

SENDCAA NEWS

Volume 21 Issue 5

"Where Healthy Eating Becomes a Habit"

May 2019

Benefits of being on the Food Program

From Tom Copeland

If you are in the child care business, then I'm sure you have heard the name Tom Copeland. He is the nation's leading expert on the business of childcare. Tom explains below why it makes financial sense to be on the food program.

If your spouse got a raise, would you accept it? If your child care parents paid you more, would you take it? Of course you would. These scenarios are the same as receiving a reimbursement check from the food program. In each situation you earn more money, pay more taxes, and have more money left over after paying taxes.

More income is always better!

For every \$1,000 you get from the Food Program you will have about \$600-\$700 in your pocket after paying taxes on this income.

Some providers may say, "but it doesn't cover all my food costs". But if you receive \$1000 from the food program and your food costs were \$2500, your food costs would still be the same not being on the food program and you are missing out on a \$1000 of income!

For more information on running your childcare business go to Tom's website: <http://tomcopelandblog.com/>
You will find great resources to answer many of your business questions!

If you have a fellow child care provider not on the food program, please tell them all the great perks of being a part of the SENDCAA Food Program! Tell them that besides receiving reimbursement, you get access to free Growing Futures approved training, and nutrition education to share with your children and their parents. Tell them to contact us and we would be happy to visit with them!

Child Re-Enrollments

Every year, USDA requires all children enrolled be verified that they are in fact still currently in your care participating on the food program. Providers with the last names **A-G** should receive their letter from the SENDCAA office at the beginning of **June**. Those with the last names **H-N** will receive re-enrollments in the beginning of **July** and last names **O-Z** will arrive the beginning of **August**.

Carefully read the letter that will be sent to you!

Please remember to:

⇒ Have the parent update any changes regarding days scheduled, meals, hours, address, phone number, etc. Be sure meal times attending coincide with the drop off/pick up times.

⇒ Have the parent sign and date the enrollment form.

The date must reflect the renewal month. (Ex. June 2019)

⇒ If a parent signature is missing for a child, we assume the child is no longer in your care and will be deleted.

⇒ If you are waiting for a signature and the deadline is approaching, send in what you have.

⇒ Return to SENDCAA office by June 20th. If you have

summers off, hold on to your packet until you reopen again.

Re-enrollments can be emailed to jennyn@sendcaa.org, mailed, or dropped off at our office, 3233 S University Dr. Fargo ND 58104

Call or email Jenny with any questions regarding your re-enrollments. 701-232-2452 ext. 132

Policy Reminders

- * If you use paper menus/meal counts, remember they need to be kept onsite. If a home monitor visits and there are no menus/meal counts to view, those meals will not be reimbursed.
- * Menus are due by the 3rd of each month. If submitted after they may not get processed and will be considered a late claim in which you will be reimbursed the following claim period.
- * Please let our office or home monitor know if you plan to be closed over the summer.

At-Home Training Reminders

- * Don't forget to put your name and Growing Futures number on your at home trainings before submitting! We currently have a couple trainings at the office that were submitted in April and we don't know who to give credit to! If you submitted training in April, and don't see it listed in Growing Futures, please contact Jenny @ 232-2452 ext. 132.
- * When completing the Calendar Activities or Calendar Recipes training, pictures of the activity/recipe must be sent in along with the quiz to receive credit.



Contact us:

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Wahpeton
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bjmcnamee@hotmail.com

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

Welcome

**Kayla Piper
Stephanie Hofman**

**to the SENDCAA Food
Program!**

Black Bean and Corn Salsa

- 1-15.25oz can black beans
- 1- 8.5oz can corn
- 2 Tbsp. lime juice
- ¼ cup cilantro, chopped
- ¼ tsp cumin
- ¼ tsp garlic powder
- Salt and pepper to taste

Drain and rinse canned black beans under running water and add to medium sized bowl. Drain corn and add the corn and remaining ingredients to the bowl; mix gently to combine. Makes 10, ¼ cup vegetable servings.



A Week's Worth of Menu Ideas!

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|---|---|---|---|
| Breakfast | <ul style="list-style-type: none"> • WG Pancakes • Bananas • Milk | <ul style="list-style-type: none"> • Hardboiled Egg • Hash browns • Milk | <ul style="list-style-type: none"> • WG Waffle • Apple slices • Milk | <ul style="list-style-type: none"> • Yogurt • Mixed Fruit • Milk | <ul style="list-style-type: none"> • WG Toast • Raspberries • Milk |
| Lunch | <ul style="list-style-type: none"> • Grilled Chicken • Sweet Potatoes • Strawberries • WG Bun • Milk | <ul style="list-style-type: none"> • Red Beans • Brown Rice • Peas & Carrots • Fruit Cocktail • Milk | <ul style="list-style-type: none"> • Turkey Meatballs • WG Spaghetti • Broccoli • Oranges • Milk | <ul style="list-style-type: none"> • Beef Burrito Bowl • Black Bean & Corn Salsa • Peaches • WG Brown Rice | <ul style="list-style-type: none"> • Grilled Cheddar Cheese Sandwich • Tomato Soup • Carrots • Milk |
| Snack | <ul style="list-style-type: none"> • Life® Cereal • Milk | <ul style="list-style-type: none"> • WG Banana Bread • Milk | <ul style="list-style-type: none"> • Cottage Cheese • Pineapple | <ul style="list-style-type: none"> • WG Triscuits® • HM Hummus | <ul style="list-style-type: none"> • Graham Crackers • Blueberries |

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

CACFP Shopper App



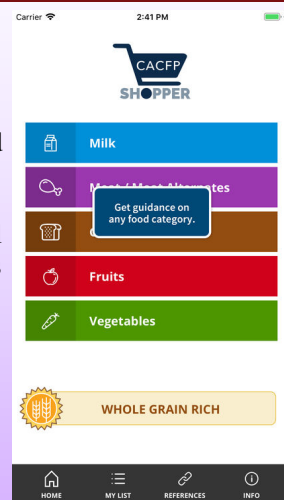
The Iowa Department of Education has developed a free shoppers app to help providers in distinguishing creditable, or whole grain rich food products.

This tool, once downloaded, doesn't need Wi-Fi to work, which makes it easy to use at the grocery store to quickly get answers and make smart purchases.

In the app, the user just follows a series of questions about the products and it will pop up if it is reimbursable.

You can also:

- Enter a few numbers from the Nutrition Facts Label and find out whether a breakfast cereal or yogurt meets the sugar requirements.
- Use the 'My List' feature to store information on items you have selected. Keep the list for your next trip or share it with someone else who will be doing the shopping.



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