



SENDCAA NEWS

CACFP Edition | October 2022

Register Now

We are so excited to announce a return to our in-person trainings. Mark your calendar for the fall conference!

When: **Saturday, October 29th 2022**

9:00am-12:15pm

Where: **Dakota Medical Foundation**

4141 28th Avenue South Fargo, ND 58104

Topic: **Nutrition Facts Label**

Julie Garden-Robinson will help you learn to read and understand nutrition facts label.

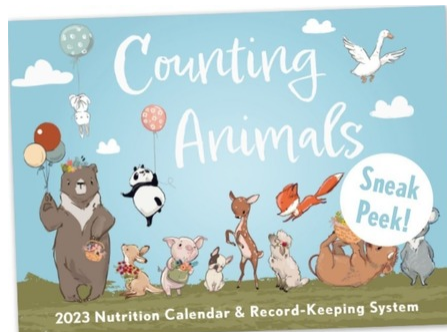
Topic: **Child Safety**

Sarah Myers will discuss safety in the child care setting.


[Register Now](#)

The 2023 Calendar is Here!

Home monitors will be delivering 2023 calendars at our next home visit with you. Everyone should receive one by the end of January. (Your current calendar also includes January 2023.) Keep the calendar handy, as we will be offering an at-home training to go along with it sometime in the new year.



October 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.



Halloween Themed Snack Ideas

Halloween can not only be fun but healthy too! Prepare some Frankenstein guacamole, a pumpkin veggie tray or bite size orange pumpkins and banana ghosts. Do you have creative meals or snacks you serve during Halloween? Send a picture to your home monitor and we will post them on our Facebook page.



SENDCAA Child & Adult Care Food Program					
A Week's Worth of Menu Ideas					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Hashbrowns Scrambled Egg Burrito WG Tortilla Milk	Mixed Berries WG English Muffins Milk	Banana WG Cinnamon Oatmeal Milk	Strawberries & Blueberries WG Pancakes Milk	Orange Wedges WG Toast Milk
Lunch	Chicken Alfredo WG Pasta Broccoli Apple Slices Milk	Chicken Quesadilla Bell Peppers Corn WG Tortilla Milk	Hamburger Watermelon Cole Slaw WG Bun Milk	Ground Beef Lasagna Green Beans Pears WG Pasta Milk	Turkey & Cheese Sandwich Cucumber Peaches WG Bread Milk
Snack	Pineapple Cottage Cheese	Crunchy Carrots WG Wheat Thins	Apple Slices Nut Butter	Refried Beans WG Tortilla Chips	Cereal Trail Mix Milk
*Whole milk is required for children 1 year of age/1% or skim milk is required for children 2 and older					

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.

[2022 Calendar \(Expires November 30th 2022\)](#)

[Nutrition Facts Label](#)

[Infant Feeding Guide](#)

[Nutrition & Wellness Tips for Young Children](#)

[Identifying Whole Grain-Rich](#)

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

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Washington, D.C. 20250-9410
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