



**WHERE  
HEALTHY  
EATING  
BECOMES  
A HABIT**



## **SENDCAA NEWS**

CACFP Edition | November 2023

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### **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 [here](#).

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 [here](#) to view some of Sara's recipes.





## Happy 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 their physical growth, but to their intellectual and emotional development as well. Children who participate in the CACFP have the opportunity to develop positive eating 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 meals help the child learn and grow and are the foundations that will help them achieve their fullest potential in the future.

We are thankful for your children and the work you do to help them be at their best!



Do the Mashed Potato: Movement on Thanksgiving

Cut out several turkeys and hide them around the room. When you say go, ask the kids to find as many turkeys as they can. You can even "gobble" when a child is close to a turkey letting them know they are on the right track! Give bonus points to the children who waddle while they hunt. When everyone's ready to try something else, introduce the popular 1960's dance, "Mashed Potatoes" to you children - perfect for the day! Sing along as you teach them these simple steps: The feet are first faced inward then rotated outward. Repeating it inward and outward quickly, moving your feet apart a bit after each rotation and you have the Mashed Potato dance.

### Turkey Sweet Potato Soup

- 1 teaspoon butter
  - 5 cups turkey broth\*\*
  - 1 1/2 pounds sweet potatoes, peeled and cubed
  - 2 cups cooked turkey, shredded or cut in cubes
  - 1/2 cup chopped onion
  - 1 1/2 cups corn
- 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.



CACFP is an indicator of quality child care.

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## Native American Heritage Month

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

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 children. They receive guidance through nutrition education materials, 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 children 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.



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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 Volleyball. Even our youngest children are big enough to try to keep the ball in the air. For your littles participants, use balloons and let them play by bouncing the balloon and trying to keep it in the air. As your kids get older and are more able, have them play with a partner. To make it even more challenging you can divide the group into teams to keep an actual ball in the air by hitting it back and forth. Some tribes played a game called "Hoop and Pole" which consisted of throwing a dart and catching it in a net on a pole. Of course this is too much for your little ones, but it is sure fun to play a variation of that game. Use baskets for your hoops and use soft balls for your darts. Partner the kids up and have them try to catch the balls from different distances to create more challenges.

### Baked Fish with Corn Crust

- 1 cup corn flakes cereal (crushed into crumbs)
- 2 fish filets (about 6 ounces of either trout, flounder, or other white fish)
- 1 cup 1% milk
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper
- 2/3 tablespoon margarine (2 teaspoons)

Preheat oven to 350 degrees F. Spray a baking sheet with nonstick cooking spray. Place milk in bowl. In another bowl, combine salt, black pepper, and corn flakes. Dip fish filets in milk, then dip in cereal to coat the outside. Place filets on baking sheet. Place 1 teaspoon margarine on top of each fish filet. Bake for 10 to 15 minutes or until browned and fish is cooked through.

Recipe from USDA Mixing Bowl



## A Week's Worth of Menu Ideas

	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!





# Fall Apple Pumpkin Oatmeal

Breakfast Crediting for Ages 3-5



## Total Time

15 minutes



## Serving Size

2/3 cup oatmeal and  
1/2 banana



## Servings

7



## Components

Grains, Vegetable +  
Fruit

## Ingredients

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

## 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 at-home 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.

# Reminder

Friendly reminder to have the "Building for the Future with the CACFP" posted next to your childcare license.

Good nutrition today means a stronger tomorrow!

## Building for the Future with CACFP

This day care receives support from the Child and Adult Care Food Program to serve healthy meals to your children.

Meals served here must meet USDA's nutrition standards.

Questions? Concerns? Call USDA toll free: 1-866-USDA-CND (1-866-873-2263)

Learn more about CACFP at USDA's website: <https://www.fns.usda.gov/>

USDA is an equal opportunity provider, employer and lender. United States Department of Agriculture Food and Nutrition Assistance (FNS) 10-000-0000 Revised September 2018

North Dakota Women, Infants, and Children Program (WIC)

What is WIC? WIC is a federal program that provides food, nutrition education, counseling, and support. It is designed to help pregnant women, new mothers, and young children (up to age 5) get the most out of their diet and stay healthy.

To be Eligible for WIC:

- You must be:
  - A pregnant woman
  - A breastfeeding woman (up to one year after your child's birth)
  - A new mother (up to one month after giving birth) or a recent parent or caretaker of a child (infant or child younger than 5 years of age)
- You must live in a household that meets the WIC income level. The WIC income level is based on the USDA's poverty guidelines. (See <https://www.fns.usda.gov/wic/eligibility> for more information.)
- You must be a resident of North Dakota. WIC is a federal program, but it is administered by the state of North Dakota. WIC is not available in all areas of the state.

WIC is an equal opportunity program. WIC does not discriminate on the basis of race, ethnicity, national origin, sex, age, marital status, or religion. WIC is a federal program, but it is administered by the state of North Dakota. WIC is not available in all areas of the state.

For each additional household member add:

Household Size	Annual	Monthly	Weekly
1	20,248	2,248	519
2	26,982	3,041	722
3	33,993	3,833	893
4	40,993	4,625	1,148
5	47,993	5,418	1,393
6	54,993	6,210	1,638

Based on 2018 USDA Poverty Guidelines. ND Dept. of Public Safety

## 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 <https://help.kidkare.com/help/providers>

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!



**SENDCAA**  
**Child & Adult Care Food Program**



## Contact Us

**Fargo**

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