



SENDCAA NEWS

CACFP Edition | December 2019

Check Out Our New Monthly Newsletter

SENDCAA is happy to unveil our new electronic monthly newsletter. We will no longer be issuing printed newsletters with your direct deposit slip each month. You can expect our newsletter on the 20th of each month in your email inbox. Please make sure we have your current email on file so that you don't miss out on important program information.

Reminder

SENDCAA Offices will be closed:

December 25, 2019

January 1, 2020

*Happy Holidays from the
SENDCAA Food Program Team!*



Snacks and Menu Ideas

Snacks can be fun and festive! Brighten up your snack time with edible art. Have your children help you arrange fruits and vegetables into trees, build a santa using strawberries and greek yogurt, or cut some cheese sticks into fancy cheese trees.

Have another festive snack idea? Share your final creation on our Facebook page.



SENDCAA Child & Adult Care Food Program						
A Week's Worth of Menu Ideas						
	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Banana slices WG Berry Kix® Milk	Pineapple chunks WG Toast with Peanut butter Milk	Strawberries Vanilla yogurt Milk	Mixed Fruit Biscuit Milk	Peach slices WG Pancakes Milk	
Lunch	Scrambled eggs Steamed Broccoli Apple slices Waffles Milk	Deli Turkey & Cheddar Cheese Sandwich Cherry tomatoes Applesauce WG Bread Milk	Oven Baked Chicken Breasts Corn Pears WG Brown Rice Milk	Hamburger Crunchy Carrots Grapes WG Bun Milk	Turkey Breast Mashed Potatoes Kiwi Stuffing Milk	
Snack	HM Blueberry Muffin Milk	WG Triscuit® Crackers Cottage Cheese	WG Cheerios Milk	English Muffin Milk	Yogurt Graham crackers	
*Whole milk is required for children 1 year of age/1% or skim milk is required for children 2 and older						

Test Your Knowledge

Which of these breads can be counted as a Whole Grain for the day?



#1

Enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate(vitamin b1), riboflavin (vitamin b2), folic acid], water, honey, whole wheatflour, wheat gluten, yeast, sugar, wheat bran, soybean oil, salt, calciumpropionate (preservative), datem, monoglycerides, cellulose gum, calciumsulfate, monocalcium phosphate, cornstarch, soy lecithin, citric acid, grainvinegar, potassium iodate.



#2

Enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate(vitamin b1), riboflavin (vitamin b2), folic acid], water, whole grain wheatflour, sugar, yeast, wheat gluten, cellulose fiber, calcium sulfate, salt,soybean oil, preservatives (calcium propionate, sorbic acid), monoglycerides,soy flour, datem, grain vinegar, citric acid, soy lecithin, vitamin d3,potassium iodate.



#3

Whole wheat flour, water, wheat gluten, sugar, yeast, soybean oil, salt, molasses, wheat bran,calcium propionate (preservative), datem, monoglycerides, calcium sulfate,cellulose gum, monocalcium phosphate, cornstarch, soy lecithin, citric acid,grain vinegar, potassium iodate.

Answer:

If you chose #3 you are correct! Even though all of these breads are a creditable grain, only #3 can credit towards the whole grain requirement for the day. Products #1 and #2 only have "enriched wheat flour" as the first ingredient. Product #3 has "whole wheat flour" as the first ingredient.

Training Opportunities

Infant Feeding Guide

Feeding Infants in the Child and Adult Care Food Program (CACFP) guide is a training tool for child care providers with infants enrolled at their child care site. It covers topics such as the infant meal pattern, developmental readiness, hunger and fullness signs, handling and storing breast milk and infant formula, solid foods, what is creditable in the infant meal pattern, and much more. Find parent communication tools, child care provider handouts, practice scenarios, and check your knowledge questions in this guide as well.

Keep this guide for future At-Home trainings we are currently developing. All providers should receive a copy from their home monitor by the end of January.



2020 Calendar

By the end of January, all SENDCAA providers should have received the new 2020 CACFP Calendar. A New At-Home training has been developed to go along with this calendar and will be available beginning in January.

This training is Growing Futures approved and free to all participating SENDCAA providers.

Provider Profile

Angela Heller opened her daycare in January 2015. Starting her own home childcare was the ideal way to utilize her experience in early childhood education, stay home with her children and earn some income. She has participated on the food program since she opened her childcare. The children's favorite meal is pizza bagels, and their favorite activities are outdoor play or letter scavenger hunts.



"I love the food program because it gives me the confidence to know I'm serving nutritious meals. I also LOVE the training opportunities." - Angela Heller, SENDCAA CACFP Provider



Welcome to the SENDCAA Food Program!

Kristi Hansen - Fargo, ND

Alexandra Giese - Grand Forks, ND

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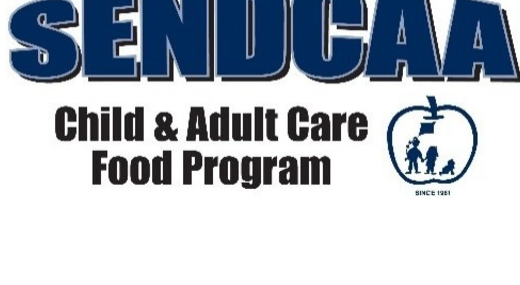
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