

TABLETALK

FEB, 2011 * CHILD FOOD PROGRAM OF TEXAS * P.O. BOX 5465 * KATY, TX 77491 * 281-395-7000, TOLL-FREE: 877-395-6560, Fax: 281-395-7002

State Audit Just Completed

TDA Food and Nutrition Division recently completed their audit of our program. Everything went well but they made some suggestions to improve the efficiency of our operation which we are putting into effect immediately as follows:

Day Care Homes -

Menus should be posted each day where parents can see them. Menus and meal counts must be recorded on a daily basis. During a monitor review she must verify that your menu and meal counts are up-to-date for the month. If records are missing for any day(s), those meals will be deducted from your claim.

Remember, you can only claim 2 meals and a snack or 2 snacks and a meal daily so please do not record more than that even if you use the WebKids software program.

Day Care Centers -

Menus should be posted each day where parents can see them. Meal production records with estimated quantities must be hung in the kitchen. At each meal, your cook should be recording the actual amounts prepared. Meal production records and meal counts must be recorded on a daily basis in the MinuteMenu software. During a monitor review she must verify that your meal production records and meal counts are up-to-date for the month. If records are missing for any day(s), those meals will be deducted from your claim.

Remember, you can only claim 2 meals and a snack or 2 snacks and a meal daily so please do not record more than that.

Filing Your Claims

We want to thank those Daycare Homes and Daycare Centers who submit their claims on a timely basis as per their contract. If your claim and paperwork arrives at our office after the 5th day of the month (Homes) or 8th day of the month (Centers) it is late according to your contract! Communication is very important. If you are unable to submit your claim in time, please call our office before the due date to discuss your situation and whether we will accept your claim. Centers please note that we will not accept faxes of receipts under any circumstances.

How do infants and toddlers indicate hunger and fullness?

Being sensitive to hunger and fullness cues can help parents avoid over- or underfeeding infants and toddlers. Hungry infants often cry, move their arms and legs in an excited fashion, swipe at the spoon holding food, open the mouth, and move the head toward the spoon. They may also coo, smile, and gaze at the food-provider during feeding to signal a desire for feeding to continue. Infants who are no longer hungry may fall asleep, become fussy, slow the pace of eating, stop suckling, spit out or refuse the nipple or spoon, bat away the spoon or close the mouth when food approaches.

Toddlers may signal hunger by pointing, asking or reaching for food or beverages, and fullness by slowing the pace of eating, becoming distracted, playing with or throwing food, wanting to leave the chair or table, or refusing to eat.



Tips from Chef Bob

THREE-CHEESE CHICKEN & PASTA SKILLET

Ingredients: 2 cups rotini pasta, uncooked; 1 Tbsp. oil; 1/2 cup each chopped green peppers and onions; 3 cloves; garlic, minced; 3 cups shredded cooked chicken; 1 jar (24 oz.) spaghetti sauce; 1/2 tsp. dried oregano leaves; 3 American Singles, quartered; 1/2 cup Shredded Mozzarella Cheese; 1/3 cup KRAFT Grated Parmesan Cheese. **Directions:** Cook pasta as directed on package. Meanwhile, heat oil in large skillet on medium heat. Add vegetables and garlic; cook and stir 3 min. or until vegetables are crisp-tender. Stir in chicken, sauce and oregano; bring to boil, stirring frequently. Remove from heat. Drain pasta. Add to sauce with Singles; stir. Top with mozzarella and Parmesan; cover. Remove from heat. Let stand 5 min. or until mozzarella is melted.