

TABLETALK



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

Bubble Sheet Problems

If you use the bubble sheets to record your claim information, please remember to fill in the entire bubble dark enough to fill in the number. Bubble sheets that are too light end up with more errors, and take longer to process. The less errors we receive with your claim, the quicker we can submit it and get your reimbursement.

The 2016 Houston Flood

For the past week, the greater Houston area has received an insane amount of rainfall to the point that our city is drowning. If you live in any of these areas, please know that we have you in mind, and hope you made it out with minimal problems.

It's Time to Play!

We are proud to announce that outdoor play equipment can now go towards your non-profit food service! This means that if you run a center, the receipts you receive upon purchasing a playground can be submitted along with your food receipts. This is the USDA's way of ensuring children have the opportunity to exercise.

Fun facts about Bananas!

- Thanks to its oil, rubbing the inside of a banana peel on a mosquito bite (or other bug bite), or on poison ivy will help keep it from itching and getting inflamed.
- Banana peels are actually edible if cooked.
- A cluster of bananas is called a hand, and a single banana is called a finger. Each banana hand has about 10 to 20 fingers.
- Wrapping banana stems tightly in cling wrap will make them last three to five days longer. This is why some grocery stores wrap only the stems.
- If you rub the inside of a banana peel on a scrape or burn, it will help the pain go away, keep the swelling down, and keep the wound from getting infected.
- Rubbing a banana peel on your forehead can help cure a headache.
- Bananas make great conditioner that helps restore dry, damaged hair.
- Bananas are technically berries.
- To whiten teeth naturally, rub the inside of a banana peel on your teeth for about two minutes every night. If you gargle with salt water, this will heighten the effect. Expect results in about two weeks. It works because of the effect of the potassium, magnesium, and manganese in the banana peel.
- If you rub the inside of a small piece of banana peel on a wart every night (or tape a piece of peel over the wart), the potassium in the peel can make the wart disappear in one to two weeks.
- Bananas don't actually grow on trees—they grow on plants that are officially classified as an herb (not surprisingly, the world's largest herb). They're in the same family as lilies, orchids, and palms.

Find more amazing banana facts at TheBananaPolice.com!



Did you know?

Bananas can float in water, just like apples and watermelons!

Tips from Chef Bob



Breakfast Banana Split

Main Ingredients

- 1 banana
- ½ cup strawberry greek yogurt
- ¼ cup raspberries
- ¼ cup granola
- ¼ cup blackberries
- mini chocolate chips for garnish

Directions

1. Place container of yogurt in the freezer until firm, not frozen solid, just scoop-able.
2. Scoop out two scoops of yogurt and place each scoop in a separate paper muffin liner.
3. Put back in the freezer until ready to use.
4. Split banana in half.
5. Add 2 scoops of frozen yogurt
6. Add berries, granola and chocolate chips.
7. Serve immediately.

* use Banana Split Dishes for a cleaner visual appearance

