



Nutrition Edition

April 2009

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Nudges and Notes

Child Nutrition Reauthorization legislation is happening faster than we thought. House and Senate Budget committees were scheduled to begin their work on March 23, 2009. Please call your congress person today!

Here in Montana you need to contact Dennis Rehberg, (888)232-2626. Let Congressman Rehberg know what you think of the CACFP and especially what you would like to see changed. Together we can unite and make some positive changes here in Montana!



Don't forget to plant your garden!

Important Reminders

- * We will pick up from the Ravalli drop boxes on **May 2, 2009**.
- * All reimbursement claims must be received by **May 2, 2009**.
- * Checks will be mailed on **May 13th** and direct deposit will be available on **May 14, 2009**.
- * Sign up today for CACFP elective training, **Your Garden or Theirs** on **May 14, 2009** from 7-9 pm at Child Care Resources.
- * **April 22, 2009** is Earth Day.

Go Green Tips

For the remainder of the year, the *Nutrition Edition* will feature suggestions to help you reuse, reduce, and renew!

Sign up for direct deposit. This saves paper (the check, envelope and deposit slip) and your money is available immediately.

Bubble providers, switch to online claims! This saves paper, postage, time and (in the long term) money with a reduction of office supplies and errors on your claim.

One Step Omelets

Recipe taken from the April 1998, Nutrition Edition

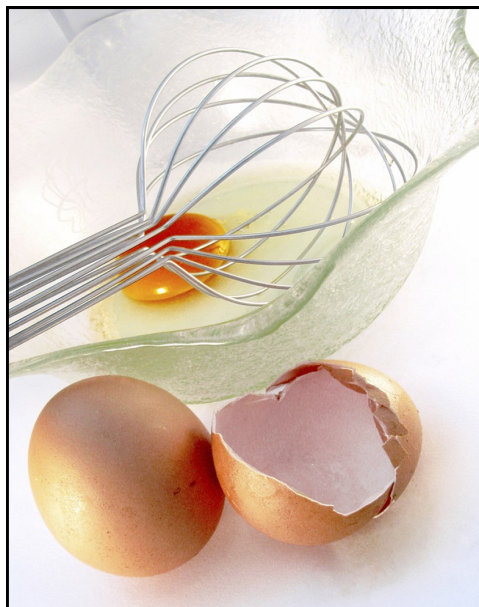
This fun activity is a great meal involves the children in the process!

Directions

1. First, choose items to put in the omelets.
2. Next let the children prepare the item. For example, grate cheese, slice ham, dice tomatoes, etc.
3. Crack the eggs into a bowl and scramble.
4. Put the eggs and all selected ingredients in a resealable freezer bag.
5. Drop the filled, sealed bag into boiling water.
6. Boil until egg is set and firm.

While the directions do not specify, I would let each child have a baggie and choose the additional ingredients. If you have one bowl for cracking the eggs, you can let the children help and safely remove any shells before adding the egg to the bag.

The best part is that there aren't any pans or mess to clean up and all of the omelets cook at the same time. Try serving this meal in a pita pocket, wrapped in a soft tortilla, chopped on a pizza crust or stuffed into a hollowed tomato shell.



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