

**A Happy Birthday to the
November Birthdays!**



Linda McGinnis
Sandra Daley
Jacqueline Watkins
Judy Parks
Kim Hatter
Deborah Stewart
Dalia Osorio
Kim McMahon
Glady Capristan
Cassy Pickett



Day Nursery / Child Care Answers
615 N. Alabama Street Suite 300
Indianapolis, IN 46204

Phone: 317-636-5727
Fax: 317-687-6248

Day Nursery CACFP Staff Extensions

Staff Position Extension

Marsha Hearn-Lindsey, Director of Operations 226
Mindy Bennett, Director of Programs 224
Molly Manley, CACFP Coordinator 228
Larry Gist, Database Manager 249

**DAY NURSERY
HOME VIEWS**

November 2011

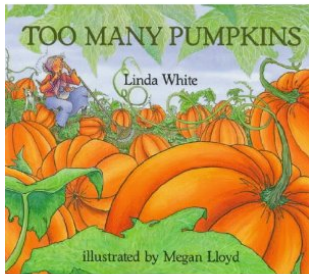


REMINDERS

- 1. Your monitor will be checking all years of your CACFP paperwork on your next visit. Please make sure it is easily accessible and organized to make the visit run smoothly.**
- 2. You must serve all claimed meals at the contracted/licensed location. If you will not be serving/claiming a meal for any reason, you must contact our office to let us know. Failure to do so will result in a warning letter.**
- 3. If you are looking for new meal ideas or nutritional resources, contact our office, we have resources available for you to borrow.**
- 4. The new milk requirements are in affect. If you are not serving 1% or skim milk to children 2 and up the meal will be disallowed.**

It's Pumpkin Time

- Pumpkins are extremely good for you. Pumpkins contain the antioxidant, beta-carotene. They're rich in vitamin A and potassium and high in fiber.
- The word pumpkin originated from the Greek word "pepon" that means large melon.
- Pumpkins originated in Central America. Native Americans roasted pumpkin strips to eat, used pumpkin for medicine, and wove dried pumpkin strips to make mats.
- Pumpkins are a fruit and are part of the cucurbita family that includes squash.
- The largest pumpkin ever grown was over 1,000 pounds!
- American colonials hollowed out pumpkins and filled them with milk or cream, sugar or honey, and spices, then baked them (sort of the first pumpkin pies).



One day, years and years later, white-haired Rebecca was busy not eating pumpkins when--SPLAT--a giant pumpkin fell off an overloaded truck and smashed into her yard. She buried the mess so she wouldn't have to look at it, and, as you might imagine, she witnessed a bumper crop the following fall. In *Too Many Pumpkins*, a 1996 American Bookseller "Pick of the Lists," [Linda White](#) (who based the book on her own pumpkin-eating aunt Becky) reveals how swallowing one's personal (pumpkin) prejudices can end up benefiting a whole community. Illustrator Megan Lloyd creates spunky, detail-rich drawings that are sure to hold up to the scrutiny of youngsters everywhere.

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Minute Menu

Minute Menu

Minute

Congratulations to the error free claimers for September:

Janna Apongule	Shawn Hughley	Becky Reed
Ralph Armstrong	Jane Iles	Anna Renfro
Tara Barber	Audrey Jones	Levon Richardson
Stephanie Berry	Kelly Jones	Julie Schultz
Danielle Buckner	Bonnie Judkins	Kim Shultz
Kim Clark	Stacy Keaton	Fanisha Spencer
Sandra Crenshaw	Teri Kopetsky	Pamela Steele
Laura Fahrner	Griselda Martinez	Deborah Stewart
Rosalba Flores-	Linda McGinnis	Jackie Watkins
Zamora	Vicki McKinnon	Linda Whitfield
Angela Davis	Alisha McLennan	
Desma Fox	Cheryl Mohs	
Jenny Frank	Jackie Negri	
Roosevelt Garrett	Deanna Nokes	
Marie Gibson	Dalia Osorio	
Beverly Givens	Judy Parks	
Linda Godwin	Vivian Pfoutz	
Silvana Gomez	Cassy Picket	
Kim Hatter	Mary Raisor	

August Claim Vital Statistics:

- Total Number of Claims: 103
- Total On-time claims: 98
- Total Meals: 64,787
- Breakfast - 13,142 PM Snack - 14,432
- AM Snack - 5,397 Dinner - 1,647
- Lunch - 14,519 Eve. Snack - 609
- Total Children Served: 1,284
- Claim Total: \$61,504.42
- Average Meal Reimbursement: \$0.94

Pumpkin Pancakes

- 1 cup flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1 egg, beaten
- 2 cups pumpkin
- 1/4 cup milk
- 2 tablespoons oil
- 1/2 cup pecans, finely chopped



Mix together dry ingredients in a large bowl. In a separate bowl beat the eggs and add oil, milk, and pumpkin. Then add the egg mixture to the flour mixture and stir just enough to get rid of most of the lumps. Add a little extra milk if batter is too thick. Stir in nuts.

Pour a large spoonful per pancake onto a greased griddle or skillet. Cook until pancakes get bubbles on top and edges are slightly browned, approximately 2 to 3 minutes. Then flip and cook another 2 to 3 minutes until golden brown.

Cooking Pumpkin Tip:

To make your own pumpkin puree, first wash the pumpkin. Then carve and hollow the pumpkin removing all the stringy stuff and seeds. Cut into chunks. Boil until soft. Drain and cool. Remove the skin (it's easy to do because it is so soft). Put in a blender and blend for 2 minutes. 2 cups of pumpkin are equal to 1 16-ounce can of pumpkin.



Note: Pumpkin puree makes great baby food!