

SENDCAA NEWS

Volume 21 Issue 7

"Where Healthy Eating Becomes a Habit"

July 2019

Fresh Coconut is Now Creditable

Have you eaten fresh coconut? Did you know it is a great source of fiber? Fresh and frozen coconut can be used to enhance the taste and presentation of salads, smoothies, and other dishes served with meals or as snacks. Child care providers can credit fresh or frozen coconut as a fruit. **Please note that dried coconut, as well as coconut flour and coconut oil, are not creditable.** Juices labeled as 100% juice, including coconut water, will continue to credit toward the fruit component.



1/4 cup fresh/frozen coconut = 1/4 fruit

Fruit & Vegetable Club

Would you like your child care children to become a member of an exclusive club? The SENDCAA Child & Adult Care Food Program Fruit and Vegetable Club is "The Club" to be a member!

At your next visit from SENDCAA, we will provide you with a beautiful booklet of information on 12 fruits and vegetables. Children will have a check list to add a gold star to as they try each of the foods. Each child will receive a certificate congratulating them in being part of the club. Providers that try all 12 fruits and vegetables at their child care and complete an evaluation will have their name placed in a drawing for a prize. (Evaluations to be emailed out sometime in January 2020.)



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 **O-Z** should receive their letter from the SENDCAA office at the beginning of **August**.

Carefully read the letter that will be emailed 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. August 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 August 20th.** If you have summers off, hold on to your packet until you reopen again.

Email to: jennyn@sendcaa.org

Mail or drop off at: 3233 South University Dr. Fargo ND 58104

Call or email Jenny with any questions regarding your re-enrollments.

701-232-2452 ext. 132

Emails

We have been and will continue to be sending more of our correspondence electronically through email. If you have recently updated your email address please contact our office so that we have the correct info. Remember to check your email often in case any of our information is time sensitive. Re-enrollment letters will be sent out through email!

USDA Mandatory Training

Don't forget, the USDA mandatory training is due in our office by August 30th, 2019! You can find it on our website at: sendcaa.org —> At-Home Training

Save the Date!

Fall Mini Conference

Saturday, October 26th

More info to follow later this summer!





Contact us:

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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

Tammy Hernandez
 to the SENDCAA Food
 Program!

A Week's Worth of Menu Ideas!

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • WG Oatmeal • Mandarin Oranges • Milk 	<ul style="list-style-type: none"> • WG Cheerios® • Banana • Milk 	<ul style="list-style-type: none"> • WG English Muffin with Peanut Butter • Peach Slices • Milk 	<ul style="list-style-type: none"> • Cream of Wheat • Blueberries • Milk 	<ul style="list-style-type: none"> • Muffin • Pear Slices • Milk
Lunch	<ul style="list-style-type: none"> • Beef Lasagna • Carrots • Kiwi slices • Lasagna noodles • Milk 	<ul style="list-style-type: none"> • Bean & Cheese Burrito • Broccoli/Cauliflower • Cantaloupe • WG Tortilla • Milk 	<ul style="list-style-type: none"> • Baked Chicken • Summer squash • Honeydew • WG brown rice • Milk 	<ul style="list-style-type: none"> • Tuna fish sandwich • Spinach salad with grape tomatoes • Orange slices • WG Pita Bread 	<ul style="list-style-type: none"> • Refried Bean Taco • Corn • Raspberries • WG Flour Tortilla • Milk
Snack	<ul style="list-style-type: none"> • Banana muffins • Milk 	<ul style="list-style-type: none"> • Strawberries • Yogurt 	<ul style="list-style-type: none"> • Fish crackers • Milk 	<ul style="list-style-type: none"> • Graham crackers • Apple slices 	<ul style="list-style-type: none"> • Bean Dip • WG Tortilla Chips

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

Bean Dip

- 1 15 oz. can of Cannelloni Beans
- 3 T. Olive oil
- 2 T Lemon juice
- Salt and Pepper to taste

Blend all ingredients in blender or food processor, and process until smooth. Serve with pretzels, pita, crackers or whole grain tortilla chips.



2019-2020 Income Eligibility Guidelines

Household Size	Annual	Monthly	Weekly
1	\$23,107	\$1,926	\$445
2	\$31,284	\$2,607	\$602
3	\$39,461	\$3,289	\$759
4	\$47,638	\$3,970	\$917
5	\$55,815	\$4,652	\$1,231
6	\$63,992	\$5,333	\$1,231
For each additional household member	\$8,177	\$682	\$158

The updated Income Eligibility Guidelines have been released. If you find that your household income falls within these guidelines, applications for Tier 1 reimbursement can be found on our website. Call our office if you have any questions regarding the Tier 1 application process.

USDA is an equal opportunity provider.