

TABLETALK

MARCH, 2016 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000

MANDATORY TRAINING

By now, you should have received your mandatory annual training and the new Civil Rights, which are due back in our office **no later than June 1st, 2016**. This new Civil Rights has been revised in 2014, but only recently issued to the CACFP. This year's mandatory annual training is called, *Happy Mealtimes for Healthy Kids*, and is considered 4 clock hours. If you've lost them, or need extra copies, they are now available on our website.

Keep in mind, you will only receive a certificate when we have **BOTH** tests in our office. For this reason, we advise that you **mail both tests together**.

ADMINISTRATIVE REVIEW

As you may know, we had our TDA Audit just this past February. We'd like to thank all of the Daycare Homes and Daycare Centers that were chosen for this audit. Your cooperation and friendliness is greatly appreciated.

WE HAVE A NEW HANDBOOK!

We are currently in the process of updating the information in the program handbook, and as soon as we are finished, everyone will get a new copy. It's best that you review the information inside, because a lot of changes have been made.

Fun facts about Apricots!

- One apricot has only 17 calories.
- Apricots are an excellent source of vitamin A and a good source of vitamin C, dietary fiber, and potassium.
- January 9th is National Apricot Day.
- One apricot tree can produce fruit for as many as 25 years.
- In Latin, the apricot is called, *praecocquum*, which means "early-ripening peach."
- In China, apricots were once called "moons of the faithful" and were thought to enhance women's fertility.
- Dried apricots are over 40 percent sugar.



Did you know?

Astronauts ate apricots on the Apollo moon mission.

Tips from Chef Bob



Frozen Apricot Popsicles

Prep Time: 10 minutes
Total Time: 3 – 4 hours

Ingredients

- 10 tablespoons hot water
- 2 tablespoons honey
- 17oz apricot, peeled

Directions

1. Mix honey and water and make syrup.
2. Puree the apricots in a blender.
3. Combine the honey water and pureed apricots, strain if you like a smooth texture.
4. Share the mixture in Popsicle molds, insert the sticks and freeze until solid, 3 to 4 hours.
 - Can use paper cups with Popsicle sticks instead of molds