



SENDCAA NEWS

CACFP Edition | November 2020

Program Reminders

- Home visits are still suspended at this time. Our home monitors will continue to do phone reviews with you for the time being.
- Be sure new enrollments are signed and dated by parents or guardians in the month that they started care.
- Please email/mail a copy of your license upon renewal.
- Contact your home monitor to let them know if your child care will be closed due to vacation or illness.
- **Claims need to be submitted or postmarked by the 3rd of each month.**

Importance of Hand Washing

With COVID-19 prevalent throughout the state and the flu season on the horizon, hand washing is even more important.



- Everyone should wash hands upon arrival, before and after eating, after using the restroom or diapering, after using a tissue, and after handling any objects visibly soiled.
- Wash with soap and water for at least 20 seconds.
- Supervise or assist children as needed to ensure proper washing.
- Use paper towels instead of cloth towels.
- If soap and water are not available, the use of hand sanitizer may be used. Be sure that it contains at least 60% alcohol to be effective. Hand sanitizer should not be used on children 2 and under.

November Activities

The National CACFP Association has developed seasonal activity newsletters. Each newsletter contains a recipe, craft activity, movement activity and info about the CACFP to share with your parents. Click each picture below to download the newsletter.



Happy Thanksgiving

Native American Month



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SENDCAA Food Program Webpage

Have you visited our website? If not, you are missing out! You will find:

- At-home training opportunities
- Forms (editable and printable)
- Activities
- Meal pattern guidelines
- And MORE!

Training Opportunities

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

- [Nutrition Facts Label](#) - NEW!
- [Infant Feeding Guide](#)
- [2020 Calendar - EXPIRES ON NOVEMBER 30TH 2020](#)
- [Nutrition & Wellness Tips for Young Children](#)
- [Identifying Whole Grain-Rich](#)

Weekly Menu Ideas

A Week's Worth of Menu Ideas					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Apple Slices WG Oatmeal Milk	Blueberries Bagel Milk	Peaches Waffles Milk	Raspberries WG Wheat Chex Milk	Roasted Sweet Potato Scrambled Eggs Milk
Lunch	Hot Turkey Sandwich WG Whole Wheat Bread Green Beans Plum Milk	Cod Fillet WG Brown Rice Garden Salad Cantaloupe Milk	Chicken Breast WG Whole Wheat Roll Mashed Potatoes Cherries Milk	Roast Beef Baked Potato Butternut Squash Pears Milk	Bean Chili Crunchy Carrots Kiwi Saltine Crackers Milk
Snack	Strawberries Vanilla Yogurt Water	Broccoli and Cauliflower Cottage Cheese Dip Water	Pretzel Rods Cheddar Cheese Cubes Water	Cucumber Slices WG Triscuit Crackers Water	Tuna Salad WG Whole Wheat Bread Water

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

Provider Profile

Jennifer Evenson has participated with the SENDCAA CACFP since she opened her child care program in August of 2013.

Jen decided to become a child care provider when her first child was 18 months old. Jen loved her daughter's child care provider, but Jen missed being with her daughter during the day. Their child care provider was so encouraging and supportive when Jen told her she was thinking about opening a program (thank you, Colleen!). Jen states it has been so rewarding to be able to be home with my kids while being able to be a support to all of her families.

Jen has a love/hate relationship with spaghetti. "The kids love it, but she hates cleaning it up! I started adding zucchini spirals to the noodles, the kids haven't noticed and I know they are getting their extra veggies!"

The favorite activity at her child care is anything outside- the children like to build obstacle courses!

Jen likes that the SENDCAA CACFP is a very simple tool to use to ensure the children are receiving the best nutrition in their meals. The training SENDCAA offers is very informative.

One of many funny child care stories was when she overheard two of her child care kids playing outside pretending to be super heroes. The little boy said to the other "I'll be Captain America, you be Captain Obvious."



Jennifer Evenson

Welcome to the SENDCAA Food Program!

Leanna Zurn

Morgan Brandenburg

Darbie McCallum

Brianna Monroe

Divinee Garabedien

Angie Riddle



Contact Us

Fargo

3233 University Drive South

Fargo, ND 58104

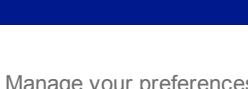
Phone: 701-232-2452

Toll-free: 1-800-726-7960

E-mail: foodprogram@sendcaa.org

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