

SENDCAA NEWS



Volume 21 Issue 11

"Where Healthy Eating Becomes a Habit"

November 2019

Provider Profile

The SENDCAA CACFP would like to feature a SENDCAA Provider in our monthly newsletters. Big thank you to Sandra for sharing her child care with us! Please contact your home monitor if you want to be featured.

Sandra Jaeger

Sandra, of Fargo, has participated with the SENDCAA Food Program for over 21 years and has worked in the child care field for 30 years.

After receiving her Child Development and Family Science and Elementary Education Degree, Sandra decided early education was the direction of choice. Centers were gaining

in popularity at the time, but Sandra was happier to offer a smaller setting with mixed ages and truly wanted to offer parents a safe home like learning setting for young children. So in 1993 Sandra decided to open her child care in South Fargo because of the growth in the 32nd Avenue area at the time and Centennial School was already full and planning an addition.

Sandra's child care kids love the outdoors and she plans their activities around that all year long. Playing outside, gardening and exploring the neighborhood are daily adventures. Being outside is a great balance to their healthy eating, where the children love their homemade pizza or taco boats. Both meals are simple but they are fresh and homemade.

Sandra enjoys being a child care provider, knowing she is helping young families by

providing a learning environment for their children. She has cared for many young children and there is no greater reward than when you hear from them when they have grown up. Being invited to sporting events, weddings and baby showers, truly is a gift that that she chose the right profession.

Sandra loves the training opportunities that the SENDCAA Food Program offers. Nutrition is ever changing and she feels the food program does the best at presenting information, training, and supporting providers. "The food program truly helps providers feel professional in education and meeting the needs of young children in our community."

Thank you Sandra for being an amazing provider and participating in the SENDCAA Child & Adult Care Food Program!

71 SENDCAA Providers Attend 2019 Fall Conference

With a grant from USDA's Team Nutrition, we were able to invite Chef

Cyndie for this appearance. Chef Cyndie did not disappoint with her culinary skills, kitchen tips, and quick wit. Providers were taught different ways to cut fruits and vegetables during her knife skills talk. Homemade ranch and roasted vegetables were tasted. Must have kitchen tools were demonstrated and even giving out as prizes. Check out her website at: chefcyndie.com for more recipes.

Chef Cyndie's Ranch

16oz plain yogurt
1 ½ c. regular mayonnaise
2 Tbs. white vinegar
1 tsp black pepper
1 tsp. garlic powder
1 tsp. onion powder

1 tsp. dried parsley flakes

Combine all ingredients until smooth. For best results prepare a day in advance and store in refrigerator overnight.



SENDCAA providers share a good laugh with our featured speaker, Chef Cyndie, during our October 26th conference.



**SENDCAA Offices will be closed November 28th & 29th!
Happy Thanksgiving to all of our SENDCAA Providers!**





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You will find:

- Program information
- Printable forms
- Training
- Nutrition resources



**Sendcaa Child & Adult Care
Food Program**

- Announcements
- Recipes
- Fun Activities



A Week's Worth of Menu Ideas!

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • WG Toast • Pears • Milk 	<ul style="list-style-type: none"> • Biscuit • Applesauce • Milk 	<ul style="list-style-type: none"> • WG Oatmeal • Raisins & diced apples • Milk 	<ul style="list-style-type: none"> • Blueberry Muffin • Orange wedges • Milk 	<ul style="list-style-type: none"> • WG Pancake • Diced Peaches • Milk
Lunch	<ul style="list-style-type: none"> • Oven Baked Chicken • Steamed Broccoli • Apple slices • Dinner roll • Milk 	<ul style="list-style-type: none"> • Refried Bean Burrito • Lettuce & Tomato • Pineapple • WG Flour Tortilla • Milk 	<ul style="list-style-type: none"> • Ham 'n Hashbrowns • Snap Peas • Grapes • Milk 	<ul style="list-style-type: none"> • HM Macaroni & Cheese • Peas & Carrots • Banana • WG Brown Rice • Milk 	<ul style="list-style-type: none"> • HM Hamburger & Cheese Pizza • Corn • Raspberries • Pizza crust • Milk
Snack	<ul style="list-style-type: none"> • Yogurt • Graham Crackers 	<ul style="list-style-type: none"> • Bagel • Grapes 	<ul style="list-style-type: none"> • Carrot Sticks • WG Wheat Thins® 	<ul style="list-style-type: none"> • WG Triscuits® • Cheddar Cheese 	<ul style="list-style-type: none"> • WG Cheerios® • Milk

Age 1 serve whole milk/Age 2 and older serve 1% or skim milk

Ham 'n Hashbrowns

- > 12oz pkg. frozen hashbrowns, thawed
- > 1 ½ c. shredded cheddar cheese
- > ½ c. chopped onion
- > 1 tsp. dry mustard
- > 1 c. cooked, chopped ham
- > 1 ½ c. milk
- > ¼ tsp. paprika
- > 6 eggs beaten
- > salt and pepper taste

Mix all ingredients except paprika in a large bowl. Pour into a lightly greased 8x11 baking pan, sprinkle the paprika on top. Bake, uncovered, at 350° for 40-45 minutes or until knife inserted in center comes out clean.

May be prepared ahead of time, chilled and baked later.

Creditable for a meat/meat alternate and a vegetable at lunch/supper. Serves 12

Check Your Training Hours in Growing Futures

Go to ndgrowingfutures.org
 Once you login, click on the *Training* tab. All your trainings will appear with the most recent at the top.

You can also click on the *Reports* tab and print a copy of your trainings.

We input at-home trainings at the end of each month, and conference trainings within a week after the conference date.

Last Chance to Submit 2019 Calendar Training !

November 30th is the last do you can submit training from the 2019 calendar!

You can find this 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.)

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