

March 2010

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REFER US TO YOUR FRIENDS AND FAMILY THAT ARE CARING FOR CHILDREN IN THEIR HOMES

Early Childhood Conference

Big Sandy Superstore Arena

April 23 & 24, 2010 For more Information Contact Michelle Rollyson at

rollyson1@verizon.net

Several of our forms are now available on line at rvcds.org

Need toys or art supplies?

Did you know that the TRAILS VAN will come to your home if you are a link-provider. Think of it as a Toy Library on wheels.

Give them a call at 304-523-3417 ext 228

NEWS YOU CAN USE

River Valley Family Day Care Food Program, 611 7th Ave Suite 201, Huntington, WV 25701 (304) 523-3031



Happy St. Patrick's Day

We appreciate our providers.

Remember to sign and date your CIF. Make sure you bubbles are completely bubbled and that they are dark. Check your month and dates. Did you bubble your provider number? We also need your mealtimes.

STRAWBERRY

YOGURT PIE

1 32 OZ Strawberry yogurt

12 OZ. Frozen Strawberries

8 OZ. Fat-free whipped topping

2 Graham Cracker Crusts

Combine yogurt, whipped topping, and thawed berries together. Gently fold together. Pour into pie crusts. Chill 20 minutes.

Enjoy

St. Patrick's Day is celebrated on March 17th. It is the anniversary of Saint Patrick's death, which was believed to have been in the year of 460 A.D. Saint Patrick was born in Britain, and taken captive by Irish raiders and brought to Ireland. There he worked as a shepherd, outdoors and lonely. He turned to his religious beliefs for solace. After 6 years, it is believed that he escaped, according to his writings. Later he returned to Ireland as a Missionary to convert the Irish. The first parade was held in NYC on March 17, 1762.

Meet me at the Meat Counter. Over the past 15 years I have catered and have learned many cost cutting techniques that can save time and money. A whole pork loin can be cut into boneless pork chops and can save you at least \$1/lb. A whole beef sirloin tip can be cut into a roast, steaks, and the trimmings ground for hamburger saving an average of \$2/lb just ask your butcher.

Some of our trainings are now Star Registered. Check with your monitor for more info.

Juice is not allowed at lunch or dinner. You must serve milk at these meals or your meals will be disallowed by the Minute Menu System when scanned.

NOT SERVING Or not Going To Be HOME PLEASE CALL US

HEALTHIFIED TIP To reduce sodium in canned foods, simply rinse in cold water before use. This could reduce sodium by up to 40%.