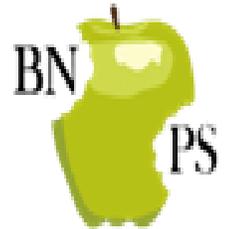


Wednesday's Wisdom

November 2014



Thank you...

We would like to thank everyone who attended the CACFP Celebration Conference in October. Your participation made this day a success!



Alert!

If your program's application is in the returned status and any issues have been corrected, please be sure that the entry person re-sends the application to the submit person who in turn must re-send it to the NH Department of Education for review and final approval. Claims for reimbursement **will not** be paid until there is an approved current year application.

New USDA Site: The Mixing Bowl!

Now available, [What's Cooking? USDA Mixing Bowl!](#)

This new interactive tool is designed to help consumers, school nutrition professionals, child care centers, and community leaders find nutritious and budget-friendly recipes. The website includes household recipes scaled for families as well as quantity recipes for schools and child care centers. More than 400 of the large quantity recipes have been standardized by USDA and include information on how the recipe contributes toward the updated meal pattern requirements for school food service. What's Cooking? USDA Mixing Bowl was developed in collaboration with the [Center for Nutrition Policy and Promotion](#) (CNPP) and the [Food and Nutrition Service](#) (FNS) program areas and was initiated to create user-friendly and streamlined access to USDA recipes; and to meet the specific needs of nutrition assistance program participants and educators. This site fills a unique niche in the marketplace, featuring comprehensive search and sort capabilities; and is available in both English and Spanish.

Program Question and Answer

What are cycle menus and do they have benefits?

Cycle menus are planned for a period and then repeated. Using healthy cycle menus is a great way to offer children balanced meals on a regular basis. They can help you save time and money because you know exactly what you need during the cycle. Cycle menus can also be used to incorporate seasonal fruits and vegetables. For example, during the fall months you can easily incorporate seasonal items such as acorn squash, pumpkin, and sweet potatoes.

Vegetable of the Month: Pumpkin

Pumpkins are a squash plant native to North America. They are fat free and cholesterol free. Pumpkins provide an excellent source of vitamin A and a good source of vitamin C. Visit your local farm for pumpkins! When purchasing pumpkins, select those that are firm and heavy for their size. For a festive fall treat, add pumpkin puree to your favorite apple-bran muffin recipe.



BNPS has a new phone system!

The staff at the Bureau of Nutrition Programs and Services at the NH Department of Education has a new phone system. Please see below for direct lines and please bear with us as we get used to the new system. We will try not to lose your phone call or transfer you to the Department of Environmental Services!

General calls (main phone line) – 271-3646

Judy Gosselin, NSLP, SBP and SFSP – 271-3862

Carole Dennis, CACFP – 271-3883

Carol Angowski, ARTs – 271-3863

Tami Drake, FFVP, claim & application questions - 271-3647

Kathryn Hodges, NSLP, SBP and finances – 271-3861

Nancy Bradford-Sisson, NSLP, SBP – 271-3864

Cheri White, Administrator – 271-3860