



SENDCAA NEWS

CACFP Edition | November 2023

Successful Annual SENDCAA Fall Conference!

We had a great turnout last Saturday at our annual SENDCAA Food Program Fall Conference! We would like to thank our speakers, Lindsey Burkhardt and Sara Watson, for sharing their time and expertise with us.

Lindsey Burkhardt is the Director of ND Child Sexual Abuse Prevention Task Force. She presented on what child sexual abuse is, its prevalence and impacts, grooming behaviors, and prevention strategies. For anyone wanting more information or to request the ND Child Sexual Abuse Prevention Resource Guide, you can find Lindsey's contact info <u>here</u>.

Sara Watson, a renowned local chef, demonstrated and discussed ideas to encourage healthy eating and nutrition for kids. She encourage providers to give children the chance to taste and explore colorful food or "taste the rainbow." Providers were able to sample homemade sunbutter, chicken meatballs, hummus, fresh roasted veggies and more! Click <u>here</u> to view some of Sara's recipes.

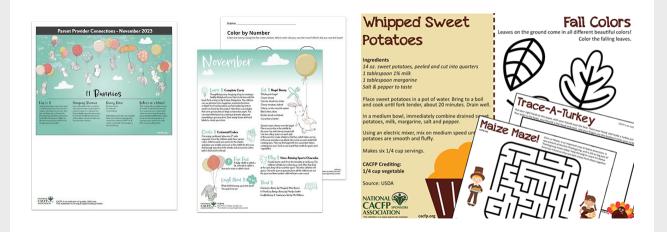


Reminder

Be sure to let your home monitor know if your child care will be closed, or if there are any meal time changes to your daily schedule. Thank you!

November 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. Click on each picture to download the PDF and use at your child care.



mall Hands Crafting . Help your youngest to out the foot as the body of the the back for feathers.

4 Happy Thanksgiving Do the Mashed Potato: Movement on Thanksgiving

Did you know that the primary goal of the CACFP is to ensure that well-balanced, nutritious meals are served to children?

Research proves that good nutrition in young children not only contributes to ask the kids to find as many turkeys their physical growth, but to their as they can. You can even "gobble" intellectual and emotional development as well. Children who letting them know they are on the participate in the CACFP have the right track! Give bonus points to the participate in the CACFP have the opportunity to develop positive eating children who waddle while they hunt. habits that will lead to a lifetime of good eating habits and good health while enjoying meals that meet USDA nutrition requirements. These nutritionally complete meaks help the child learn and grow and are the sundations that will help them achieve their futest potencial in the sture.

Out out several turkeys and hide them around the room. When you say oo. when a child is close to a turkey When everyone's ready to try something else, introduce the popular 1960's dance, "Mashed Potatoes" to inward then rotated outward. Repeating it inward and outward

We are thankful for your children and the work you do help them be at their best NATIONAL WORK ASSOCIATION CACEPP is an indicator of quality of CACEPP is an indicator of quality of



· 1 % pounds sweet potatoes, peeled and · 2 cups cooked turkey, shredded or out in

Turkey Sweet Potato Soup

% cup chopped onion

1 teaspoon butter

oubed

5 cups turkey broth*

 1 % cups com
 Saute onion in butter. In soup pan, add broth, potatoes, turkey, onion and corn. Simmer for 20 minutes until sweet potatoes are tender.

** Turkey broth: boil your leftover turkey bones with a full pot of water for 1 hour. Then strain off broth and reserve for soup. You can also use this for a great turkey soup.



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٠. Native American Heritage Month

Did you know that child care Did you know that child care providers who participate in the Child and Adult Care Food Program (CACFP) receive nutrition education?

Small Hands Crafting

Child care providers who participate in the CACFP receive valuable nutrition education which helps them understand healthy guidelines for choosing foods and portion sizes for ehildren. They receive guidence through nutrition education materials, research units how CACFE staff and personal visits from CACFP staff, and requirements for meals and snacks that ensure access to healthy foods for the children in their care. CACFP providers learn how to encourage positive eating habits and help shidren learn how to make healthy food choices every day at meal time

Because your childcare participates with CACFP, your children are learning how to make healthy food choices for meals and snacks that will last a lifetime.

NATIONAL CACFP STRANGE -ASSOCIATION

Volleyball Throwback Movement for Native American Month Many of the games we play today were actually Native American games from long ago that we have been modified along the way. One of those games, called "Tossing the ball" is what we now know as Volleybal Even our youngest children are big enough to try to keep the ball in the air. For your littlest participants, use balloons and let them play by bouncing the balloon and trying to keep it in the air. As your kids get When you be an interval to a second to a s

CACFP is an indicator of quality child care.

Baked Fish with Corn Crust

- 1 out com fakes or
- crumbs) 2 fish fillets (about 6 ounces of either trout, flounder, or other white fish)
- 1 oup 1% milk
- 1/8 teaspoon salt
- 1/4 teaspoon black pep
 2/3 tablespoon margari margarine (2

Preheat oven to 350 degrees F. Spray Preheat oven to 350 depres F. Grays a baking sheet with nonstick cooking spray. Place milk in bowt, h another bowt, combine sait, black papper, and dip in cereal to coat the outside. Place files on baking sheet, Place 1 teaspoon margame on top of each ba Beld. Bake for 10 to 15 minutes or until browned and fish is cooked through. the Kash Recipe from USDA Mixing Bowl



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SENDCAA Child & Adult Care (i) Hod Program					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Waffles Blackberries Milk	Banana Bread Orange slices Milk	WG Tortilla (Breakfast Burrito) Scrambled Eggs Watermelon Milk	Biscuits Banana Milk	Pancakes Applesauce Milk
Lunch	Turkey & Cheese Sandwich Cucumber Slices Mandarin Oranges WG Bread Milk	Pork Stir Fry Broccoli and Carrots Strawberries WG Brown Rice Milk	HM Ground Beef Tator Tot Hotdish Green Beans Tator Tots Bread Stick Milk	Bean & Cheese Burrito Lettuce & Tomato Apple Slices WG Tortilla Milk	HM Ground Beef Sloppy Joe Celery & Carrot Sticks Pineapple WG Bun Milk
Snack	Baked Apple with Raisins Graham Crackers	Yogurt Kiwi	Grapes Cottage Cheese	HM Pumpkin Bread Milk	Pretzel Sticks Cheddar Cheese Cubes
*Whole milk is required for children 1 year of age/1% or skim milk is required for children 2 and older					

Start Your Day With A Whole Grain Meal!



Ingredients

- 1 cup quick cooking oats
- 11/2 cup water
- 2 cups applesauce
- 1 cup pumpkin puree
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 4 bananas

Fall Apple Pumpkin Oatmeal

Breakfast Crediting for Ages 3-5



Total Time

15 minutes



Serving Size

2/3 cup oatmeal and

1/2 banana

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Components

Grains, Vegetable + Fruit

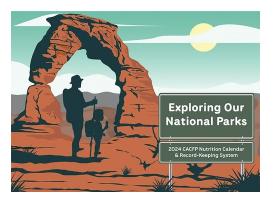
Directions

- 1. Add all ingredients to a medium saucepan.
- 2. Cook on medium-high heat until liquid is almost nearly absorbed by the oats.
- 3. Serve 2/3 cup of oatmeal with 1/2 a banana, sliced to each participant immediately while still warm.

One serving provides 1/2 oz eq grains and 1/2 cup combined fruit and vegetable.

2024 Calendar Has Arrived!

Look forward to receiving your new calendar during fall/winter home visits. Your home monitors will be delivering it to you sometime between October thru January. Remember to hold on to it as we will have athome trainings that will go along with it sometime in early 2024.



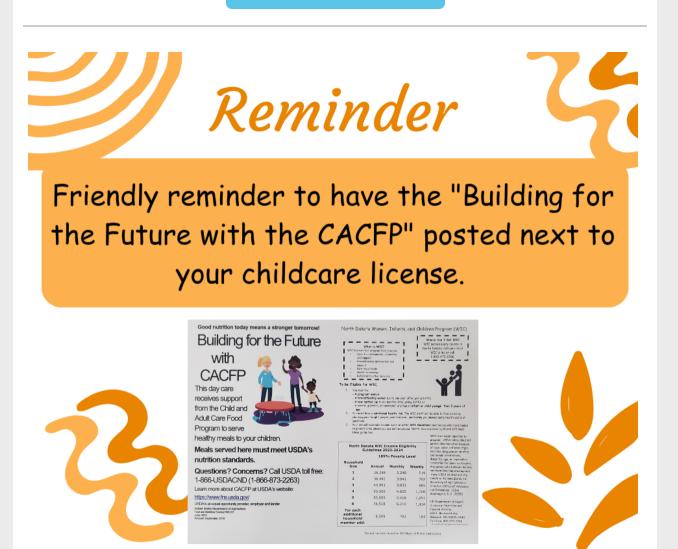
Training Opportunities

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.

Nutrition Facts Label Infant Feeding Guide Nutrition & Wellness Tips for Young Children Identifying Whole Grain-Rich 2023 Calendar: Counting Animals

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.



KidKare Help Page

KidKare has a great resource page for all topics. Check it out to learn all the features KidKare has to offer by visiting <u>https://help.kidkare.com/help/providers</u>

If you currently submit your claims manually and would like to give KidKare a try, contact your home monitor! They would be happy to get you started!





Contact Us

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1. Mail:

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