



What's Cookin' Child Nutrition Services

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Hopefully all you mom's had a wonderful Mothers Day! Father's Day is just around the corner so Happy Father's day to all the Dad's out there too. Before we know it , the Summer will be half over. I hope you all have a family vacation planned so you can get some well deserved time away. We plan to get in as many camping trips as we can. Hoping for good weather without any major storms. Our Spring Workshops are finished up so if you were unable to attend in-person, you can request the recorded version. We also have many training resources on the back of this newsletter if you are looking for online trainings. Speaking of requirements, be sure to always be prepared for a visit from April or I along with a possible visit from NDE. They will be looking at the same things we look at. Keep records on site and up to date day of service for a successful review. Your success is our success! We all aim for successful reviews. Enjoy your Summer! ~Brooke~

Graham crackers, yogurt & fruit



Fruit, yogurt & tortillas



Cheese, apple, rice crispies & peanut butter



5 WAYS TO ENCOURAGE VEGETABLES & FRUITS.

1. Eat together. Let the child see you enjoying vegetables & fruits at meals and snacks.
2. Prepare together. Teach children how to tear lettuce, add vegetable toppings to pizza or add fruit to yogurt.
3. Get colorful. Choose different colors of vegetables & fruits to eat. Try to offer different vegetables & fruits throughout the week. Give the children coloring pages of the vegetables & fruits he or she has tried.
4. Make vegetables & fruits fun. Read about them in books. Plant a seed and watch it grow.
5. Share the adventure. Shop for vegetables & fruits together. Shop online with the kids.



DAIRY SUBSTITUTES

Did you know that there is a list of Dairy Substitutions that can be served in place of cow's milk if needed. If you have a child that is not able to consume cow's milk, there are some creditable milk substitutes. Check them out on our website at www.gocns.net under FORMS the click on Milk Substitutions. If a child in your care can drink one of these creditable options, then the parent needs to complete the Request for Meal Accommodations form. Please submit this completed form to our office for your file. If the child cannot consume cow's milk or one of these creditable milk substitutions. then a Medical Statement is needed. Please call our office if you have any questions.



Child Nutrition Services
1-402-806-4477

829 W. Court St., Ste.4
www.gocns.net

Beatrice, NE 68310
1-800-927-7122



Having a Baby? Make sure to get us a picture when that little one arrives so that we can put it in our newsletter!

Getting married or have a child who is getting married? Get a picture of the newly weds to us and we will get it in our newsletter.

Wedding Anniversary? We would love to post a pic of you and your spouse as well!

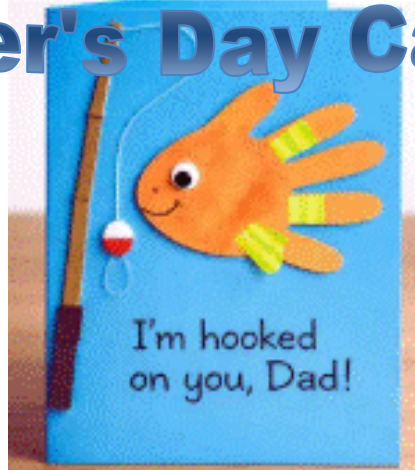
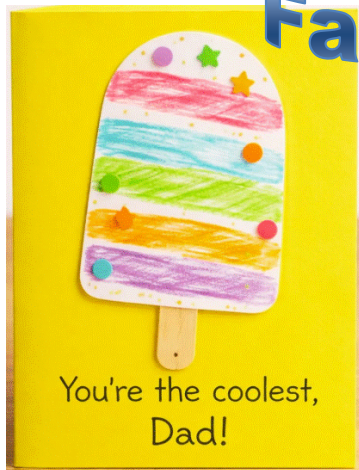


New Licensed Daycare Provider?

Refer a friend to CNS and receive a referral gift!
We would love to see them receive the benefits of the CACFP!



Father's Day Cards



ONLINE TRAINING OPPORTUNITIES

- ◆ NDE's online Canvas Trainings— <https://www.education.ne.gov/ns/training/cacfp-training/> Create free account.
- ◆ National CACFP Sponsors Association— <https://www.cacfp.org> Create free account.
- ◆ 2025 Calendar Training Modules —This training is still available. 5 pre-approved hours.
- ◆ Institute of Child Nutrition— <https://theicn.org> Create a free account and start learning.
- ◆ UNL Trainings—<https://child.unl.edu/register-upcoming-classes> Free trainings available.
- ◆ Team Nutrition—<https://www.fns.usda.gov/tn/team-nutrition> Free trainings available.
- ◆ 2026 Calendar Training—This is now available and was sent via email. Let us know if you need it resent. (worth 5 pre-approved training hours.)
- ◆ Education Services ESU6—<https://www.esu6.org>—Click on Event Registration for available trainings.
- ◆ CNS Recorded Spring Workshop—Nutrition at Heart from the Start (2 hours) Sent out upon request.
- ◆ **REVIEW CIVIL RIGHTS TRAINING & COMPLETE AND RETURN YOUR FY26 REQUIRED ANNUAL TRAINING FORM.**



June Dates to know...

Friday, June 5th—**CLAIMS ARE DUE BY NOON!**

Sunday, June 14th— Flag Day!



Friday, June 19th—Juneteenth!

Sunday, June 21st—Happy Father's Day!



An exact date for monthly claim reimbursement is not given to Sponsors, the date of reimbursement each month depends on when Sponsors receive the funding. You will be notified via email.

THANK YOU FOR ALL THAT YOU DO!