



SENDCAA NEWS

CACFP Edition | July 2020

Are you Serving Creditable Animal Crackers?

Grain products served under the CACFP, Child and Adult Care Food Program, must be made with enriched or whole grain flour to be creditable. Check your pantry, the Kirkland and Market Pantry animal crackers are not enriched or made with whole grain, but the Barnum's and Stouffer's are made with enriched flour. Check your label ingredients if you have other brands not listed here. Or contact your home monitor for further guidance.



Organic wheat flour, organic cane sugar, Organic palm Oil, Organic cane invert syrup, organic DD corn flour, organic Sunflower oil, baking soda, organic vanilla Extract, salt, soy lecithin, cream of Tartar, natural flavor, Organic spice.



Wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, high fructose corn syrup, salt, baking soda, soy lecithin (an emulsifier), natural flavor, spices (nutmeg and mace).



Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Sugar, Soybean And/Or Canola Oil, Yellow Corn Flour, Dextrose, Fructose, Calcium Carbonate (Source Of Calcium), Baking Soda, Soy Lecithin, Salt, Natural Flavor, Artificial Flavor



Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Sugar, Soybean Oil, High Fructose Corn Syrup, Salt, Baking Soda (leavening), Soy Lecithin (an emulsifier), Natural Flavor, Spice.

Reminders

- If you plan on closing your childcare for the summer, please let your home monitor know.
- Monitors will be conducting reviews over the phone this summer, so be expecting a call from them in the coming weeks.
- Claims need to be submitted or postmarked by the 3rd of each month.
- Mandatory training is due by August 30th.
- Be sure new enrollments are signed and dated by parents or guardians in the month that they started care.



Discover MyPlate Survey

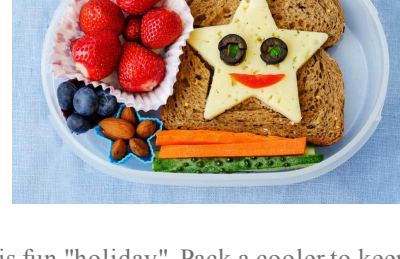
If you haven't taken the survey yet, please take a minute to complete our survey in regards to the *Discover MyPlate* materials that you received either at a home visit earlier this year or by mail. If you have already completed it we thank you!

[Complete Survey Now](#)

July is National Picnic Month

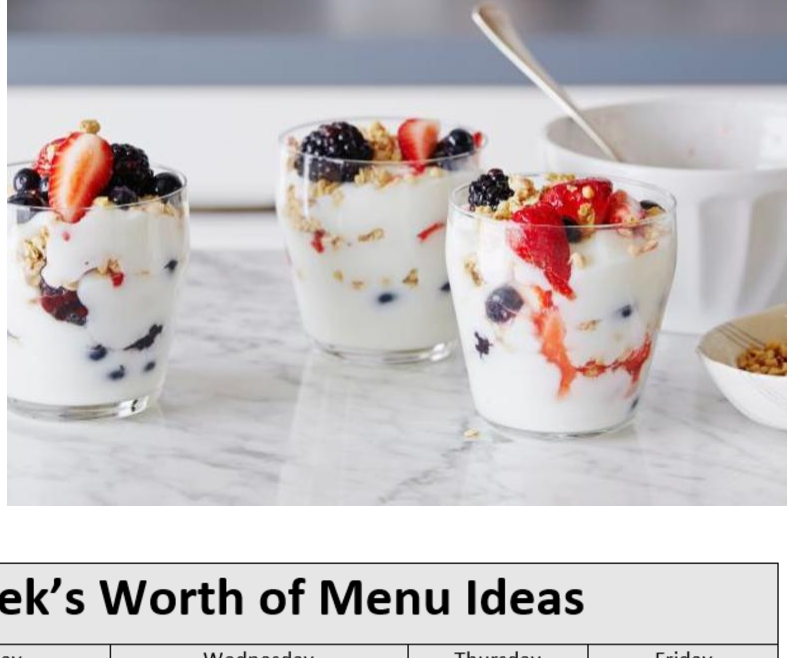
Q: Can I take my childcare out on a picnic away from our house?

A: Yes! Just be sure to bring along a creditable packed meal and don't forget to tell your home monitor ahead of time that you will be eating away from your usual dining site. Who doesn't like a good old fashion picnic?! Take the kids to a park or near by green space, or even your back yard, to take part in this fun "holiday". Pack a cooler to keep your milk and other perishables cold until you arrive. Bring some hand wipes to wipe hands before and after eating.



Snacks and Menu Ideas

Fresh, bright berries are now in season! Dip whole strawberries in yogurt and Cheerios, or make a parfait with yogurt, granola and your favorite berry medley. Which berries do your children request the most? Show us your creative snack ideas! *If you would like to share a fun meal idea, send your pictures to sharlao@sendcaa.org and we will post it to our [Facebook page](#).*



SENDCAA Child & Adult Care Food Program					
A Week's Worth of Menu Ideas					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Hash Browns Scrambled Eggs Milk	Strawberries WG Mini Wheats Milk	Blackberries WG Kix Milk	Applesauce Pancakes Milk	Raspberries Yogurt Milk
Lunch	Baked Chicken Corn Grapes Mac & Cheese Milk	Tuna Sandwich Raw Veggies and dip Apple Slices WG Bread Milk	Beef Tacos Refried Beans Orange Slices WG Tortillas Milk	Beef Meatballs Mashed Potatoes with Gravy Peas Dinner Roll Milk	Chicken Alfredo Caesar Salad Watermelon WG Fettuccini Milk
Snack	Avocado WG Toast	Milk HM Banana Bread	Apple Slices Carrot Sticks	WG HM Chex Mix Apple Juice	WG Teddy Grahams Banana

*Whole milk is required for children 1 year of age/1% or skim milk is required for children 2 and older

New Training Added

Are you a master at identifying whole grain-rich foods? Check your knowledge with this one hour Growing Futures approved at-home training.

- [Identifying Whole Grain-Rich](#)



Additional Training Opportunities

- [Infant Feeding Guide](#)
- [2020 Calendar](#)
- [Nutrition & Wellness Tips for Young Children](#)

Mandatory Training

Each year USDA requires all CACFP participants receive training on civil rights compliance and program policies. This training is short and should take less than 30 minutes to complete. Because of the short duration needed to complete, it is *not* Growing Futures approved. Feel free to complete electronically or download to print and submit to our office after completion. **Deadline is August 30, 2020.** If you are unsure if you have completed this training contact your home monitor and they can check for you.

Failure to complete this training by the deadline could result in a corrective action.

[Mandatory Training](#)

Provider Profile

This month's featured SENDCAA Provider is Megan Gaffney!

Q: How long have you had a child care business?

A: I have been doing my own home daycare since 2012 and was in a center working for 7 years before that.

Q: Why did you start child care?

A: I have my degree in Child Development because I have always loved children. I wasn't sure what route I would go with my degree but watching children grow and learn each day from babies to when they go off to school has been the best decision I could make!!

Q: How long on the food program?

A: 8 years

Q: Favorite meal to serve?

A: English muffin pizzas because the kids love to help and create their own!!

Q: Favorite activity?

A: Every summer we do a different type of tie dye and I love all the fun creations we have made over the years!!

Q: What do you like about the food program? How does it help your Child care?

A: I love that it keeps me more organized and makes meal planning easier. I know what I have to serve each day so I know that my kids are getting well balanced meals with all the food groups and eating healthy which they may not be able to do at home.

Q: Funny story regarding your Child Care?

A: Wow funny stories pretty much happen here daily. I always say I should write a book of the things kids say. The one that comes to the top of my mind right away was when I had a little girl that wasn't even 2 yet and she got mad at my dog for something super random and yelled at him in words not normally used by a toddler, LOL!!! But they just flew right out of her mouth. I had to turn around so she did not see me laughing.

Q: Any other things you would like to share?

A: I am lucky to be able to do home care for as long as I have and been able to meet some amazing families through this and have become like family to us. After being open all through Covid it has made me appreciate it even more knowing that I am essential and I am the normalcy in a lot of these children's lives through a very crazy time of unknowns.

Thank you Megan for being an amazing Child Care provider and participating in the SENDCAA CACFP!

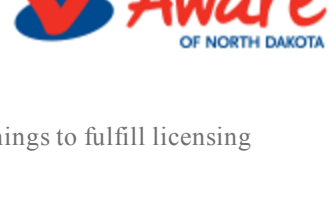


Megan Gaffney

Resources to Help You

Manage Your Child Care

Child Care Aware of North Dakota is collaborating with health and human services officials to prevent the introduction and spread of COVID-19. Visit their website for resources on how to run your child care during this difficult time and find online trainings to fulfill licensing requirements.



Contact Us

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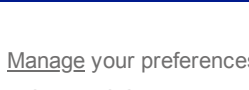
Toll-free: 1-800-726-7960

E-mail: foodprogram@sendcaa.org



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