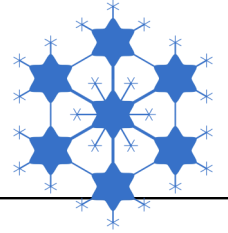
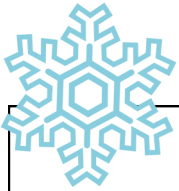




*H.E.L.P Center  
201 E Harrison  
208- 664-2562*

**December 2017**

**PROVIDERS NEWS LETTER**



**Merry Christmas & Happy New Year**

*Menu  
Reminders*



**Snowflakes**

Name the crackers and cereal that are being served.

Use the drop down or write WG, at least once per day for the whole grain rich.

Be sure to mark or write in the milk, 1%, Whole or both, if you are serving 1 year olds.

Fruits and veggies are separate components. Both can be served at snack.

Flour tortilla  
Cinnamon and sugar  
Butter or Olive oil  
Plastic knives

Use plastic knives to cut designs in a flour tortilla  
You can grease a cookie sheet and bake at 350 for 5-10 minutes

Or put some oil or butter in a fry pan and fry till crisp.

Sprinkle with cinnamon and sugar mixture or use another spice or flavor of your choice.



Way to go!!

Many of you are serving protein for breakfast.



**Whole grains**

- |                |                          |
|----------------|--------------------------|
| Steel cut oats | Whole wheat              |
| Rolled oats    | Brown rice               |
| Amaranth       | Kashi Instant Hot Cereal |
| Shredded Wheat | Cheerios                 |
| Corn           | Grape Nuts               |
| Barley         | Granola                  |