

SENDCAA NEWS

Volume 21 Issue 1

"Where Healthy Eating Becomes a Habit"

January 2019

January is National Oatmeal Month!

Oatmeal is a healthy, whole grain that kids should be eating! There are so many different ways to flavor it that if your kids reject it cooked one way, there is always another! Benefits of oatmeal:

- Fiber! Kids ages 3-10 need 8-15 grams of fiber per day. Oatmeal has 3 grams per half a cup.
- Enhances immunity (keeping those kids healthy this winter).
- Lowers risk for high cholesterol, high blood pressure, and even type 2 diabetes.
- Takes longer to digest so they feel fuller longer.

So, you know it's great...how do you get your kids to eat it? Experiment with these strategies:

Texture: Some kids like their oatmeal UNDER-cooked! The more you cook it, the mushier it is. Use Quick oats, in the microwave, rather than rolled oats on the stovetop so its less mushy. Try both ways to see which way your kids prefer. Take turns between oat groats, rolled oats, quick oats, and instant oats.

Flavor: This is where you could try oatmeal a million ways until you find one your kids will ask for every morning. A few examples: apples and cinnamon, peaches and cream (recipe on back), sprinkle with pumpkin pie spice or anything else you can think up!

Appearance: You may think oatmeal all looks the same, but you can dress it up to look more appetizing! Using fresh fruit, make a face like the photo below!



Superhealthykids.com

Reminders

- ⇒ Please assist parents with filling out manual **enrollment forms**. Missing enrollment info. could mean missed reimbursement!
- ⇒ Don't forget the child's date of birth
- ⇒ Did the parent sign and date the form in the month of the first claim?
- ⇒ If you are using manual enrollment forms, be sure that your name is on it, so we know which provider the child should be activated under.
- ⇒ Be sure that the enrollment times match the meal times (ex. If you a child is scheduled to arrive at 10:00am, but you serve breakfast at 8:00. Then that child would not be claimed for breakfast. We would need to have an updated enrollment if the child's schedule changed and now is arriving at 8:00am for breakfast.)
- ⇒ **Tax Reports** will not be automatically sent out. You may call our office and request a copy of your 2018 year end tax report.
- ⇒ If you are a KidKare user, you can access this report by going to: **Reports** → **Claim Statements** → **Tax Report** → 2018 → **Run**
- ⇒ SENDCAA offices will be closed **Monday, January 21**
- ⇒ Don't forget to document your whole grain (WG) item on your manual claim menus. If you have any questions regarding if a grain product is a whole grain, contact your home monitor and they can assist you.
- ⇒ If you have an infant that is not eating all the required food components at ALL meals, please give a short explanation either in the KidKare comment box or on the manual infant menu form.





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www.sendcaa.org

You will find:

- Program information
- Printable forms
- Training
- Nutrition resources



**Sendcaa Child & Adult Care
Food Program**

- Announcements
- Recipes
- Fun Activities

Welcome,
 Sarah Vellenga
 to the SENDCAA
 Food Program!

New 2019 Calendar Training Now Available

You can find this new training on our website by going to:

sendcaa.org—>child & adult care food program—>at home training

These trainings are Growing Futures approved and worth up to 4 hours of training credit.



CACFP is an indicator of quality child care.

(Call our office if you do not have access to a computer, a hard copy can be mailed to you.)

Peaches and Cream Oatmeal



- 1 cup quick oats
- 1 cup low fat milk
- 1/2 teaspoon cinnamon
- 1/2 cup chopped peaches
- 1 teaspoon honey, optional

Instructions:

Place oats, milk, cinnamon, and peaches in a large, microwave safe bowl. Cook for 1 minute and take out to stir. Cook for one more minute. Garnish with extra peaches, drizzle of honey, and sprinkle with cinnamon.

A Week's Worth of Menu Ideas!

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • Yogurt Parfait • Mixed Fruit • Milk 	<ul style="list-style-type: none"> • Cheerios® WG • Banana • Milk 	<ul style="list-style-type: none"> • Toast WG • Grapefruit slices • Milk 	<ul style="list-style-type: none"> • Oatmeal WG • Applesauce • Milk 	<ul style="list-style-type: none"> • Waffle WG • Pineapple • Milk
Lunch	<ul style="list-style-type: none"> • Chicken Strips HM • Green Beans • Apple Slices • Brown Rice WG • Milk 	<ul style="list-style-type: none"> • Baked Tilapia • Peas & Carrots • Pears • Pasta WG • Milk 	<ul style="list-style-type: none"> • Chicken Salad Sandwich • Cherry Tomatoes • Grapes • Bread WG • Milk 	<ul style="list-style-type: none"> • Beef Stew HM • Potatoes & Carrots • Plums • Biscuit • Milk 	<ul style="list-style-type: none"> • HM Cheese Pizza • Snap Peas • Mangos • Pizza Crust • Milk
Snack	<ul style="list-style-type: none"> • Peaches • Wheat Thins WG 	<ul style="list-style-type: none"> • Applesauce • Graham Cracker 	<ul style="list-style-type: none"> • Broccoli & Cauliflower • Cheese Cubes 	<ul style="list-style-type: none"> • Banana • Bagel 	<ul style="list-style-type: none"> • Orange Wedges • Cottage Cheese

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