



*H.E.L.P Center  
201 E Harrison  
664-2562*



## Provider News Letter January 2018



*Happy New Year!*



FYI

The new year has started and many licenses expired at the end of the year. If yours is one that expired. Send a copy of your new license to our office.

### WHOLE WHEAT MUFFINS

Heat oven to 425 degrees

Mix

- 2c Whole Wheat Flour
- 1/2 tsp Salt
- 4 tsp Baking Powder
- 3/4 c Brown Sugar
- 1 c Milk
- 1/3 c vegetable oil  
(optional 1 tsp cinnamon)

Bake in greased muffin tin 15 minutes.  
(from the kitchen of Carlyn Shaffer)



### On the Menus

- \* Be sure to circle or use the drop down for milk that is being served.
- \* Whole milk is required for 1 year olds.
- \* Write in, circle or use the drop down to mark the WG when serving 'whole grain rich' grains.
- \* Grain based desserts are no longer credible on the Food Program



### Reminder

- \* Notify our office when you are closed.  
You can call, email or put a note in your claim about closures.

Notify us when you have vacation plans, appointments, planned and unplanned breaks

*We will be asking for recipes for combined dishes.*

We want to have everything in place for our **STATE AUDIT in April.**