

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



Shannon Jones  
Vivian Pfoutz  
Darrell Hutchinson  
Betty Bledsoe  
Valerie Means  
Josefa Lopez  
Desma Fox



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***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**

September 2011



**CACFP Reminders**

**Its that time of year again, contract renewal packets will be mailed out in the next few weeks. It is very important that you read through all of the documents in this packet. We will have a brightly colored sheet stating some changes and reminders of things we will strictly enforce this contract year.**

**2. School is back in session, if you need to change your meal times to better suite school aged children schedules., please do so ASAP. Meals must be served during approved meal times.**

**3.If your monitor conducts a visit and finds low enrollment or no one home, you will receive a warning letter.**

## Ready, Set, Breakfast!

Eat your breakfast. It's the most important meal of the day!" Why are parents always saying that? Well, imagine you're a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road.



Just like other meals try to eat a variety of foods, including: Grains ( breads and cereals), Proteins ( meats, beans and nuts, ), fruits and vegetables, milk, cheese and yogurt.

Here are some breakfast ideas:

Eggs, French toast, waffles, or pancakes (try wheat or whole-grain varieties) cold cereal and milk, hot cereal, such as oatmeal or cream of wheat (try some dried fruit or nuts on top) whole-grain toast, bagel, or English muffin with cheese yogurt with fruit or nuts fruit smoothie, such as a strawberry smoothie.

Skipping Breakfast- Some kids skip breakfast because they sleep too late or because they think it's a way to stay thin. But skipping breakfast doesn't help people maintain a healthy weight. In fact, someone who skips breakfast tends to eat more calories throughout the day.

If you find yourself skipping breakfast because you're too rushed, try these quick breakfasts. They're easy to grab on the way out the door or can be prepared the night before: single servings of whole-grain, low-sugar cereal, yogurt , fresh fruit, whole-grain muffin, or trail mix of nuts, dried fruits, pretzels, crackers, and dry cereal.



# Minute Menu

## Minute Menu

### Minute Menu

## Congratulations to July's error free claimers:

Quay Anderson	Kelly Jones	Levon Richardson
Janna Apongule	Monica Jones	Melony Roberson
Ralph Armstrong	Shannon Jones	Julie Schultz
Tara Barber	Bonnie Judkins	Tina Shumpert
Stephanie Berry	Anitra Kendrick	Fanisha Spencer
Kim Clark	Griselda Martinez	Pamela Steele
Deanna Collins	Vicki McKinnon	Deborah Stewart
Sandra Crenshaw	Cheryl Mohs	Stephanie Tudor
Angela Davis	Jackie Negri	Rossy Villanueva
Theodora Everett	DeShanna Norton	Jackie Watkins
Laura Fahrner	Judy Parks	Linda Whitfield
Desma Fox	Angel Perkins	
Jenny Frank	Vivian Pfoutz	
Roosevelt Garrett	Cassy Pickett	
Beverly Givens	Lorena Pittman	
Linda Godwin	Kim Prince	
Jessica Hampton	Mary Raisor	
Kim Hatter	Becky Reed	
Shawn Hughley	Anna Renfro	

## July Claim Vital Statistics:

- Total Number of Claims: 108
- Total On-time claims: 100
- Total Meals: 49,952
  - Breakfast - 12,276
  - AM Snack - 5,002
  - Lunch - 16,362
  - PM Snack - 13,616
  - Dinner - 2,123
  - Eve. Snack - 573
- Total Children Served: 1,328
- Claim Total: \$66,479.89
- Average Meal Reimbursement: \$1.33

## Activity Ideas

Activity: GERMS on the RUN!

While you and the children are washing hands, try this ditty:

Washing hands can be fun, fun, fun

Germ on the run, run, run

Power 'em out – POW

Power 'em out – Ka-zow!

Germ on the run, run, run

Remember these handwashing instructions:

- Use running water and soap
- Wash for 20 seconds
- Rinse
- Dry with a paper towel

Activity: I CAN FIND THE...

While eating with toddlers, suggest that everyone play the game, "I CAN FIND THE..."

Think of foods or utensils that can be described by either a characteristic, color, or texture. Ask the toddler if he/she can find it. Then ask the toddler to say what it is or if the child does not know the word, respond with, "Yes, that is a red fruit, it is an apple."

Some ideas:

- Can you find the red fruit?
- Can you find something that is round and small?
- Can you find something that has a seed inside?
- Can you find something that is sticky?
- Can you find something that makes it easy to pour milk?