

# TABLETALK

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



In April 2016, the *Happy Mealtimes for Healthy Kids* yearly training and Civil Rights were sent out with the due date of July 1<sup>st</sup>, 2016. If you've never received this packet, or have not yet completed them, it is important that you call the office immediately. July 1<sup>st</sup> is right around the corner, and both tests **must** be in our office *before that day arrives!*

## Tips on Enrolling Children

Children should be enrolled into the food program on the same day they are enrolled into your daycare. Each child **must** have their own enrollment form, but can share the same IEF; both of these forms **must** be included in your enrollment packet for the parents to fill in *by hand*. As soon as the parent completes the forms, it is your responsibility to enter the information into Minute Menu that same day, and then fax them to our office. **Do not send the enrollment forms until after you've entered the information into the computer!** Otherwise, we cannot activate the child, and you will not receive reimbursement for their meals.

The Declaration of Independence was penned by Thomas Jefferson and signed by 56 men representing the 13 colonies, but only two men signed the Declaration of Independence on July 4<sup>th</sup>, 1776: John Hancock and Charles Thompson. Everyone else signed later.



July 2<sup>nd</sup> is the *real* Independence Day, but it's celebrated on the 4<sup>th</sup> because that's when congress accepted Jefferson's declaration. It was initially adopted by Congress on July 2, 1776, but the revised version of the Declaration of Independence was not adopted until two days later.



- The Liberty Bell has not been rung since 1846. To mark the quintessential day, every 4<sup>th</sup> of July it is symbolically tapped 13 times.
- The stars on the original American flag were in a circle so all the Colonies would appear equal.
- The Fourth of July was not declared a national holiday until 1941.

- The first Independence Day celebration took place in Philadelphia on July 8, 1776. This was also the day that the Declaration of Independence was first read in public after people were summoned by the ringing of the Liberty Bell. The White House held its first July 4<sup>th</sup> party in 1801.
- The song "Yankee Doodle" was sung originally by British officers making fun of backwoods Americans. Traditions place the origins of "Yankee Doodle" as a pre-Revolutionary War song originally sung by British military officers to mock the disheveled, disorganized colonial "Yankees" with whom they served in the French and Indian War. The term "macaroni" refers to the fashionable young men who called high fashion as "macaroni". This joke was to insist the Yanks were naive enough to believe that a feather in the hat was sufficient fashion.
- Benjamin Franklin proposed the turkey as the national bird but was overruled by John Adams and Thomas Jefferson, who recommended the bald eagle.



## When did fireworks begin being used to celebrate July 4<sup>th</sup>?

In 1777, congress chose fireworks as a way to celebrate the first anniversary, and ignited them over Philadelphia. The celebration also included bonfires and bells. The American Pyrotechnics Association (APA) estimates that more than 14,000 professional firework displays light up the skies in the United States each 4<sup>th</sup> of July.

## Is there something written on the back of the Declaration of Independence?

Yes! It's said the following is written upside down and backwards: "Original Declaration of Independence dated 4<sup>th</sup> July 1776." It's not known who wrote it, or when. In Revolutionary War years, parchment was rolled up, so this probably served as a message.

## Who wrote the National Anthem?

The United States of America's national anthem, also known as "The Star-Spangled Banner", was written by Francis Scott Key on September 14, 1814; however, it wasn't the national anthem until March 3, 1931. The original title was "Defence of Fort M'Henry", which changed two months later when a music store printed the lyrics beneath a different title. The anthem was intended to be sung to the melody of "To Anacreon in Heaven", a popular tune that served as the theme song of the upper-crust Anacreontic Society of London. Francis Scott Key peered through a spyglass and spotted an American flag still waving over Baltimore's Fort McHenry after a fierce battle against the British. Despite popular belief, Francis Scott Key was *not* imprisoned when he wrote this.

## Chef Bob's Cookbook

## Fourth of July Rice Krispies Treats



Fourth of July  
Rice Krispies Treats  
TOTAL TIME:  
less than 30 min

### Main Ingredients

- 6 cups Rice Krispies cereal
- 1 package marshmallows
- 3tb margarine or butter
- 1/4 - 1/3 tube of Red and Blue food coloring (Betty Crocker Gel Food Colors are brighter colors)

### Additional Items

- 9x9 baking pan (9x13 for thinner, 8x8 for thicker)
- Microwave safe bowl (or 3 for each layer)

### Directions

1. Divide 2 cups Rice Krispies and 2 cups marshmallows into three separate batches for each layer.
2. In a microwave safe bowl, melt the first batch of marshmallows with 1tb margarine for a few minutes or until they start to get big and almost touch the top of the microwave. Then take them out, stir well, and add the blue food coloring. Add the first batch of Rice Krispies, and stir well. Press into well-greased pan.
3. Do this for the next two layers starting with the white (which does not require any food coloring), and then red. Pat down all layers really well using wax paper.
4. Let set for a bit, then cut, serve and enjoy!