

SENDCAA NEWS

Volume 21 Issue 4

"Where Healthy Eating Becomes a Habit"

April 2019

April is National Soy Foods Month

Soy is the only plant-based complete protein containing all the essential amino acids like animal proteins do.

Edamame is an immature soybean still in its pod. Originating in east Asia, edamame is a nutritious, easy to prepare food that would be great as a side dish or a snack!

You can buy them fresh or frozen. Steaming, boiling or microwaving are all appropriate cooking methods. Sprinkle with salt and let your kids pop them out of their shells or you can find them already shelled.

Creditable as a vegetable or a meat alternate.



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.

Spring Conference Re-Cap

We would like to thank all of our SENDCAA childcare providers for attending our spring conference on March 30th!

Greg Lemke, from the Rape and Abuse Crisis Center, presented on "Child Maltreatment and Disclosers". Greg talked about different types of abuse and the various behaviors that a child could display from being abused. The bottom line is, if you feel something isn't right follow your instincts and ask questions. (Go to our website, under the conference tab, for supplemental info on Greg's presentation.)

Brianna Jastrom, MS, OTR/L, from Pediatric Therapy Partners, spoke on "Sensory Feeding Disorders". We learned that there are three main reasons a child may not eat. It could be due to a physical, behavioral/emotional, or sensory processing issues. To aid in these issues we should provide a positive meal environment, keep a routine, model how food should be eaten (be willing to eat what you serve the kids) and offer new foods along side familiar foods.



Enrollment Requirements

Please be sure enrollments are being filled out entirely.

- ◇ Drop off/pick up times (if the schedule varies, put the earliest they could ever be there and the latest they could ever be there.
- ◇ Choose all the meals that they could be present for during those hours.
- ◇ Is the name and birthdate legible?
- ◇ For infants, did the parent choose which infant milk to offer.
- ◇ The parent needs to sign and date the form. **The date needs to be sometime in the first month the child is to be claimed.** (Ex, if a child starts in April and you claim the child in April, the enrollment needs to be dated in April.) If dated the following month the child will not be eligible to be claimed until the following month.

If you have any questions about enrollments please call our office for assistance.

At-Home Training Opportunities

Go to our website sendcaa.org—>
**child & adult care food
program—>at home training**

- ⇒ USDA Mandatory Training
- 1 hour
- ⇒ 2019 Calendar Training
- 2 hours
- ⇒ 2019 Calendar Activities
- 1 hour
- ⇒ 2019 Calendar Recipes
- 1 hour
- ⇒ Nutrition & Wellness Tips Part 1
- 1 hour
- ⇒ Nutrition & Wellness Tips Part 2
- 1 hour

All Growing Futures Approved.



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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

The SENDCAA
Food Program
Will be closed
April 19th for
Good Friday

Stir-Fry Rice, Eggs, and Ham

- 1 ½ cups diced ham
- 3 cups cooked brown rice
- 2 Tbsp. sesame oil
- 1 small onion chopped
- 1 cup frozen peas & carrots
- 2-3 Tbsp. soy sauce (more or less to taste)
- 3 eggs, lightly beaten
- 2 Tbsp. chopped green onion, optional



1. Preheat a large skillet to medium heat. Pour sesame oil in bottom, then add the onion, ham, peas & carrots and fry until tender.
2. Slide the onion, ham, carrot & peas to the side and pour the beaten eggs onto the other side. Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetable mix.
3. Add the rice to the veggie, ham and egg mixture. Pour the soy sauce on top. Stir and fry the rice and veggie mixture until heated through and combined. Add chopped green onions if desired.

<https://therecipecritic.com/ham-fried-rice/>

A Week's Worth of Menu Ideas!

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • Waffles • Peaches slices • Milk 	<ul style="list-style-type: none"> • WG Frosted Mini Wheats® • Blueberries • Milk 	<ul style="list-style-type: none"> • Bagel • Kiwi slices • Milk 	<ul style="list-style-type: none"> • Egg & Cheese Burrito • Strawberries • WG Tortilla • Milk 	<ul style="list-style-type: none"> • WG Toast • Raspberries • Milk
Lunch	<ul style="list-style-type: none"> • Baked Tilapia • Broccoli • Grapes • WG Quinoa • Milk 	<ul style="list-style-type: none"> • PB&J Sandwich with a Cheese stick • HM Kale chips • Honeydew cubes • WG Bread • Milk 	<ul style="list-style-type: none"> • Stir-Fry Rice, Eggs, and Ham • Carrots • Pineapple Chunks • WG Brown rice • Milk 	<ul style="list-style-type: none"> • Toasted Cheese Sandwich • Cucumber slices • Mandarin Orange • WG Bread • Milk 	<ul style="list-style-type: none"> • BBQ Pulled Pork • Garden Salad • Mango slices • WG Roll • Milk
Snack	<ul style="list-style-type: none"> • Roasted Sweet Potatoes and Apples • Milk 	<ul style="list-style-type: none"> • Graham Cracker • Milk 	<ul style="list-style-type: none"> • Hard Boiled Egg • WG Toast 	<ul style="list-style-type: none"> • Cherry Tomatoes • Cottage Cheese 	<ul style="list-style-type: none"> • Blueberry Muffin • Milk

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



How "Springy" can you make your snack look?



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