

# SENDCAA NEWS

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## At-Home Training Available!

### 2018 Calendar Training

Worth a total of 4 hours of FREE Growing Futures approved credits. There are three separate quizzes. All answers can be found inside the calendar.

**Quiz 1**-Complete two physical or craft activities from the calendar with the children in your care and answer the questions on the quiz. Take one photo of each activity and email to [jennyn@sendcaa.org](mailto:jennyn@sendcaa.org) (photos will be confidential and will not be shared on social media). **1 hour training credit**

**Quiz 2**-Make two recipes from the calendar and serve at your child care home and answer the questions on the quiz. Take one photo of each prepared recipe and email to [jennyn@sendcaa.org](mailto:jennyn@sendcaa.org) (photos will be confidential and will not be shared on social media). **1 hour training credit**

**Quiz 3**-Read through the 2018 calendar before completing the quiz. Answers will be found in the calendar. **2 hours training credit**



### Nutrition and Wellness Tips for Young Children-Part 1 Nutrition Tips

This at-home training is based on the loose leaf book, Nutrition and Wellness Tips for Young Children, published by the USDA. This book was distributed to SENDCAA providers several years ago. If you do not have a print book, you can access and download the digital version of this book from the links below. This training covers the material in the first section, "Nutrition Tips" (yellow tab of the printed book). Read the tip sheets for each subject and then answer the corresponding questions in the quiz.



You can find all the quizzes on our website by going to [sendcaa.org](http://sendcaa.org) —> CACFP —> For our providers —> At home training. You can also request a hard copy of this training by calling our office. We will submit completed quizzes to Growing Futures at the end of each month and send a certificate of completion to you.

Shopping  
Tip!

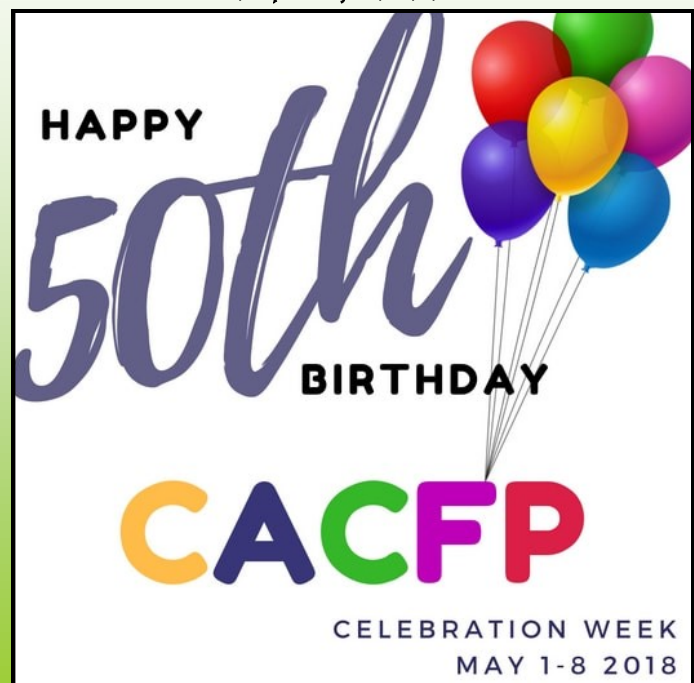
## Creditable Whole Grain Tortilla Chips

Tortilla chips can be a creditable whole grain source in your menus, however they can be hard to find if you don't check the ingredient label. Here are a few popular options to assist you in your next grocery shopping experience. All items below are creditable as a grain and Whole Grain. (Whole corn is the first ingredient and all other grains are either enriched or whole.)

Essential Everyday Restaurant Style  
Mission Restaurant Style Thin and Crispy  
Chi Chi's Yellow Corn Tortilla Chips  
Late July Thin and Crispy  
Sun Chips all varieties



May 8<sup>th</sup> the CACFP has a Milestone Birthday!  
An email was sent out about how you  
can be apart of the celebration.





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[www.sendcaa.org](http://www.sendcaa.org)

**You will find:**

- Program information
- Printable forms
- Training
- Nutrition resources



**Sendcaa Child & Adult Care Food Program**

- Announcements
- Recipes

**Reminders:**

- If you use manual claim forms, be sure to write the child's first **and** last name **and** the age. Its also very helpful if they are in alphabetical order.
- Be sure all enrollments are dated during the first month the child is to be claimed.

*According to the calendar, spring is here!  
Let's celebrate with some fun Spring snacks!*



## A Week's Worth of Menu Ideas!

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Frosted Mini Wheats® (WGR)</li> <li>• Pineapple</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Toast (WGR)</li> <li>• Blueberries</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Honey Kix® (WGR)</li> <li>• Orange Slices</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal (WGR)</li> <li>• Pears</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Mini Bagels (WGR)</li> <li>• Banana slices</li> <li>• Milk</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Cheesy Tilapia</li> <li>• Green Beans</li> <li>• Corn</li> <li>• Brown Rice (WGR)</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• HM Chicken nuggets</li> <li>• Honeydew Melon</li> <li>• Sugar Snap Peas</li> <li>• Pasta (WGR)</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Beef and Cheese Burrito</li> <li>• Refried Beans</li> <li>• Lettuce/tomato</li> <li>• Tortilla (WGR)</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Burgers</li> <li>• Peas</li> <li>• Cantaloupe</li> <li>• Bun (WGR)</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Pork Chops</li> <li>• Baked Beans</li> <li>• Mixed Fruit</li> <li>• Pasta Salad (WGR)</li> <li>• Milk</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• *Super Smoothie (Fruit and yogurt in smoothie)</li> </ul>	<ul style="list-style-type: none"> <li>• Carrot sticks</li> <li>• String Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Banana slices</li> <li>• Animal Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• English Muffin (WGR)</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato Soup</li> <li>• Crackers (WGR)</li> </ul>

### Super Smoothie

6 servings

- 2 cups Strawberries
- 1 cup peaches
- 2 cups Plain Low-Fat Yogurt
- 1 Tbsp. Lemon juice
- ¼ cup Bananas

**Directions:**

1. Combine peaches, strawberries, bananas, lemon juice, and yogurt in blender. Fresh, frozen or canned fruits may be used.
2. Process until smooth.
3. Dish ¾ cup servings into cups.

Credits as both a fruit and meat/meat alternate components

