



Division of Child Care and  
Early Childhood Education

# HNP Newsletter

## February 2019



*This project is paid for with a combination  
of state and federal funds through the  
Division of Child Care and Early Childhood Education.*

## It's American Heart Health Month!

February is dedicated to raising awareness about Cardiovascular disease, the leading cause of death in the U.S. During this month let's help kids understand the importance of a healthy heart and actions they can take to live a heart healthy life.



### How can you get kids involved?

- 1. Do daily physical activity breaks such as playing an active game of Simon Says**
- 2. Teach a lesson about heart health and ways to keep a healthy heart and body**
- 3. Coordinate a day in February where everyone wears red to promote a healthy heart.**
- 4. Conduct a taste test using heart- healthy foods and recipes.**
- 5. Teach kids about healthy ways to manage stress.**

### Did you know?

The tradition of American Heart Month began in 1964 with President Lyndon Johnson.

### Upcoming Events and Deadlines:

#### **February 12th**

##### **SFSP Training**

Location: 5401 S. University Ave RM 189

Time: 9a-4p

Little Rock, AR 72209

#### **February 19th**

##### **SFSP Application Training**

Location: 5401 S. University Ave RM 174

Time: 9a-12p

Little Rock, AR 72209

#### **February 19th**

##### **SFSP Application Training**

Location: 5401 S. University Ave RM 174

Time: 1p-4p

Little Rock, AR 72209

#### **February 20th**

##### **SFSP Schools/Gov ONLY**

Location: 5401 S. University Ave RM 189

Time: 9a-1p

Little Rock, AR 72209

#### **February 27th**

##### **CACFP At-Risk Training**

Location: 5401 S. University Ave RM 189

Time: 9a-4p

# Oatmeal Muffin Squares

Yield: 25 servings

Serving Size: 1/8 cup



Ingredient	Weight	Measure	Directions
Whole-wheat flour	7 3/4 oz	1 3/4 cups	<ol style="list-style-type: none"> <li>Set aside 1 oz of flour for step 6</li> <li>Place flour, oats, baking soda, cinnamon, nutmeg, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 5.</li> <li>Combine egg and sugar in a large bowl. Stir well.</li> <li>Add mashed bananas, yogurt, and vanilla extract. Stir well.</li> <li>Combine egg mixture with dry ingredients. Mix for 30 seconds on low speed. Beat for 1 minute on medium speed. Do not over mix!</li> <li>Coat blueberries with remaining flour. Fold in blueberries and raisins. Stir well.</li> <li>Pour 2 qt batter into a half steam table pan lightly coated with pan release spray.</li> <li>Bake until golden brown: Conventional oven: 375° F for 45 minutes. Convection oven: 300° F for 40 minutes.</li> <li>Portion: cut each pan 5 X 5 (25 pieces per pan)</li> </ol>
Enriched bread flour	7 1/2 oz	1 2/3 cups	
Oat meal	7 1/4 oz	2 3/4 cups	
Baking powder		2 tsp	
Baking soda		1 1/2 tsp	
Ground cinnamon		2 tsp	
Nutmeg		1/2 tsp	
Salt		1/2 tsp	
Frozen whole eggs, thawed		1/2 tsp 2 Tbsp	
Sugar	5 oz		
Fresh bananas, mashed	4 oz	1/2 cup	
Yogurt, low-fat	1 lb. 5 oz	2 1/3 cup	
Vanilla extract		1 1/2 cup	
Blueberries, frozen, drained	12 oz	1 Tbsp	
Golden raisins	7 oz	1 1/3 cup	
	5 oz	2/3 cup	

### CACFP Crediting Information:

1 piece provides 1/8 cup fruit and 1 serving grains/bread.

## Upcoming Webinars

- [School's Out, Food's In: Successful Partnerships to Strengthen Summer Meals](#) Thursday, February 14, 2019 | 2:00 PM - 3:00 PM EST
- [Parent Involvement in Your Program.](#) February 12, 2019 at 1:00 pm [Registration Link: https://attendee.gotowebinar.com/register/9050696328103554561?source=DHS](https://attendee.gotowebinar.com/register/9050696328103554561?source=DHS)
- [AmeriCorps: Healthy Futures– Farm to School](#) Friday 15,2019 12:00 PM
- [Afterschool Meals Matter Conference Call](#) Thursday, February 21,2019 1PM

### Perry's Technical Assistance Tip:

Know what Code of Regulation (CFR) your program is under and have a copy of the CFR.





**Have you heard?**  
The new  
**Food Buying Guide**  
**Mobile App**

helps with:

- **Purchasing correct amounts of foods for Child Nutrition Meal Programs.**

- **Determining the contribution that each food makes toward meal pattern requirements**
- **Comparing yield information to determine the foods that best meet your program needs.**
- **Emailing and printing search results, food comparisons, and favorite list**
- **Learn more at: [www.fns.usda.gov](http://www.fns.usda.gov)**

## *Valentines Day Food Safety Tip:*

### **Refrigerate left-overs quickly!**

If you're not going straight home (within 2 hours of being served) leave leftovers in the restaurant. Letting food reach danger zone temperatures



## **Getting to Know Your Staff:** **Linda Pippins**

### **DHS Work Experience:**

Linda has been working for DHS since 1995. She started out working for the county and stayed there for 12 years. One of her original positions was working in the Transitional Employment (TEA) department. This department helped people find jobs, childcare, and transportation to give them a jumpstart towards a better life. She then transitioned into a position working in the Department of Childcare (DCC), and stayed here from 2007–2015. She currently works with the National school Lunch Program helping organize and determine eligibility for prospective CACFP and SFSP programs.

**Hometown:** Chicago, Illinois

### **What is your favorite school lunch memory?**

She specifically remembers her favorite meal; fish sticks with French fries, green peas, milk, and apple sauce for only \$0.32!

### **What is your favorite quote or verse:**

Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime  
- Chinese Proverb

### **What is your favorite hobby?**

Linda loves spending time reading Christian and health books, but her favorite thing to do is to spend time and traveling with her grand children.

**Favorite food:** Mexican food! Enchiladas, fajitas, tacos, and cheese dip!