

# CHEWS YOUR NEWS

MAY 2010

DO NOT THROW YOUR OLD INK CARTRIDGES IN THE TRASH. LET US RECYCLE THEM. THIS WILL HELP THE ENVIROMENT AND HELP RVCDS RAISE MONEY.

FAMILY DAY CARE FOOD PROGRAM  
611 SEVENTH AVE SUITE 201  
HUNTINGTON, WV 25701 304-523-3031



## PROVIDER OF THE MONTH

**\*ROSE WOOTEN\***

Rose takes the opportunity to teach the children about different fruits and vegetables by choosing a theme. During the month of March she did a "Spongebob Squarepants Day". As her taste tester surprise she used a plantain and used that to relate to Plankton, one of the featured characters from the cartoon. The children each became a different character from the show as well. Rose made several recipes with the plantains. The children were most receptive to the Plantain Cookies. She said the children really enjoyed the day. And it was fun for everyone. We would especially like to express our thanks to Rose for her outstanding enthusiasm!

### Top 10 Reasons to eat more fruit and vegetables.

1. Color and texture
2. Convenience
3. Fiber
4. Low in calories
5. May reduce disease risk
6. Vitamins and minerals
7. Variety
8. Quick, natural snack
9. Fun to eat
10. Taste great

For more information visit [www.fruitsandveggiesmoreoften.org](http://www.fruitsandveggiesmoreoften.org)

### What is Birth to Three?

WV Birth to Three is a state-wide system of services and supports for children under age three who have a delay in their development, or may be at risk of having a delay, and their family. The Department of Health and Human Resources, through the Bureau for Public Health and the Office of Maternal, Child and Family Health, WV Birth to Three, as the lead agency for Part C of the Individuals with Disabilities Education Act (IDEA), assures that family centered, community based services are available to all eligible children and families. For more information call 304-523-5444 .

### Navajo Fry Bread

4 1/2 cups flour

1/2 tsp salt

2 tsp. baking powder

1 1/2 cups water

1/2 cup milk

Oil for frying

Mix all ingredients together and knead. Separate into 5 " circles. Make hole in center. Fry in skillet with hot oil. Drain on paper towel. Sprinkle with honey or serve topped with tomatoes, onions, lettuce, cheese, sour cream, taco meat, and refried beans. Serves 6.

Providers that are using handwritten menus, we need to know what kind of hotdogs you served. Jelly is not considered a fruit. No juice at lunch or dinner, serve milk.

Two thumbs up to Rose!

**Meal counts:** when turning in your menus, you should do a complete count of how many snacks, breakfasts, lunches, and dinners were served. Then you can compare those totals to your error report. Do you know how much you should be reimbursed.

Thank you for taking such good care of the children and helping to build the future!

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