

## SENDCAA NEWS

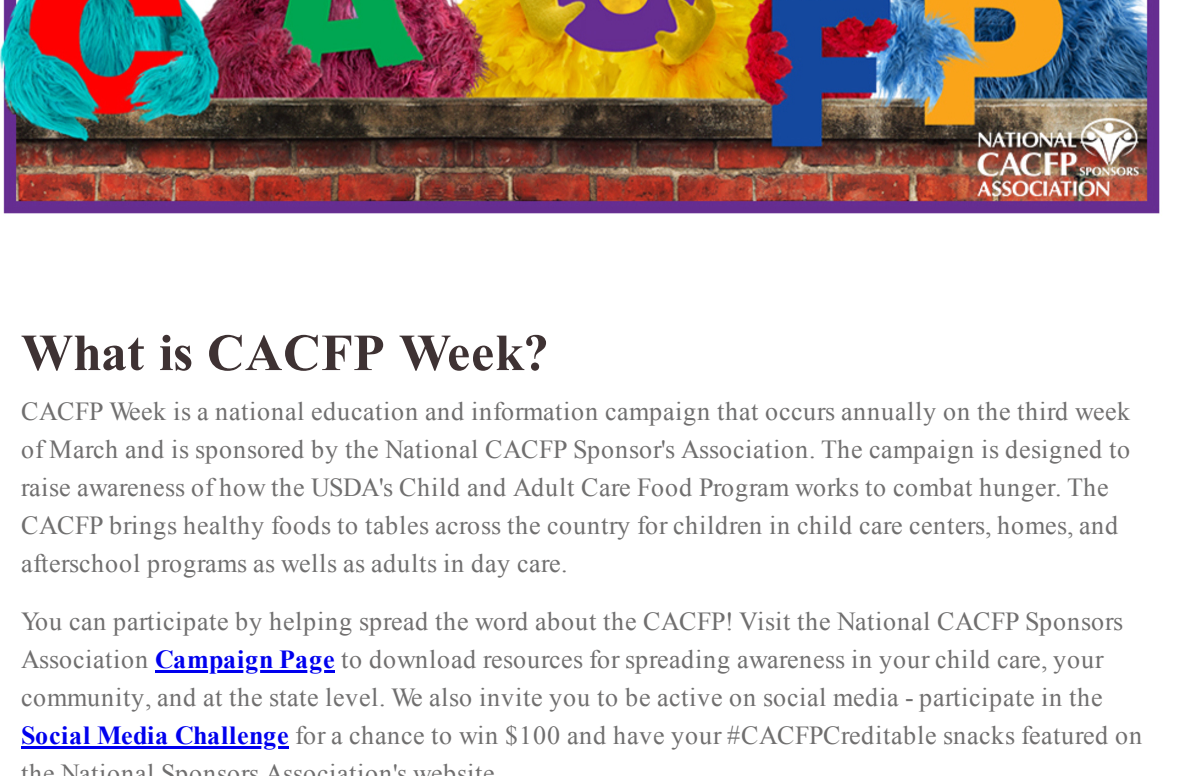
CACFP Edition | March 2023

# Celebrate CACFP Week

March 12-18, 2023

Help serve over **4.5 million children and adults** healthy meals & snacks daily!

Learn more at **CACFPWeek.org**



## What is CACFP Week?

CACFP Week is a national education and information campaign that occurs annually on the third week of March and is sponsored by the National CACFP Sponsor's 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.

You can participate by helping spread the word about the CACFP! Visit the National CACFP Sponsors Association [Campaign Page](#) to download resources for spreading awareness in your child care, your community, and at the state level. We also invite you to be active on social media - participate in the [Social Media Challenge](#) for a chance to win \$100 and have your #CACFPCreditable snacks featured on the National Sponsors Association's website.

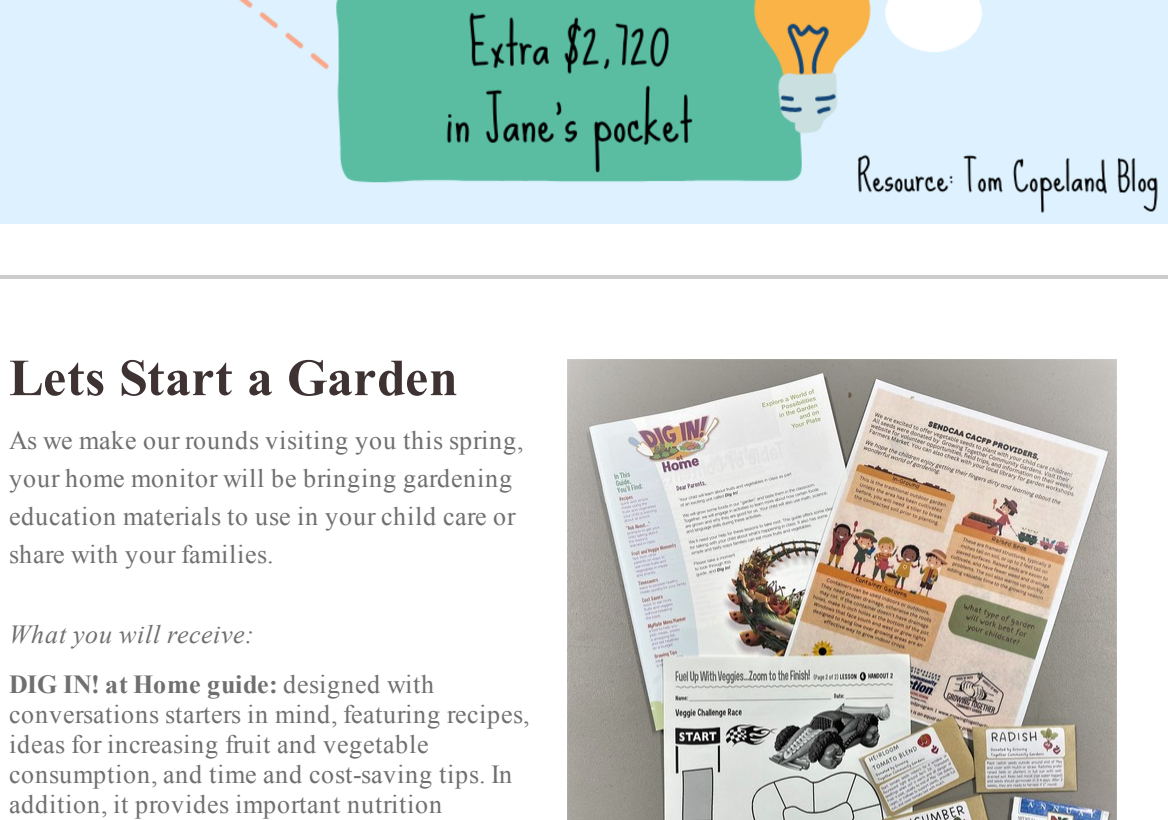
## Food Program: A Good Deal!

You are *never* losing money when you are on the Food Program. It is true that your reimbursements may not cover all your food costs, but it's always better to get some money for the food you are buying, than no money at all!

Here's a few things to keep in mind:

- Most providers spend less than 3 hours per week on Food Program paperwork.
- You are always better off when joining CACFP. For every \$1,000 you get from CACFP, you will have \$600-700 in your pocket after paying taxes on this income.
- Meals and snacks that you are reimbursed for by the CACFP can still be deducted as a business expense. So, you don't lose any food deductions when joining the Food Program whether you receive the higher (Tier 1) or lower (Tier 2) reimbursement.
- All providers can use the standard meal allowance rate to deduct their food expenses. That means, if you serve breakfast, lunch and snack each day, you can deduct about \$1,500 in food expenses for each child in a year. Plus, you don't need to save any food receipts when using the standard meal allowance method.
- It is easier to participate on the food program, than it is to raise your rates. Now that's a good deal for parents and for you!

For more information and resources, visit [www.tomcopelandblog.com](http://www.tomcopelandblog.com)



## Lets Start a Garden

As we make our rounds visiting you this spring, your home monitor will be bringing gardening education materials to use in your child care or share with your families.

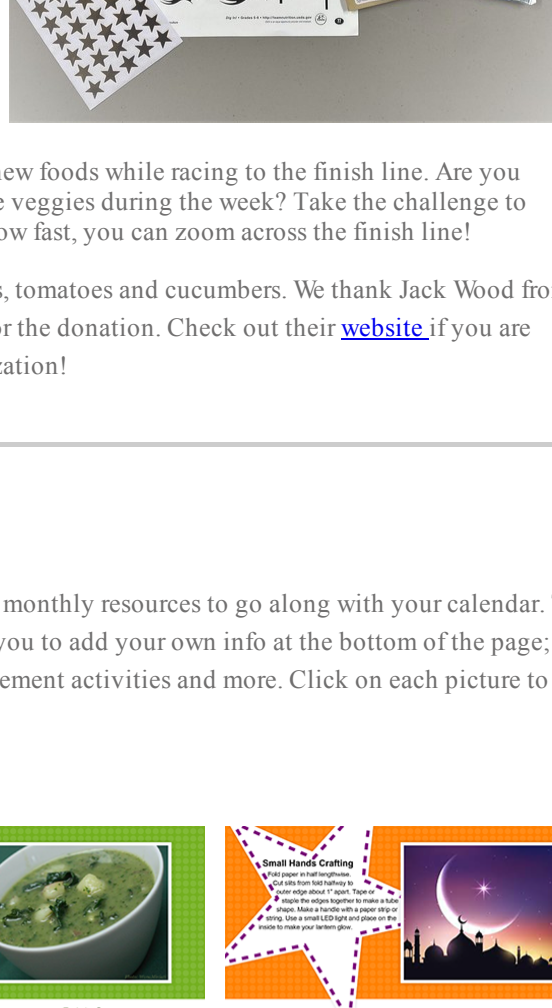
What you will receive:

**DIG IN! at Home guide:** designed with conversations starters in mind, featuring recipes, ideas for increasing fruit and vegetable consumption, and time and cost-saving tips. In addition, it provides important nutrition information, an explanation of MyPlate, and a weekly menu planner to work on with children.

**Easy Vegetables to Grow with Children:** a quick guide to getting started on your garden, including different types of gardens for your home, information on what makes vegetables fun to grow, and some fun facts to get kids thinking.

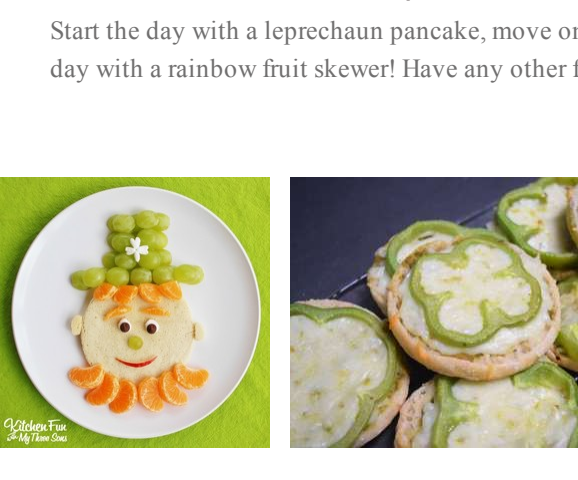
**Fuel Up With Veggies... Zoom to the Finish!** A veggie challenge to get kids excited about trying new foods while racing to the finish line. Are you fueling up with enough dark-green, red, and orange veggies during the week? Take the challenge to track your meals for three days to find out if, and how fast, you can zoom across the finish line!

You will even receive seeds for green peas, radishes, tomatoes and cucumbers. We thank Jack Wood from Growing Together Community Gardens in Fargo for the donation. Check out their [website](#) if you are interested in learning more about this great organization!



## March Resources

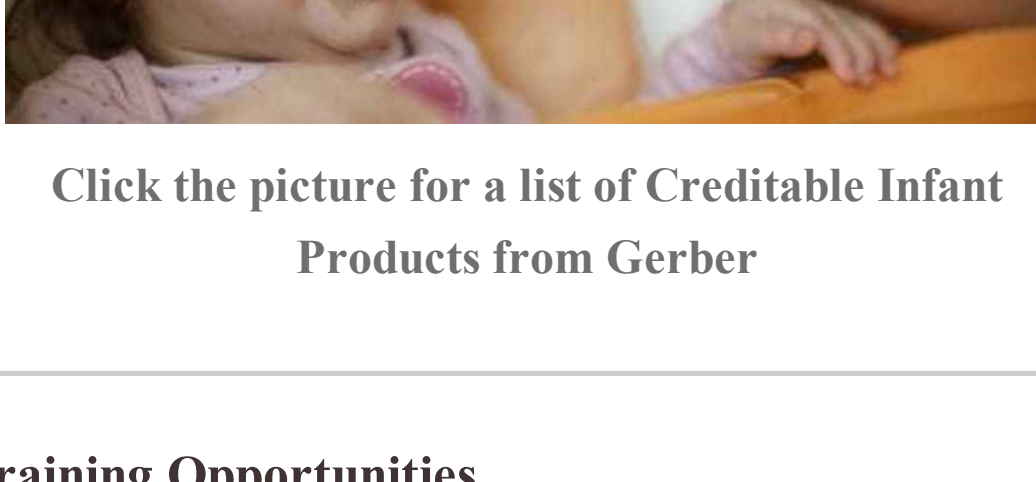
The National CACFP Association has developed extra monthly resources to go along with your calendar. The Parent Connections monthly newsletters are ready for you to add your own info at the bottom of the page; and the activity pages contain recipes, craft activities, movement activities and more. Click on each picture to download the PDF and use at your childcare.



## St. Patrick's Day Meal Ideas

Start the day with a leprechaun pancake, move on to lunch with shamrock mini pizzas, and finish our the day with a rainbow fruit skewer! Have any other fun ideas? Share them on our Facebook page!

SENDCAA Child & Adult Care Food Program					
A Week's Worth of Menu Ideas					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Strawberries Yogurt Milk	Blueberries WG Bran Muffin Milk	Banana WG Cinnamon Oatmeal Milk	Mixed Fruit WG Pancakes Milk	Tropical Mixed Fruit WG Toast Milk
Lunch	Beef Meatballs Broccoli Orange Slices WG Roll Milk	Chicken Fajitas Avocado Pineapple WG Tortilla Milk	Baked Beans Corn on the Cob Apple Slices WG Corn Bread Milk	BBQ Pulled Pork Roasted Carrots Peaches WG Bun Milk	Egg Bake with Ham & Cheese Hash Browns Grapes English Muffin Milk
Snack	Cucumber Slices WG Wheat Thins	HM WG Chex Mix Milk	Applesauce WG Toast	Snap Peas String Cheese	Mini Bagel Milk
*Whole milk is required for children 1 year of age/1% or skim milk is required for children 2 and older					



## Click the picture for a list of Creditable Infant Products from Gerber

## Training Opportunities

Looking for free training hours? Check out our website for all of the available at-home training modules. SENDCAA training hours are Growing Futures approved and free to SENDCAA providers and their staff.

[Nutrition Facts Label](#)

[Infant Feeding Guide](#)

[Nutrition & Wellness Tips for Young Children](#)

[Identifying Whole Grain-Rich](#)

[2023 Calendar: Counting Animals - NEW!](#)



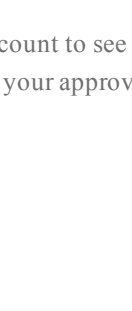
## Spring Mini Conference

Registration coming soon to your email inbox!

Presenters:

**Don Kinzler**, Horticulturist from NDSU Extension - "How to Start a Garden"

**Sarah Meyer**, Health and Safety Specialist with Child Care Aware ND - "Common Illnesses and Exclusion Guidelines"



## Growing Futures

Can't remember which trainings you have completed? Log in to your Growing Futures account to see all the trainings in one list. Once logged in, choose the training tab along the top to view all your approved trainings. The most recent will be at the top of the list.

[Log into Growing Futures](#)

## 2022 Tax Reports

Tax reports will be sent out by request only. Contact your home monitor if you would like your year end tax report emailed or mailed to you.

KidKare users, you can find your tax report by going to:

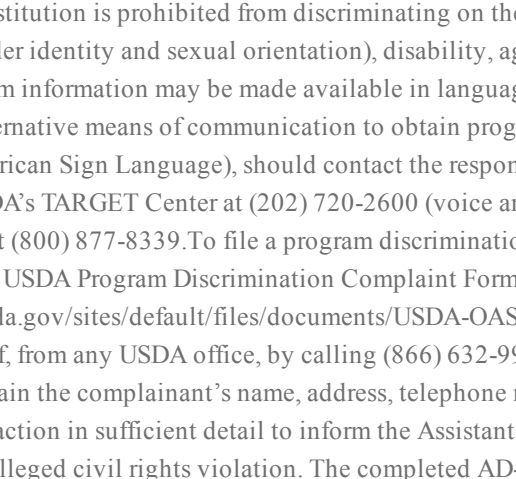
REPORTS>CLAIM STATEMENTS>TAX REPORT>CHOOSE YEAR>CLICK RUN

Everyone has a KidKare account, even if you submit your claim manually. If you would like more info on how to login to your KidKare account, please contact your home monitor.

## Pet Reminder

Remember to remove your pets to another area during meal times.

Pets are NOT allowed in the cooking and eating area when preparing or serving a meal. Pets are to be served from dishes specifically for their use.



## Contact Us

Fargo

3233 University Drive South  
Fargo, ND 58104  
Phone: 701-232-2452  
Toll-free: 1-800-726-7960

E-mail: [foodprogram@sendcaa.org](mailto:foodprogram@sendcaa.org)

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

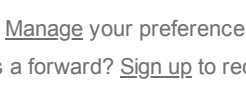


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U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410  
or fax: (833) 256-1665 or (202) 690-7442; or email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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