

January 2018

Volume 20 Issue 1



SENDCAA CHILD & ADULT CARE FOOD PROGRAM

SENDCAA NEWS

You're Invited to SENDCAA's Spring Mini Conference
Saturday, March 3rd 2018
9:00am-12:00pm
DMF-4141 28th Ave S, Fargo, ND

You will hear from two experienced presenters!

Food Safety & Sanitation - Julie Garden-Robinson, PhD, RD, LRD, FAND, NDSU Professor and Extension Food and Nutrition Specialist.

- Why are infants and children more vulnerable to foodborne illness.
- Become aware of some of the most common types of foodborne illnesses affecting childcare settings and how to prevent them.
- List the four steps to food safety
- Be aware of reputable online resources as follow-up information.

The Early Identification of Developmental Delays and Actions for Intervention - Debra Pullen, Region 5 Right Track Coordinator

- Discuss the importance of early identification of developmental delays such as autism and motor and language disorders.
- Become familiar with the screening and intervention programs and be able to assist parents in accessing those programs.

Come join us for three hours of FREE Growing Futures approved training!

Register by:

- visiting our website www.sendcaa.org/ (Choose CACFP, For Our Providers, Workshops)
- following the link to the email invite that was sent to you
- calling our office at 701.232.2452 ext. 132

Must attend all three hours for credit!

New 2018 At-Home Calendar Training Now Available!

Everyone will receive a 2018 calendar by the end of January. There is At-Home training available worth a total of 4 hours of FREE, Growing Futures approved credits. They have been divided into three separate quizzes, one 2-hour and two 1-hour. You will have the choice to download the quizzes to print and complete

manually or submit them electronically through our website. Upon request we will also mail hard copies. All answers can be found inside the calendar. We will submit completed quizzes to Growing Futures at the end of each month and send a certificate of completion to you.



KidKare Tip of the Month:
How to View your Tax Report

- Open KidKare and select the **Reports** option from the main menu.
- Select **Claim Statements** from the dropdown box.
- Select the **Tax Report** report.
- Choose **2017**.
- Hit **Run**. A PDF will download for you to print.



Reminders:

- Tax reports will only be mailed upon request. If you are a KidKare user, you can access this report yourself.
- Make sure enrollments have all necessary info filled in! Date of birth, child's schedule, meals attending, and parent signature are all needed! They must also be dated in the first month the children are to be claimed.



*SENDCAA Offices will be closed
Monday, February 19th in honor
of President's day.*

CONTACT US:

Fargo
geril@sendcaa.org
1-800-726-7690
701-232-2452
3233 University Drive South
Fargo, ND 58104
www.sendcaa.org

Wahpeton
dianaf@sendcaa.org
701-642-3497

Grand Forks
bjmcnamee@hotmail.com

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Sendcaa child & Adult Care Food
Program

Tilapia Fish Sticks

- 1 ½ lbs. Tilapia filets, thawed
- ¾ cup Flour
- 1 ½ tsp. Cajun or Italian seasoning
- 3 Eggs
- 2 1/2 cups Panko crumbs

4. Place on a baking sheet that has been sprayed with cooking spray. Bake 10-12 minutes or until fish flakes easily. Serve with a favorite dipping sauce.

tasteofhome.com

Directions:

1. Slice each filet length-wise into two or three pieces.
2. Prepare the breading station by collecting three bowls. In the first bowl combine the flour and Cajun seasoning (or salt, pepper, any other seasonings). In the second bowl whisk the eggs. In the third bowl place the panko bread crumbs.
3. Bread the tilapia sticks by first coating in seasoned flour then dipping in egg and finally coating in panko crumbs.



A Week's Worth of Menu Ideas!

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	Whole (1 yr.) 1%/skim(2+)	Whole (1 yr.) 1%/skim(2+)	Whole (1 yr.) 1%/skim(2+)	Whole (1 yr.) 1%/skim(2+)	Whole (1 yr.) 1%/skim(2+)
Fruits/Veg	Apples, blueberries, raisins	Banana slices	Grapefruit slices	Banana slices	Pineapple
Grain/Bread or Meat/Meat Alt.	Oatmeal (WGR) Yogurt Parfait	Cheerios (WGR)	Toast (WGR)	Pancakes	Waffle (WGR)
Lunch					
Milk	Whole (1 yr.) 1%/skim(2+)	Whole (1 yr.) 1%/skim(2+)	Whole (1 yr.) 1%/skim(2+)	Whole (1 yr.) 1%/skim(2+)	Whole (1 yr.) 1%/skim(2+)
Vegetable	Green Beans	Peas & Carrots	Tomato and lettuce	Potatoes and carrots	Green pepper sticks
Fruits/Veg	Apple Slices	Pears	Grapes	Peaches	Mixed fruit
Grain/Bread	Brown rice (WGR)	Pasta (WGR)	Pita bread	Roll (WGR)	Pita (WGR)
Meat/Meat Alt.	Barbeque Chicken	HM Tilapia Fish Sticks	Chicken Salad Sandwich	HM Beef Stew	Cheesy Pita Pizza
Snack					
	Peaches	HM Hummus	Applesauce	Broccoli & Cauliflower	Pasta salad
	Crackers (WGR)	Cherry tomato	Mini Bagel (WGR)	Cheese cubes	Orange wedges

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