

SENDCAA NEWS

Volume 21 Issue 6

"Where Healthy Eating Becomes a Habit"

June 2019

Popcorn is Now Creditable

Popcorn is creditable as a WGR (whole grain rich) food.

- Serving size for children up to age five is 1 1/2 cups. Serving size for children six and older is 3 cups.
 - > The amount of popcorn required may be too much for young children; therefore, providers may want to serve popcorn with another creditable grain. For example, include popcorn in a snack mix with pretzels and cereal.
- Toppings such as salt, butter, and cheese may be used, but providers are encouraged to limit the use of toppings or serve healthier toppings such as herb blends or just serve, plain popcorn.
 - > Carmel and kettle corn are considered grain based desserts and cannot be served as a creditable component.
- Prevent choking risks: Consider the developmental readiness of children when deciding to offer popcorn.
- Popcorn can be served immediately and can be found in KidKare under the grains category.



Whole Grain Frequently Asked Questions

Q: If a child is absent when a whole grain is served, do I need to serve another one?

A: No, the whole grain requirement states that a whole grain should be claimed at least once per day across the meals and snacks served. It does not require that providers serve a whole grain to a child who was absent for the meal/snack that included a whole grain.

Q: How do I identify a whole grain product?

A: Look for foods labeled 100% Whole Wheat. (Be leery of terms that say "made with whole grain", "made with whole wheat", "contains whole grain". These may not contain enough whole grain to be creditable.)

All grain products listed on a states WIC list are creditable whole grains.

Read the ingredient label. The first ingredient must be a whole grain and the next two grain ingredients must be either whole or enriched.



Child Re-Enrollments

Every year, USDA requires all children enrolled be verified that they are in fact still currently in your care participating on the food program. Providers with the last names **H-N** should receive their letter from the SENDCAA office at the beginning of **July**. Those with the last names **O-Z** will arrive the beginning of **August**.

Carefully read the letter that will be sent to you!

Please remember to:

⇒ Have the parent update any changes regarding days scheduled, meals, hours, address, phone number, etc. Be sure meal times attending coincide with the drop off/pick up times.

⇒ **Have the parent sign and date the enrollment form.** The date must reflect the renewal month. (Ex. July 2019)

⇒ If a parent signature is missing for a child, we assume the child is no longer in your care and will be deleted.

⇒ If you are waiting for a signature and the deadline is approaching, send in what you have.

⇒ **Return to SENDCAA office by July 20th.** If you have summers off, hold on to your packet until you reopen again.

Email to: jennyn@sendcaa.org

Mail or drop off at: 3233 South University Dr. Fargo ND 58104

Call or email Jenny with any questions regarding your re-enrollments.

701-232-2452 ext. 132



The SENDCAA Offices will be closed
Thursday, July 4th in honor of Independence Day.



Contact us:

Fargo
geril@sendcaa.org
1-800-726-7960
3233 University Drive South
Fargo ND 58104

Wahpeton
dianaf@sendcaa.org

Grand Forks
bjmcnamee@hotmail.com

Find us online at:

www.sendcaa.org

You will find:

- Program information
- Printable forms
- Training
- Nutrition resources



**Sendcaa Child & Adult Care
Food Program**

- Announcements
- Recipes
- Fun Activities

Welcome

**Sahara Moore
Samantha Cossette
Titus Duncan**

**to the SENDCAA Food
Program!**

A Week's Worth of Menu Ideas!

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • Scrambled Eggs • Kiwi Slices • Milk 	<ul style="list-style-type: none"> • WG Pancake • Applesauce • Milk 	<ul style="list-style-type: none"> • WG English Muffin with Peanut Butter • Peach Slices • Milk 	<ul style="list-style-type: none"> • Cream of Wheat • Blueberries • Milk 	<ul style="list-style-type: none"> • Muffin • Pear Slices • Milk
Lunch	<ul style="list-style-type: none"> • Beef Sloppy Joe • Mango Slices • Green Beans • WG Bun • Milk 	<ul style="list-style-type: none"> • HM Chicken Noodle Soup • Garden Salad • Cantaloupe Cubes • Noodles • Milk 	<ul style="list-style-type: none"> • Beef Hot Dogs • Cauliflower and Broccoli • Cherries • Soft Bread Stick • Milk 	<ul style="list-style-type: none"> • Baked Chicken Strips • Sugar Snap Peas • Plum • WG Brown Rice 	<ul style="list-style-type: none"> • Refried Bean Taco • Corn • Raspberries • WG Flour Tortilla • Milk
Snack	<ul style="list-style-type: none"> • Nectarine Slices • Pretzels 	<ul style="list-style-type: none"> • Strawberries and Bananas • Milk 	<ul style="list-style-type: none"> • Hard Boiled Egg • Carrot sticks 	<ul style="list-style-type: none"> • Celery Sticks and Raisins • Peanut Butter 	<ul style="list-style-type: none"> • Ritz Crackers • Cheddar Cheese Cubes

Age 1 serve whole milk/Age 2 and older serve 1% or skim milk

4th of July Firecracker Dogs

1 pkg. All meat hotdogs
1 can refrigerated breadstick dough
Thick slices of Colby Jack cheese
Wooden skewers

1. First take your skewers and stick them all the way through your hot dogs leaving about an inch and a half exposed out of the top of each hot dog. Then take a piece of breadstick dough and carefully wrap it around the hot dog until you get to the top. Place the wrapped dogs on parchment paper and bake according to the package directions for the breadstick dough. About 20 minutes at 350°.



2. While the hot dogs are cooking take out your cheese, using a small star cookie cutter cut out your stars.

3. After your dogs have cooled for 2-3 minutes stick the star through the skewer at the top and serve with a fruit and vegetable for a complete lunch.

<https://www.handmadeintheheartland.com/4th-of-july-firecracker-dogs/>

A few ideas to kickoff your 4th of July celebration!



USDA is an equal opportunity provider.