

SENDCAA NEWS

CACFP Edition | May 2023



Summer Reminder

It looks like warmer weather will actually be coming our way this week! With that being said, summer is just around the corner. Remember to contact your home monitor if you close your child care over the summer, have adjusted hours or meal times, or choose to have a picnic and eat off site.

Let's 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!

May 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 child care.





Monday Kiwi Inglish Muffin Milk Tied Beans &	Tuesday Blueberries Hard Boiled Egg Milk Oven Baked Parmesan	Wednesday Strawberries WG Waffles Milk	Thursday Banana WG Total Cereal Milk	Friday Applesauce WG French Toast Milk
nglish Muffin Milk	Hard Boiled Egg Milk	WG Waffles	WG Total Cereal	WG French Toast
ind Boons &	Oven Baked Parmesan			
Cheese Ice & Tomato Oranges IG Tortilla Milk	Chicken Peas Watermelon Cornbread Milk	HM Beef & Bean Chili Celery Sticks Pears Dinner Roll Milk	Egg Salad Sandwich Green Beans Apricots WG Bread Milk	HM Fish Nuggets Baked Sweet Potato Plums WG Brown Rice Milk
ddar Cheese	HM Hummus WG Pita Wedges	Cucumber Slices WG Triscuits	Apple Slices Pretzel Sticks	Yogurt Fresh Berries
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Sheet Pan Meals

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Who doesn't like quick prep and minimal clean up? Sheet pan meals are perfect for those very reasons!



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Food Program: Is It Worth It?

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

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!

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



Contact Us

Fargo

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