

SENDCAA NEWS

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2016 Conference Re-Cap



We would like to extend our thanks to all the providers and vendors who attended our annual conference on October 22nd. We had a great turnout and hope that you were able to take home some great ideas. We would also like to thank our speakers: Joan Enderle, Ann Schulze, Stephanie Miller, Dawne Schmid and Stacy Miller for sharing their experiences and ideas with us. For those that weren't able to make it, here are some key points:

Joan Enderle, RD team manager with the American Heart Association, gave us some great ideas on how to incorporate more whole grains into childcare menus, especially at breakfast. The American Heart Association graciously provided our breakfast that morning featuring several cereals that are whole grain and have 6g of sugar or less per ounce, overnight oatmeal, and yogurt parfaits with a variety of fruit toppings, rounded out the menu.

Ann Schulze, a yoga instructor explained that you don't need to be an expert to realize the benefits of yoga. Yoga creates strength, awareness and balance in both mind and body. You can use yoga as fun, safe activity which teaches calmness, understanding, and awareness for your self and your children.

Megan Myrdal, MS, RD, co founder of the local Ugly Food Campaign, gave us an eye opening presentation on the issue of food waste. From in the fields to our plates, food waste is

happening. Megan gave some tips like incorporating a "garbage day" meal which would be using up all the left overs at a meal, going for family style dining, and even getting away from using paper products. A good note to leave on as we went to lunch afterward.

Stephanie Miller, from the ND Department of Instruction reviewed our special diets policy. We learned the difference between food allergy and food intolerance. She discussed the requirements of a diet statement, which must list the child's disability, why the disability restricts the child's diet, the major life activity affected by the disability, foods to be avoided/omitted and foods to be substituted. Her complete presentation can be found on our website: http://www.sendcaa.org/child_adult_food_program/for-our-providers/workshops.html

Dawne Schmid and Stacey Miller, from Early Intervention, reviewed with us a great safety checklist including, car safety and medications. Developmental milestones were laid out for ages birth to five and what red flags to look for that could be a developmental delay. With parental consent, Early Intervention will come to your childcare and assess your entire group, free of charge. This is a great resource to childcare providers who may have some concerns about a child or two and need some guidance on how to bring up the conversations to parents.

We hope you found our conference a rewarding educational experience and we look forward to planning our 2017 conference next fall.

A big "Thank You" to the American Heart Association for sponsoring our breakfast! What great ideas for adding whole grain and lowering sugar in your children's breakfast menus. We sampled cereals, tried overnight oatmeal and tasted some yogurt parfaits with yummy fruit toppings!



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Sendcaa Child & Adult Care
Food Program

Welcome

Toni Brossart

to the
SENDCAA Food
Program



Pumpkin Bread

- 1 can pumpkin, 15oz
- 1 cup sugar
- 1/4 cup vegetable oil
- 1 cup yogurt, plain low-fat
- 1 1/2 cups all purpose flour
- 1 1/2 cups whole wheat flour
- 2 tsp. baking powder
- 2 tsp. baking soda
- 2 tsp. cinnamon
- 1/2 tsp. salt
- 1 cup raisins



1. Preheat oven to 350° and grease two 9x5x3 inch loaf pans.
2. In a large mixing bowl, beat together pumpkin, sugar, oil, and yogurt. In another bowl combine the flours, baking powder, soda, cinnamon, and salt. Add dry ingredients to the pumpkin mixture, stirring until just moistened. Stir in raisins.
3. Pour into prepared pans and bake for about an hour. Cool on a wire rack to 10 minutes; remove pan and cool completely.

USDA Mixing Bowl

Training in Wahpeton!

“Freeze it and Forget it”

Thursday, December 1st

6:30-8:30

Wilken County Ext. office/Recycle Center

We will discuss ways to make your food prep quicker by putting together freezer meals in advance. You will also learn the USDA food safety for freezing and thawing food. All attendees will receive a shopping list closer to the event date and will be required to provide the components to assemble during the workshop to take back to their childcare.

Reminders:

⇒ When filling out enrollment forms, don't forget the child's birth date.

⇒ SENDCAA offices will be closed Thursday, November 24th and Friday November 25th.

HAPPY THANKSGIVING!



Want themed resources?

Check out our website,
sendcaa.org, click child adult care
food program and under our
newsletters tab you will find
downloadable links to activity
newsletters that you can also
share with the parents!

USDA is an equal opportunity provider.