



SENDCAA NEWS

CACFP Edition | October 2020

Happy Fall from the SENDCAA Food Program!



Answers to the Mandatory Training

This past spring/summer all of you completed the USDA mandatory training for 2020. Below are the answers (highlighted in yellow) to the questions to refresh everyone's memory.

Meal Patterns

1. At least **one** serving(s) of grains per day must be whole-grain rich.
2. Brown rice is considered a whole grain. **A. True** B. False
3. These cereals are creditable with the CACFP. (circle all that apply) A. Frosted Flakes **B. Multi-grain Cheerios C. Life** D. Raisin Bran **E. Kix**
4. A serving of a fruit and a vegetable at snack would be creditable. **A. True** B. False
5. Which food item(s) are NOT a creditable meat alternate for children over the age of one? A. Soy yogurt **B. Pepperoni** C. Black beans **D. Cheese Products**

Record Keeping

1. Claims must be submitted by the **3rd** of the month.
2. Meal attendance can be completed before the meal has been served. A. True **B. False**
3. Menu and menu attendance must be completed: A. Weekly **B. Daily** C. Monthly

Reimbursement

1. Reimbursement is based on a two tier system. **A. True** B. False

Civil Rights

1. The CACFP must be offered to all children enrolled at the child care, including infants, at no additional cost to the parents. **A. True** B. False
2. Refusing a child's enrollment based on a disability is an example of discrimination. **A. True** B. False
3. The CACFP is a federal program, child care providers are required to offer meals without charge to all eligible children, regardless of: **A. Race, color, national origin, age, sex and disability** B. Race, color, age, sex, religion and disability C. Race, color, age, sex, ability to pay and disability

Program Reminders

- Be sure new enrollments are signed and dated by parents or guardians in the month that they 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.**

SENDCAA Food Program Webpage

Have you visited our website?! If not, you are missing out! You will find information on meal patterns, accessibility to any forms you may need to print, meal ideas, training opportunities and more. Click our SENDCAA logo to view now.



KidKare

If you are a current paper claim user and have been thinking about switching to online claiming, contact our office today. We would be happy to help you navigate through the website. If needed we can even set up a Zoom meeting to introduce the website to you and walk you through how to document your meals and attendance.




[Click to view a brief intro](#)

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 Labels](#)- NEW!
- [Infant Feeding Guide](#)
- [2020 Calendar](#)
- [Nutrition & Wellness Tips for Young Children](#)
- [Identifying Whole Grain-Rich](#)

Weekly Menu Ideas

<div>  A Week's Worth of Menu Ideas </div>					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Slices WG Kix® Milk	Banana slices WG Pancakes Milk	Applesauce WG Wheaties® Milk	Peaches Cottage Cheese Milk	Pears WG Cheerios® Milk
Lunch	Ham Baked Potato Kiwi Soft Bread Stick Milk	HM Chicken Strips Green Beans Mixed Fruit WG Dinner Roll Milk	Hot Roast Beef Sandwich Corn Watermelon WG Bun Milk	Chicken Stir Fry Broccoli Pineapple WG Brown Rice Milk	Fish Taco Coleslaw Apricots WG Tortilla Milk
Snack	Carrots Rice Cakes	Yogurt Strawberries	String Cheese Grapes	Graham Crackers Milk	Blueberries WG Waffles
*Whole milk is required for children 1 year of age/1% or skim milk is required for children 2 and older					

Provider Profile

Sascha Cariveau has been a participant on the SENDCAA Food Program since the start of her child care five years ago.

Sascha decided to open her child care when her third little girl came along and stay home with her kids. As a former elementary school teacher she missed the joy teaching brought her and had a three year old at home who was ready to go to preschool. She decided to combine the two things she loved, being with my own kids and teaching.

Favorite meal to serve is Tater Tot Hotdish because "there's a ton of hidden veggies kids don't even notice they're eating."

Favorite activity is anything outdoors! She also loves reading books aloud to children with fun voices for all of the characters.

What does she like about the food program? "I like that the food program sends out monthly meal ideas. It's always nice to switch up the usual meal choices. It also usually has a fun name for the meals which the kids love!"

Funny stories are pretty common when children are involved. One of Sascha's favorite stories was when one of her students was putting on her socks when she decided to go to the bathroom. After she was done, she accidentally threw her sock in instead of the toilet paper and flushed it down. She was so emotional because it was her favorite sock. The humor really came when I had to try to explain to a four year old why I couldn't get her sock back and where it went. All the kids had many questions.

Thank you Sascha for being a dedicated child care provider!



Sascha Cariveau

Your child learns in everything you do. It is easy and fun to create everyday life into a learning experience. Parents, you are the beginning to their educational success. Read, play games, count street signs, find all the yellow cars, bake cookies together, whatever you do, never stop teaching and never stop learning.

— Love, Every preschool teacher out there



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