

SENDCAA NEWS

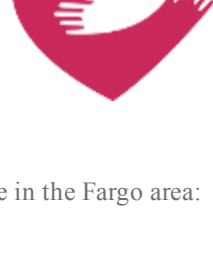
CACFP Edition | December 2020

Emergency Housing Assistance

The Red River Task Force Emergency Housing Assistance has a one-time emergency assistance application that may be available to assist you and your household with past due rent/mortgage/security deposit or utility assistance. Please act fast and submit your application soon as the deadline to apply is December 21, 2020. Verification of past due housing or utility expenses are required.

Feel free to share this link with anyone you know who may need housing assistance in the Fargo area:

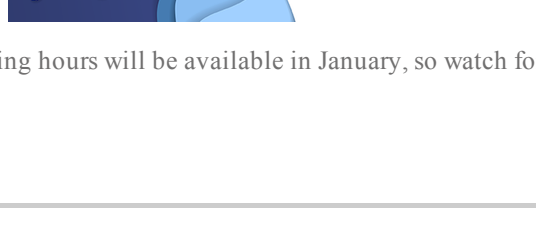
<https://podio.com/webforms/25405190/1884038>



2021 Calendar

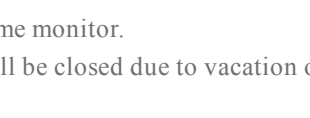
The 2021 calendars are headed to your mailbox!

- In it you will find; art, play, nutrition ideas, and record keeping for your child care business.
- Remember to hold onto your calendar. Training hours will be available in January, so watch for announcement in future newsletters



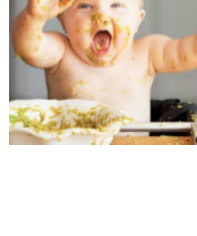
Program Reminders

- Claims need to be submitted or postmarked by the 3rd of each month.**
- Home visits are still suspended at this time. Our home monitors will continue to do phone reviews with you for the time being.
- Be sure new enrollments are signed and dated by parents or guardians in the month that they started care.
- Please email/mail a copy of your license upon renewal to your home monitor.
- Contact your home monitor to let them know if your child care will be closed due to vacation or illness.



Infant Menu Reminders

All infants, 6 months and older, are required to be offered all required components at all meals. If a child is not developmentally ready or a parent has given special requests on the introduction of solids, than a reason needs to be documented on the menu of why components may be missing. If no documentation is recorded, deductions will be made.



	0-5 Months	6-11 Months
Breakfast	4-6 fl. oz. breastmilk or formula	6-8 fl. oz. breastmilk or formula 0-4 Tbsp. infant cereal- meat, fish, poultry, whole egg, cooked dry beans peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. yogurt; or a combination of the above*; 0-2 Tbsp. vegetable, fruit, or both*
Lunch or Supper	4-6 fl. oz. breastmilk or formula	6-8 fl. oz. breastmilk or formula 0-4 Tbsp. infant cereal- meat, fish, poultry, whole egg, cooked dry beans peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. yogurt; or a combination of the above*; 0-2 Tbsp. vegetable, fruit, or both*
Snack	4-6 fl. oz. breastmilk or formula	2-4 fl. oz. breastmilk or formula 0-½ bread slice or 0-2 crackers; or 0-4 Tbsp. infant cereal or ready-to-eat cereal* 0-2 Tbsp. vegetable, fruit, or both*

*Required when infant is developmentally ready.

All serving sizes are minimum quantities of the food components that are required to be served.

December Activities

The National CACFP Association has developed seasonal activity newsletters. Each newsletter contains a recipe, craft activity, movement activity and info about the CACFP to share with your parents. Click each picture below to download the newsletter.



Merry Christmas

Happy Hannukah

Happy Kwanza

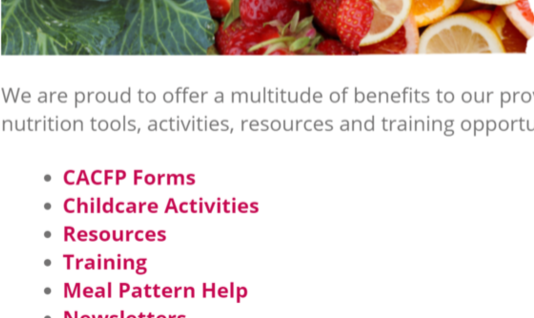
Diwali

SENDCAA Food Program Webpage

Have you visited our website? If not, you are missing out! You will find:

Who We Are
Programs and Services
Careers
Contact Us

SEARCH



PROVIDER CORNER

We are proud to offer a multitude of benefits to our providers, including free nutrition tools, activities, resources and training opportunities.

- CACFP Forms
- Childcare Activities
- Resources
- Training
- Meal Pattern Help
- Newsletters
- USDA Updates

For Our Providers

- Provider Corner
- CACFP Forms
- Childcare Activities
- Resources
- Training
- Meal Pattern Guidelines
- Newsletters
- USDA Updates
- Return to CACFP Homepage

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

2020 Calendar Training is now closed! The 2021 Calendar will have training available in January!

Weekly Menu Ideas

A Week's Worth of Menu Ideas					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange slices WG Kix® Milk	Peaches Cottage Cheese Milk	Banana slices WG Pancakes Milk	Raspberries WG Wheaties® Milk	Applesauce WG Toast Milk
Lunch	Baked Ham Soft Bread Stick Baked Potato Kiwi Milk	Chicken Stir Fry WG Brown Rice Steamed Broccoli Pineapple Milk	Hamburger WG Bun Hash Browns Pears Milk	Chicken Fajitas WG Tortilla Lettuce & Tomato Grapes Milk	Scrambled Eggs Hash Browns Strawberries Waffles Milk
Snack	HM Banana Bread Milk	String Cheese Ritz Crackers	Blueberries Yogurt	Graham Cracker Milk	Carrot Sticks Apple Slices

*Whole milk is required for children 1 year of age/1% or skim milk is required for children 2 and older



baked apples and squash

An easy way to cook and serve squash!

2 cups squash cubes
2 cups apple cubes
1 tablespoon olive oil or vegetable oil
½ teaspoon ground cinnamon
1 tablespoon sugar
½ teaspoon salt

Step 1 Peel the squash, remove the seeds, and cut into bite sized pieces.
Step 2 Peel the apples, remove the core, and cut into bite sized pieces.
Step 3 Combine the squash and apple pieces, oil, cinnamon, sugar and salt together in a bowl. Toss to coat evenly.
Step 4 Spread the mixture on a metal baking pan.
Step 5 Bake in a 425° oven for 20 to 30 minutes, or until squash is soft.
Makes 4 servings.

Let's eat what's in season!

nutrition matters
nutrition education for all

© Nutrition Matters, Inc. All Rights Reserved.
This tipsheet can be reproduced for educational purposes.

Provider Profile

Stacy and Aaron Birch

How long have you had a child care business? Aaron and I are nearing our 7th year in business.

Why did you start child care? We enjoy being able to be home with our children while also interacting with our business children each week. We feel especially fortunate to be working from home while our world is turned upside down right now. Being I went to school for teaching, I knew that working with kids would be a great fit for our family!

How long have you participated on the food program? We have been on the food program since day one and wouldn't have it any other way!

Favorite meal to serve? Aaron loves to make a variety of hotdishes (rice, noodles, tator tots, hashbrowns, quinoa, etc) as they go over very well with our kids. We usually pair it with a spinach or lettuce salad and a side of fruit.

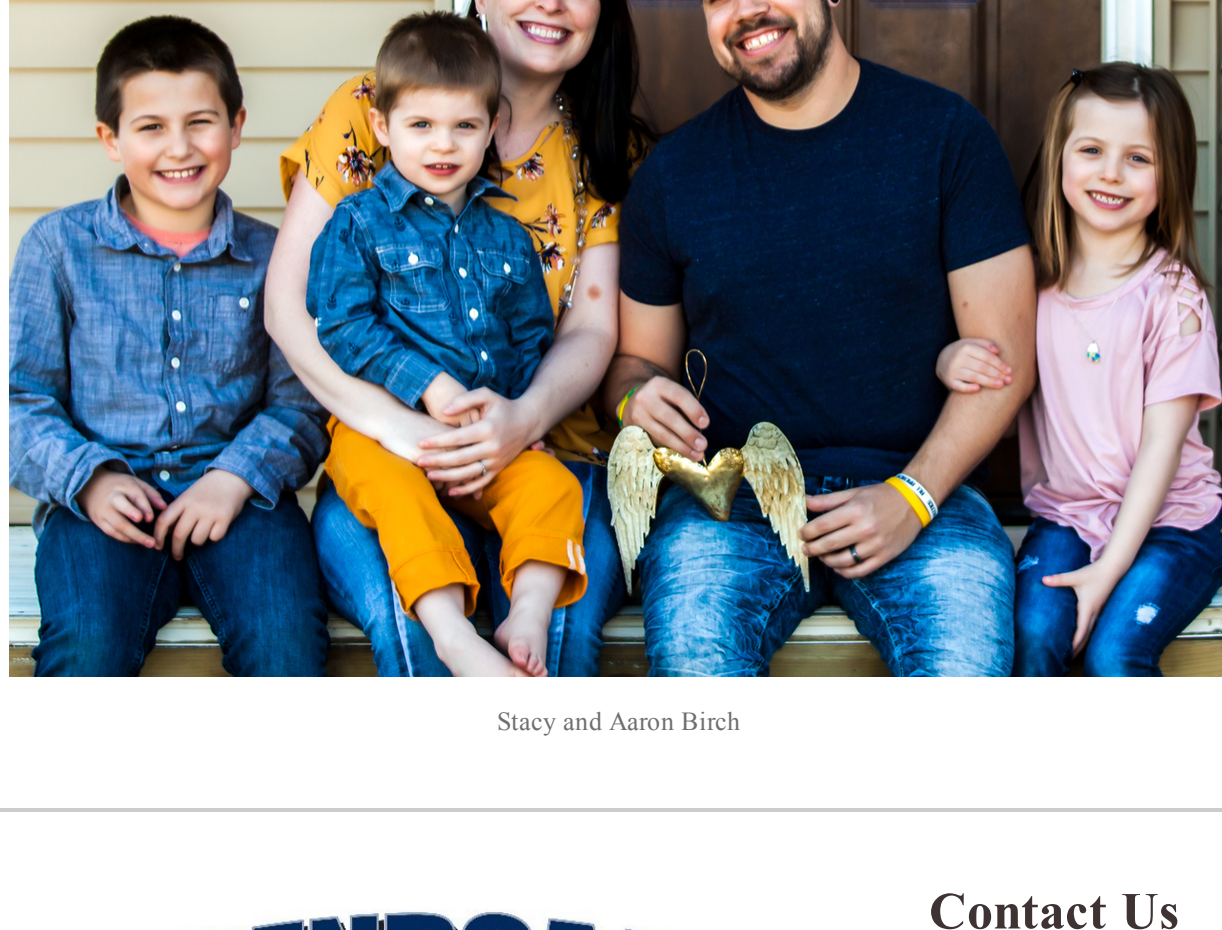
Favorite activity with the kids? Aaron is a music man so his favorite activity is music time and dancing! Stacy enjoys the yearly "beach party" during the winter months. All the kids dress in their swimsuits and we pretend we are on the sunny shores of someplace warm when in reality it's -30 outside. We have a beach themed meal and snack and enjoy some wonderful, relaxing music!

What do you like about the food program? How does it help your child care? We like to have consistency in the food choices and portions so we can keep ourselves and the kids healthy. It also helps us to branch out and serve some foods that we wouldn't typically opt for. Our kids get very excited about trying new foods.

Funny story regarding your Child Care? (I can't exactly think of a good story:) Kids are funny in general. They're so matter of fact and that makes us chuckle everyday! Our favorite part of our job is smiling and joking with the kids.

Any other things you would like to share!? Our daycare parents can't believe their child will eat different foods for us at daycare and not at home. Consistency is key! We have the best eaters ☐

Thank you Stacy and Aaron to your dedication to the child care community!



Stacy and Aaron Birch



Contact Us

Fargo

3233 University Drive South

Fargo, ND 58104

Phone: 701-232-2452

Toll-free: 1-800-726-7960

E-mail: foodprogram@sendcaa.org



This institution is an equal opportunity provider and employer.

Share this email:



3233 University Dr S | Fargo, ND | 58104 US

[Manage](#) your preferences or [opt out](#).

Got this as a forward? [Sign up](#) to receive our future emails.

This email was sent to .

To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.