

CHILD AND ADULT CARE FOOD PROGRAM Newsletter



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WINTER 2015

A WORD FROM THE DIRECTOR

Dear Providers,

We are excited about the plans we have made for the winter. Here at AnSo we value self-improvement and therefore will be holding more training workshops in the next few months. Check out our new providers. It's always a joy to see new faces joining our program. As you all know, the food program provides nourishment to hundreds of children throughout the Chicago area. Your family childcare business offers children in the program the opportunity to eat healthy in the most crucial time of their development. Keep up the good work!

Inez Moore

NEW PROVIDERS

Teresa Harris

Shuvee Washington-
Jones

MINUTE MENU NEWS Pg. 3

CONTACT US

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MON-FRI

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ANSO HEALTHY KIDS FOOD PROGRAM

IMPORTANT DATES FOR WINTER 2015

- JANUARY 19 ... MARTIN LUTHER KING JR. DAY
- FEBRUARY 2 ... GROUNDHOG DAY
- FEBRUARY 4 ... ROSA PARKS DAY
- FEBRUARY 12 ... LINCOLN'S BIRTHDAY
- FEBRUARY 14 ... VALENTINES DAY
- FEBRUARY 16 ... PRESIDENT'S DAY
- FEBRUARY 18 ... ASH WEDNESDAY
- MARCH 28 ... ANSO WORKSHOPS
- MARCH 8 ... DAYLIGHT SAVINGS
- MARCH 17 ... ST. PATRICKS SAY
- MARCH 29 ... PALM SUNDAY



FUN FACTS



ANSO CHILD DEVELOPMENT WAS FOUNDED BY MILDRED FREENY IN HER BASEMENT IN 1992. ANSO HAS BEEN SPONSORING THE CHILD AND ADULT CARE FOOD PROGRAM FOR OVER 23 YEARS!

WHY CHOOSE MINUTE MENUS?



Ability to electronically submit claim to sponsor

Accurate record keeping

Minimizes reimbursement errors

Minimizes financial disbursement delays

No losses due to mail delays

Meet CACFP meal component requirements

Easy click for attendance and meal count.

THE DEADLINE IS APPROACHING FOR FAMILY CHILD CARE HOME PROVIDERS TO BE REGISTERED ON THE MINUTE MENU SYSTEM.
REGISTER BY: JUNE 1, 2015

INEZ MOORE
DIRECTOR

MILDRED FREENY
ASSISTANT DIRECTOR/CLAIMS MANAGER

JUDY BYRD
PROVIDER ACCOUNT MANAGER/ TIERING MANAGER

DENISE MONIER
FIELD TEAM EVALUATOR/MONITORING SPECIALIST

MS. INEZ SHELLEY
PROVIDER CLAIMS AND OF CE ASSISTANT

Tasty Tots

Ingredients

- 5 cups** Fresh sweet potatoes, peeled, coarsely shredded
- 2 1/3 cups** Canned low-sodium garbanzo beans (chickpeas), with liquid
- 1/2 cup** Fresh green onions, finely chopped
- 2 Tbsp** Vegetable oil
- 1/2 tsp** Salt
- 1/2 tsp** Granulated garlic
- 1/4 tsp** Ground black pepper
- 1/2 tsp** Onion powder
- 1/2 tsp** Ground cinnamon

1. Preheat oven to 350 °F.
2. Place shredded potatoes on a large baking pan sprayed with a nonstick cooking spray. Bake at 350 °F for 20 minutes or until slightly tender. Do not overcook.
3. Increase oven temperature to 400 °F.
4. In a food processor or blender, purée garbanzo beans, including the liquid, until smooth.
5. In a medium mixing bowl, combine shredded sweet potatoes, puréed garbanzo beans, green onions, vegetable oil, salt, garlic, pepper, onion powder, and cinnamon. Mix well. Cover and refrigerate for 40-45 minutes to make tots easier to form.
6. Spray a large baking sheet with nonstick cooking spray. Using a cookie scoop or a spoon, roll 36 tots. Place 1 inch apart on baking sheet. Lightly flatten the tops of the tots with a spoon or a fork. Bake at 400 °F for 10-12 minutes or until lightly brown. Serve hot.

Preparation Time: 30 minutes

Cooking Time: 35 minutes

Makes 36 Tots (seving size: 6 tots)

Nutrients Per Seving: Calories 172, Protein 4 g, Carbohydrate 28 g, Dietary Fiber 5 g, Total Fat 5 g, Saturated Fat 0 g, Cholesterol 0 mg, Vitamin A 12609 IU (630RAE), Vitamin C 13 mg, Iron 1 mg, Calcium 46 mg, Sodium 377 mg **TeamNutrition.usda.gov**

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YUMMY

YUMMY

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