

SENDCAA NEWS

Volume 21 Issue 2

"Where Healthy Eating Becomes a Habit"

February 2019

Spring Conference

FREE, Growing Futures approved training!

Saturday, March 30th
DMF

4141 28th Ave S Fargo
9:00am-12:15pm

Registration and breakfast beginning at 7:30am

9:00am-10:30am "Child Maltreatment: Indicators and Disclosers" presented by: Greg Lemke from the Rape and Abuse Crisis Center

10:45am-12:15pm "Sensory Feeding Disorders" presented by Brianna Jastram, MS, OTR/L from, Pediatric Therapy Partners

Three ways to register

- Follow the link in the email invite that was sent to you
 - Go to our website and register
 - Call our office at 232-2452 ext. 132

Celebrate CACFP Week

What is CACFP week?

CACFP Week, **March 17-23**, is a national education and information campaign sponsored annually, every third week of March, by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger. The CACFP brings healthy foods to tables across the country for children in child care centers, homes, and afterschool programs, as well as adults in day care.

What is the purpose of CACFP week?

1. To educate parents and the community about how the CACFP helps child care providers serve well balanced, nutritious meals.
2. To promote proper nutrition for growing children.
3. To ensure long-term health benefits by creating healthy eating habits.

What can you do?

Take the CACFP Challenge!

Over a dozen challenges to choose from! Select one challenge each day to help spread the word. Share them on social media with the tag

@NationalCACFP to enter for a chance to win \$100. Go to CACFP.org for more info or our website for a link to the challenges: sendcaa.org → Child and Adult Care Food Program

\$100

Need an incentive?
Share completed challenges on social media and
ENTER TO WIN \$100.
Make sure you tag
@NationalCACFP to enter.
Each post equals one entry.

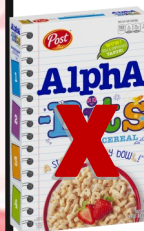
USDA Mandatory Training

Every year the USDA requires the Child & Adult Care Food Program to offer an annual mandatory training to all child care providers. You should have received an email on February 4th with a link to complete this training. The answers to this training can be found in your provider handbook (blue binder) and by reading the civil rights training info attached in the quiz.

This training is mandatory and Growing Futures approved for one hour. The deadline to complete the training and to receive Growing Futures approved credit is **August 30th, 2019**. Failure to complete by the deadline could result in a corrective action to take place.

If you would prefer to take this training manually rather than electronically, go to our website sendcaa.org → **child & adult care food program** → **at home training** to print a PDF or contact our office to request a hard copy by mail, 701.232.2452 ext. 132 or jennyn@sendcaa.org

Alpha-Bits no longer Creditable



Please update your cereal lists by removing Alpha-bits from your creditable cereal list. The company has unfortunately reformulated their product and added a lot more sugar. If you have been serving Alpha-Bits, please find an alternate creditable cereal. If you use KidKare and have it in your saved menus, you will want to update that menu as well.



Contact us:

Fargo
 geril@sendcaa.org
 1-800-726-7960
 3233 University Drive South
 Fargo ND 58104

Wahpeton
 dianaf@sendcaa.org
 701-642-3497

Grand Forks
 bjmcnamee@hotmail.com

Find us online at:

www.sendcaa.org

You will find:

- Program information
- Printable forms
- Training
- Nutrition resources



**Sendcaa Child & Adult Care
 Food Program**

- Announcements
- Recipes
- Fun Activities

Welcome,

Joni Nygaard
 Karen Jenson
 Kaylee Johnson

to the SENDCAA
 Food Program!

2019 Calendar Training

You can find this new training on our website by going to:

sendcaa.org → **child & adult care food program** → **at home training**

These trainings are Growing Futures approved and worth up to 4 hours of training credit.

(Call our office if you do not have access to a computer, a hard copy can be mailed to you.)



CACFP is an indicator of quality child care.

Chicken Noodle Soup

- 2 Tbsp. olive oil
- 2 cups chopped carrots
- 1 cup chopped celery
- 3 cups of cubed cooked chicken
- 3 cups egg noodles (uncooked)
- 2 teaspoon parsley flakes
- 1 bay leaf
- 10 cups of chicken broth
- Salt and pepper to taste

1. In a large pot or saucepan, heat up two tablespoons of olive oil.
2. Add chopped carrots and celery and cook for five minutes while stirring.

3. Add chicken, egg noodles, parsley, bay leaf and ten cups of chicken broth. Bring to a boil and then reduce heat.
4. Cover pot and simmer for ten minutes. Stir occasionally and remove bay leaf prior to serving.



A Week's Worth of Menu Ideas!

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • Scrambled egg • Kiwi slices • Milk 	<ul style="list-style-type: none"> • Pancake WG • Applesauce • Milk 	<ul style="list-style-type: none"> • English muffin WG • Peach slices • Milk 	<ul style="list-style-type: none"> • Cream of wheat • Mixed berries • Milk 	<ul style="list-style-type: none"> • Blueberry muffin • Pear half • Milk
Lunch	<ul style="list-style-type: none"> • Beef sloppy joe • WG Bun • Green beans • Mixed fruit • Milk 	<ul style="list-style-type: none"> • HM Chicken noodle soup • Carrots & Celery in soup • Cantaloupe cubes • Milk 	<ul style="list-style-type: none"> • HM Cheese Pizza • Cauliflower & Broccoli • Strawberries • Pizza crust WG • Milk 	<ul style="list-style-type: none"> • HM baked chicken strips • Sugar snap peas • Mandarin oranges • Brown rice WG • Milk 	<ul style="list-style-type: none"> • Refried bean taco • Whole corn tortilla WG • Corn • Grapes • Milk
Snack	<ul style="list-style-type: none"> • Tangerine wedges • Trail mix 	<ul style="list-style-type: none"> • Strawberries & Bananas • Pretzel sticks 	<ul style="list-style-type: none"> • Hard boiled egg • Carrot sticks 	<ul style="list-style-type: none"> • Celery sticks/ raisins • Peanut butter 	<ul style="list-style-type: none"> • Applesauce • Crackers WG

USDA is an equal opportunity provider.