


A newsletter for ND Child Care Providers participating in the Heartland Child Nutrition USDA Food Program



January 2025

As a courtesy to our providers your 2024 Tax Statements will be included with this newsletter. Any provider that has dropped from our program will need to call the office to receive a copy (701-250-0140).

Mess Free Painting for Valentine's Day!


- *heart shape cutout from cardstock paper
- *washable kids paint
- *zip lock bag (size depends on size of heart)

On your cut out heart add drops of paint onto the center of it. Then, carefully insert the heart into a zip lock bag making sure not to smear the paint too much. Close the zip lock bag airtight and add tape to the top of the bag to secure it to a table (to help prevent sliding around). Let your kids squish the paint around to cover the heart! Remove the heart from the bag (using rubber gloves works best) and set on a clean surface to dry.

Tip: Use two primary colors to see what color comes out when mixed!



How did Jack Frost get to work?
By Icicle!


www.ACTIVELITTLES.COM



No School

Remember to mark when School is out on your claims to avoid deductions for school age children!

Own Child	Special Diet	Ill	School Out	Att	#1
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>






What is a snowman's favorite snack?

Ice Krispie treats!



For infant menus all components need to be written in for each day per USDA regulations. Arrows or quotation marks cannot be used on the menus. If used it will result in deductions.





The 2024 CACFP Calendar course will expire on February 28, 2025. If you have a course to submit it will need to be in the office no later than 2/28/25. Courses can be emailed to Tanya (tanya@heartlandnutrition.org).

Celebrate CACFP Week

March 16-22, 2025

Help serve over **4.5 million children and adults** healthy meals & snacks daily!

Learn more at CACFPWeek.org




Don't forget:
dehydrated vegetables used as seasoning **ARE NOT** creditable in the CACFP.



Like us on Facebook



Heartland Child Nutrition

Free

Looking for free training hours? Check out our website for all of the available learn-at-home courses! HCN training hours are Growing Future approved and free to HCN providers and their staff.



Crazy Good Chicken

- *1 cup mayo
- *1/2 cup parmesan
- *boneless, skinless chicken, cut up
- *1/2 tsp. garlic
- *1/2 tsp. Italian seasoning
- *salt/pepper to taste

Mix all your ingredients, except chicken, together. Put a layer of mix on your chicken. Not too much, or it won't brown! Bake in a 375* oven for 30-35 minutes. Serve with rice and broccoli.



P.O. Box 1218, 521 Main Ave, Suite 420
Bismarck, ND 58502-1218
701-250-0140 or 800-366-6793
hcn@heartlandnutrition.org
www.heartlandnutrition.org

This institution is an equal opportunity provider.