

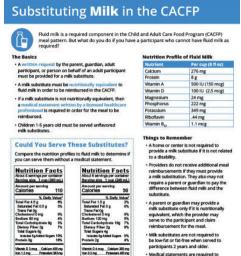
SENDCAA NEWS

CACFP Edition | December 2022



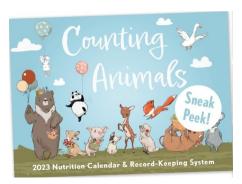
Substituting Milk in the CACFP

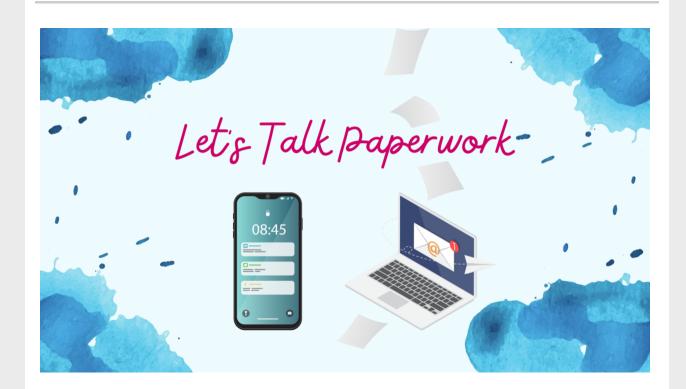
Do you have questions about what to do if you have a child that is unable to consume regular cows milk? Click on the attached picture to download a helpful guide on serving milk substitutes and whether or not you need a Dr.'s note for the child. Contact your home monitor if you have any questions in regards to children with allergy or food modifications.



The 2023 Calendar is Here!

Home monitors will be delivering 2023 calendars at our next home visit with you. Everyone should receive one by the end of January. (Your current calendar also includes January 2023.) Keep the calendar handy, as we will be offering an at-home training to go along with it sometime in the new year.

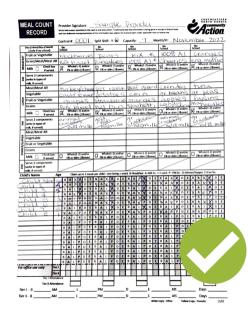


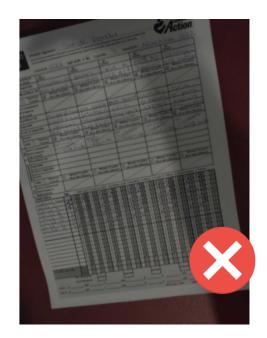


Reminder: Submit Readable Documents

As much as we would love to have \approx Superpower Telescopic Eyesight \approx , we sometimes have a hard time reading enrollment forms or menus that have been submitted to us if they are dimly lit, crooked, blurry, or in a reduced size format.

When submitting paperwork, please be sure to send it in the largest format available and that the text is not blurry. The best way to send a document is to use a scanner to create a PDF to send in an email. If you do not have access to a scanner, Adobe has a free app that you can download to your smartphone or tablet. This app allows you to take a picture of your document, clean up any discolored markings or stains, convert it to a PDF, then email to your home monitor.



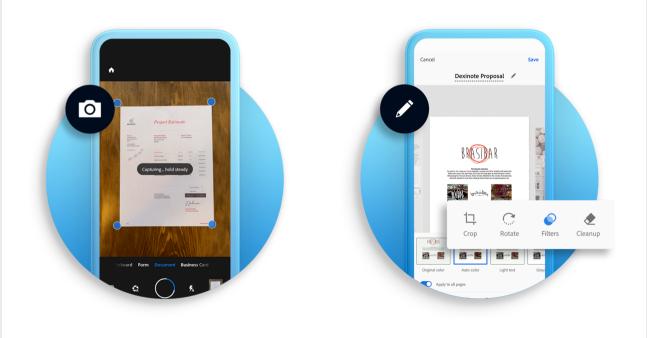


Adobe Scan for Mobile

Easily capture and convert documents and forms into high-quality PDFs. With different capture modes along with automatic boundary detection, you get the best scans every time. Adobe Scan even corrects image perspective and sharpens handwritten or printed text, while removing elements you don't want, like glare and shadow.



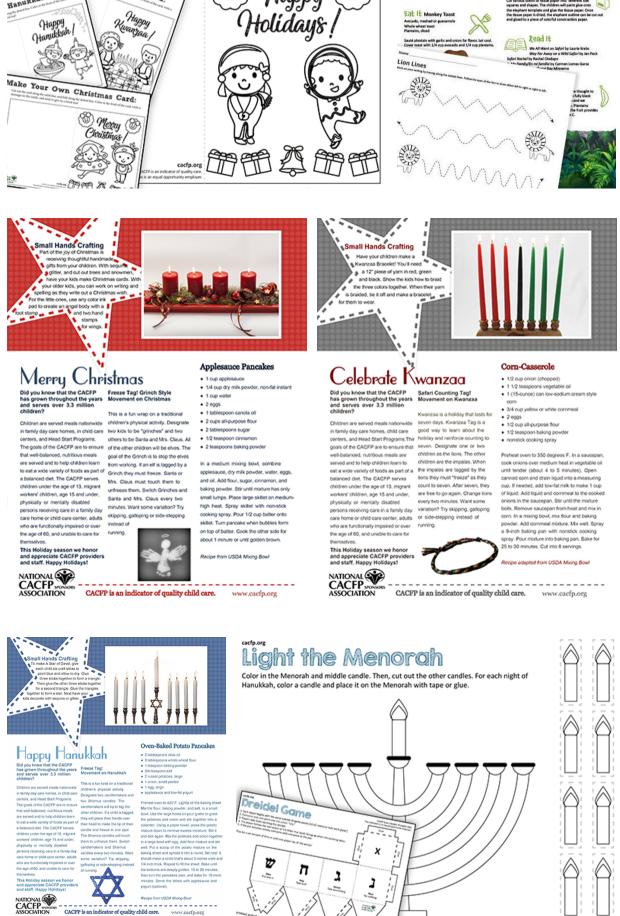
The Adobe Scan mobile app and Adobe Acrobat Reader can be downloaded free to either IOS or Android phones.



December 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.





Winter Themed Snack Ideas

Area a

Click on each picture to find the recipe to prepare these adorable, yummy winter snacks featuring penguins, snowmen, and snow-covered trees! Do you have creative meals or snacks you serve during the month of December? Send a picture to your home monitor and we will post them on our Facebook page.



A Week's Worth of Menu Ideas					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Banana WG Pancakes Milk	Applesauce Blueberry Muffin Milk	Orange Wedges WG Oatmeal Milk	Plum WG Life Milk	Honeydew Melon French Toast Sticks Milk
Lunch	Turkey and Cheese Cherry Tomatoes Peaches Pita Bread Milk	Peanut Butter and Yogurt Cucumber Slices Pears WG Bread Milk	Beef Taco Black Beans Mango Flour Tortilla Milk	Chicken Sir Fry Broccoli Mandarin Oranges Rice Milk	Chicken Salad Sandwich Celery & Carrots Pineapple WG Bread Milk
Snack	Pineapple Cottage Cheese	Cheddar Cheese WG Triscuits	Apple Slices Milk	Snap Peas Ham Slice	Pretzels Strawberries

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

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

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.

Log into Growing Futures



Contact Us

Fargo

3233 University Drive South Fargo, ND 58104 Phone: 701-232-2452 Toll-free: 1-800-726-7960 E-mail: <u>foodprogram@sendcaa.org</u> Website: <u>www.sendcaa.org/foodprogram</u>



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U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or fax: (833) 256-1665 or (202) 690-7442; or email: program.intake@usda.gov

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