



# Nutrition Edition

**January 2009**

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## Go Green

Child Care Resources' CACFP is going "green"! You may view the Nutrition Edition online! Just go to [www.childcareresources.com](http://www.childcareresources.com) and click on the section *For Providers* and then on *Nutrition Edition*.

For all you WebKids users, we will soon stop sending the Nutrition Edition hard copy and your payment stub. In addition to viewing the Nutrition Edition online, you can always view and print your payment stub anytime. Simply bring up Minute Menu, click on *Claims*, then *Review Claims* and the month you are looking for and voila! Your payment stub is readily available.

## CCR's 40th Anniversary

We are proud to announce the Child Care Resources is celebrating our 40th anniversary serving Missoula, Ravalli, and Mineral county. This is quite an accomplishment and much has changed over the years.

For the next 15 months, we will feature different recipes, tidbits, and facts from the past 40 years. Stay tuned and see how we have changed, or maybe even stayed the same!



## Important Reminders

- \* Child Care Resources will close on **January 19, 2009**, in honor of Martin Luther King Jr.'s birthday.
- \* Ravalli drop boxes will be picked up and all reimbursement claims must be received by **February 2, 2009**.
- \* Checks will be mailed on **February 12** and direct deposit will be available on **February 13, 2009**.
- \* CACFP elective course, **Your Garden of Theirs**, will be held on **February 12, 2009**, from 7:00 to 9:00 p.m. in the Child Care Resources training room-don't forget to pre-register, it's free!

## Tax Statements

**Enclosed is your provider tax statement. For WebKids users, you may print your tax statement out online: Reports, Claims, and Tax Report.**

## Soup's On

Winter is the perfect time for soup. It is simple to make, hearty and fills the house with a wonderful aroma. The following recipe was resurrected from the March 1999 Nutrition Edition, and it is just as delicious 10 years later. It is the best time of year for soup, so enjoy!

### Garden Vegetable Soup

- \* 1 49 1/2 ounce can chicken broth
- \* 1 10 ounce can tomatoes
- \* 5 medium peeled carrots
- \* 2 medium peeled onions
- \* 8 small potatoes
- \* 1/2 teaspoon black pepper
- \* 1 tablespoon worcestershire sauce

Pour chicken broth and tomatoes into crock pot and turn on high. Slice carrots into 1/4 inch thick circles and cut in half. Cut each onion into two pieces. Cut potatoes into four pieces. Add vegetables and remaining ingredients into the crock pot. Heat for three hours or until vegetables are tender. Remove onion halves, discard. You can also add other "root" vegetables to this recipe: turnips, parsnips, and beets. Vegetables #244, CACFP Credit: 21 servings for 3-6 year old.

