**Nutrition Plus, Inc.**

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*****You’ve worked hard all year. We all appreciate that. Nutrition Plus hopes your holiday season is filled with reasons to make you smile!!*

**Important dates to remember:**

24th – Christmas Eve

25th – Christmas Day

27th – Checks/Direct Deposits go out

31st – New Year’s Eve

**Nutrition Plus News:**

**Home visits:** As we make our way to your daycares, we will be bringing a few items for you to help make keeping daily paperwork easier. A pen and magnet will be provided for you to attach daily paperwork to your refrigerator or metal cabinet. This is a strong clip and magnet so it will hold the month’s- worth of daily forms. I hope this helps you by keeping forms right where you prepare and maybe serve meals and snacks. These are just optional tools. They also have Emily’s number on them so you don’t have to look for it if questions arise in the midst of hectic daycare days.

December 2019

**Home visits continued: *1*.** We have forms for you to post in the same area as your license. **WIC Fact Sheets** have information for your families that may qualify for assistance. Please post this info where they may see it and let them know where to find it. It is also posted on the nutritionplusinc.com website for them to view at home. ***2.*** **Building for the future letters** will be handed out for you to either post, or make copies of to hand out as new families interview for placement at your daycare. This letter explains what the CACFP its vital role in quality daycares. Please make sure each family in your daycare knows about Nutrition Plus, Inc. and why we might be sending out letters from time to time. It is a requirement for us to occasionally reach out to parents of enrolled children to verify attendance or just get questions answered. ***3.*** **Building for the Future Flyers** will be given out for you to replace your current ones. Most of you have these and they are posted by your licenses. But over the years they fade and contact info changes. Take the old one down and put this up. Since you participate in a federally funded program, you must have the flyer posted. Easy-peasy. We will be checking these things at future visits and documenting their presence. As I learn more about the administrative part of this program, I learn more about how to stay compliant. These simple changes will be easy for you and make our upcoming program review by state easier. Thanks for your understanding as the program evolves and regulations are updated.

**Meat/Meat Alternate changes: CN Labels (Child Nutrition Labels)** are required on commercially prepared meat products like hotdogs, chicken nuggets, and fish sticks. We don’t often have access to these when shopping at grocery stores. In order to know how much meat is in each product, rather than disallow them, we need to serve an additional meat alternate along with them. This is the easiest solution. Cheese, pork ‘n beans, and hard-boiled eggs are some examples of easy additions. Since we already do this for pb & j sandwiches, this should be simple to do you ladies!

There is another option if you don’t care to serve the extra meat alternate. If you want to weigh the product without breading, then you know how many ounces is actually in each nugget. I figure many of you will not care to do this. Either way is ok.



### Bake a Batch of Cookie Dough Ornaments

Kids love playing with soft dough — mix up a batch then shape it into sweet tree ornaments. For the dough, you need: **4 cups of flour, 1-1/2 cups of water and 1 cup salt.** First, preheat the oven to 325 degrees F. Combine ingredients, then knead the mixture into dough and roll out flat. Use cookie cutters to cut the dough into seasonal shapes and embellish however you'd like, then place on an ungreased cookie sheet. Bake for 10 minutes or until golden brown. While cookies are still soft, use a knife to make a hole in each for hanging. Once they've cooled, spray them with a clear protective food coating, thread ribbon through and hang on the Christmas tree.

**Slow Cooker Chicken or Turkey Pie**

Use leftover chicken or turkey in this tasty crockpot chicken pie. The pie crust is finished in the oven.

3 cups cooked chicken or turkey (diced)

2 (14 1/2-ounce) cans chicken broth

1 teaspoon salt (divided)

1 1/2 teaspoon black pepper (divided)

1 stalk celery (thinly sliced)

1/2 cup onion (chopped)

1 small bay leaf

3 cups potatoes (cubed)

1 (16-ounce) package frozen mixed vegetables

1 cup milk

1 cup flour

1/2 teaspoon poultry seasoning blend

1 (9-inch) refrigerated pie crust

**\***Combine chicken, chicken broth, 1/2 teaspoon of the salt, 1/2 teaspoon of the pepper, celery, onion, bay leaf, potatoes,

and mixed vegetables in slow cooker.

**\***Cover and cook on low 7 to 9 hours or on high 3 1/2 to 4 1/2 hours. Remove bay leaf.

**\***Heat oven to 375 F. In a small bowl, mix milk and flour. Gradually stir flour and milk mixture into the slow cooker. Stir in the remaining 1/2 teaspoon salt, 1 teaspoon pepper, and poultry seasoning.

**\***Remove the liner from slow cooker base and carefully place 9-inch pie crust over the mixture.

**\***Place the crockery inside the preheated oven and bake, uncovered, for about 15 to 20 minutes, or until browned.

**\***If your liner is not removable or is too large for the crust, put the mixture in a casserole dish, cover with the pie crust and bake as above.

**\***Serve and enjoy!



Thanks for being the best part of Nutrition Plus!

Emily, Patti and Susan