

October 2009

Nutrition Edition

From CCR's CACFP

Nutrition Notes

The **2010 Forms, Facts, and Figures Business Planner**, otherwise known as the **Calendar Keeper**, is ready to be ordered.

For those of you who are unfamiliar with this record keeping system, it includes fire drill forms, W-10 IRS forms, and forms and a calendar for bookkeeping and record keeping purposes. New this year they have also added a Nutrition Education Section.

We will place the order on November 1, 2009. Please call Maureen or Judy as soon as possible if you would like one. The cost is based on the total number ordered, however we estimate them to be \$11.00. This fee is due prior to receiving your Calendar Keepers in December.

Training

In addition to the Food Program training listed in the right-hand column, CCR is offering an upcoming cooking class, ***Eating Right When Money is Tight***. This 10 hour class will be held on 10/24 and 11/7 from 9 am-2 pm. The fee is \$25. This class could be used in place of **two** of your training hours for the Food Program. Call CCR today for details.

406.728.6446 * Judy ext. 244 * Maureen ext. 228



Hunting for a pumpkin is a great way to get some exercise!

Important Reminders

- We will pick up from the Ravalli drop boxes on **November 2, 2009**.
- All reimbursement claims must be received by **November 2, 2009**.
- Checks will be mailed and direct deposited on **November 13, 2009**.
- Sign up today for the **Combined Program Management/Nutrition Training Workshop** on Saturday, November 14, 2009 from 8:30 am-12:30 pm.
- Please remember that only the provider listed on your child care registration can attend Food Program training at no cost.



127 E. Main, Suite 314 * Missoula, MT 59802 * www.childcareresources.org

110 copies published electronically, 15 copies of this public document were published at an estimated cost of \$0.49 per copy, which includes \$0.05 for printing and \$0.44 for distribution, using 100% federal funds.

**Child Care
Resources**

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Years
1969 - 2009

From the CACFP's Kitchen to Yours

With the increasing use of technology, it can be overwhelming to understand and learn to use the many tools that are now at your fingertips. PV79664 The CACFP would like to help you learn to use technology to make managing your business, and your life, easier. There are a number of tools on the Internet that can assist you in preparing nutritious, kid-friendly meals. The following are a few websites that we found to be extremely helpful:

The Healthy Child, Healthy World

<http://healthychild.org/live-healthy/eat-healthy/>

What you will find on the website:

- Kid friendly recipes
- Tips on shopping and providing nutritional foods on a budget
- Ideas from experts and chefs
- Food and nutrition videos
- Downloadable pocket shopping guides
- Lists of the least pesticide-laden fruits and vegetables, and more!

The United States Department of Agriculture – Team Nutrition

<http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php>

What you will find on the website:

- USDA recipes
- Tips exclusively for child care providers
- Menu planning resources
- Food safety information
- Information about childhood obesity, and more!

Do you know of or use other helpful websites?

Let us know! We'll pass on the information — together, we can make the role of a child care provider a little easier.



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