns.net

april@gocns.net



August, 2024

Volume 103, Issue 80

*I hope you all had a safe and happy 4th of July! Can you believe school will be starting soon, the Summer went way too fast! We are also nearing our Enrollment Renewal period. Make sure to re-enroll all children in your care, these renewals are effective 9/1/2024. Children enrolled in your daycare as early as July or August will not need a renewal again in September, their July or August enrollment will be copied over for the September renewal. Let us know if you are needing enrollment forms for families in your care. Enjoy the rest of your Summer! ~Brooke~*

### Healthy Peanut butter fruit dip

- 1 (5 ounce) container vanilla Greek-style yogurt
- 2 tablespoons peanut butter
- 2 tablespoons honey
- 1/8 teaspoon ground cinnamon
- 2 tablespoons chia seeds (Optional)
- Mix yogurt, peanut butter, honey, and cinnamon in a bowl until well blended; fold in chia seeds.



### **Meatless Monday's**—Do you want to try something new?

Try serving a meat alternate on Monday's in place of your meat. Here is a list of meat alternates to try.

Black beans  
Yogurt

Cooked dried beans or peas  
Refried beans

Cheese  
Eggs  
Hummus  
Peanut butter

Cottage cheese  
Ricotta cheese  
Nut or Seed butter

Serve additional protein when peanut butter or cheese is your main protein at Lunch or Dinner.

**RENEWAL ENROLLMENTS**—September is our Renew month where all children in care need an updated Enrollment Form on file. On these renewals make sure to include school name, start and end dates for all school age children. Be sure to look over forms before sending them in to make sure they are complete and have a parent signature and the date.

**GRAIN BASED DESSERTS**—Home made grain based desserts are NOT allowed to be served in the CACFP as a creditable food component. No cookies, cakes, cereal bars, granola bars, poptarts, donuts, cinnamon rolls, vanilla wafers, brownies or bars of any kind. **Eliminate grain based desserts from your menus to avoid deductions.**

**CNS RECORDED TRAINING**—If you were unable to attend our Spring Workshops in person, you should have received by email our Recorded version. Complete the training and quizzes then return the quizzes to CNS for your 2 hour certificate. This is not a required training but it is a nice review of Food Program Regulations.

**FOOD PROGRAM VISITS**—As always, be prepared for a visit from us or NDE. If you are following all the regulations all of the time then you are prepared. Complete menus and meal counts by end of day, serve creditable meals and snacks and have all forms on file and you will have a pleasant and successful visit. We look forward to seeing you!



Child Nutrition Services  
1-402-806-4477

829 W. Court St., Ste.4  
[www.gocns.net](http://www.gocns.net)

Beatrice, NE 68310  
1-800-927-7122





**Congratulations** to Derek and Mary Greenwald, Married May 26th, 2024 in Denver, CO. They are both Military Pilots. **We thank them for their service!** Derek is the son of Mike & Carol Greenwald, Carol has a home daycare in Lincoln, Ne.



**\*REQUIRED 2024 Annual Training & Civil Rights Training**  
**Be sure to complete and return this required training by 9/30/2024. Only a few out!**

**Do you know someone opening an In-Home Daycare?**  
 Have them contact us, you will receive a referral gift once they have submitted their first Food Program claim to us.  
 We would love to have them join CNS!

**PLEASE READ—Infant Documentation of Solids Form**—Does your infant menu match what the parent has allowed on the Infant Documentation of Solids Form? (purple form) Make sure you are servicing and documenting solids allowed by the parent for infants in care to avoid deductions!

**Need Training Hours????** Check out NDE’s Canvas Training for free recorded trainings you can watch on your own. To get started, register for a training and create an account that will track your trainings. A training certificate is emailed to you after the post– test is completed. See website below. Trainings can also be found on our website. [www.gocns.net](http://www.gocns.net)

- ◆ **NDE’s online Canvas Trainings**— Visit <https://www.education.ne.gov/ns/training/cacfp-training/>
- ◆ **2024 Calendar Training Modules are available and worth 5 hours of approved training, request the link via email.**
- ◆ **Team Nutrition –Free online recorded webinars.** Visit <https://www.fns.usda.gov/team-nutrition>
- ◆ **CNS Recorded Spring Workshop Training**—2 training hours, look in your email if you did not attend in person.

**NEW REIMBURSEMENT RATES!**

Family Child Care Homes		Tier I	Tier II
Breakfast increased 1 cent (Tier I) and 1 cent (Tier II)	Breakfast	\$ 1.66	\$ .60
Lunch/Supper increased 3 cents (Tier I) and 2 cents (Tier II)	Lunch/Dinner	\$ 3.15	\$ 1.90
Snack did not change (Tier I) and increased 1 cent (Tier II)	Snacks	\$ 0.93	\$ 0.26

Here is where the saying “Something is better than nothing.” comes in. Enough said.

**PFS and CN Labels**

**Breaded meats** require a qualifying Product Formulation Statement or a CN Label (found on product packaging) in order to credit at meals/snacks in the CACFP.

**\*If we have not viewed your PFS or CN Label at a visit please send a picture of the product you are wanting to serve to ensure it is approved and that you are serving the correct amount per each age**

**August Dates to know...**

Monday, **August 5th**—**CLAIMS ARE DUE BY NOON!**

Thursday, **August 22nd** Checks **SHOULD BE\*** mailed.

Friday, **August 23rd** — Bank Transfers **SHOULD BE\*** complete based on information provided by:

The Nebraska Department of Education. **\*THESE PAYMENT DATES ARE TENTATIVE DATES.\***

