



SENDCAA NEWS

CACFP Edition | April 2023



Spring Conference Recap

Great info was presented at our annual spring conference that was held Saturday, March 25th at the Dakota Medical Foundation. Sarah Myers started our morning and gave a great refresher on common childhood illnesses and when children should be excluded from care. A big takeaway, you are the boss and should have exclusion guidelines written in your policy that make *you* feel most comfortable.

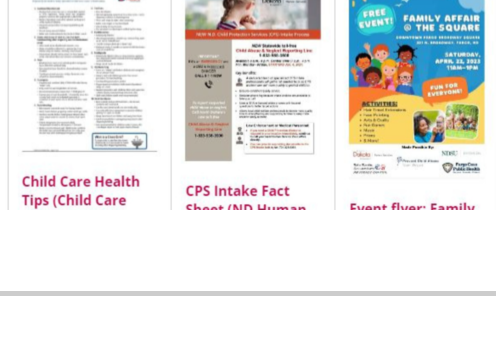
Finishing out the morning, NDSU Extension horticulturist Don Kinzler, gave great advice on starting a garden. Your garden can be as small as a container tomato plant on your deck, a square foot raised bed garden or large in ground master garden. There is a scenario that fits everyone's space! His talk definitely filled us with hope that spring will eventually happen.

We would like to thank the speakers for their time and expertise, to Cashwise for the breakfast donation, and to all the child care providers that attended.

Additional resources from these speakers are available on our [website](#).

SENDCAA Spring Conference
This event has ended

Resources for Illnesses & Exclusions Presentation



For further information or questions:

Sarah Myers

Child Care Aware of ND Health & Safety Specialist

Email: sarahm@ndchildcare.org

Phone: 701-997-1541

Don Kinzler

NDSU Extension Agent & Cass County Horticulture

Email: douald.kinzler@ndsu.edu

Phone: 701-241-5707

Let's Start a Garden

As we make our rounds visiting you this spring, your home materials will be bringing gardening education materials to use in your child care or share with your families.

What you will receive:

DIG IN! at Home guide: designed with conversations starters in mind, featuring recipes, ideas for increasing fruit and vegetable consumption, and time and cost-saving tips. In addition, it provides important nutrition information, an explanation of MyPlate, and a weekly menu planner to work on with children.

Easy Vegetables to Grow with Children: a quick guide to getting started on your garden, including different types of gardens for your home, information on what makes vegetables fun to grow, and some fun facts to get kids thinking.

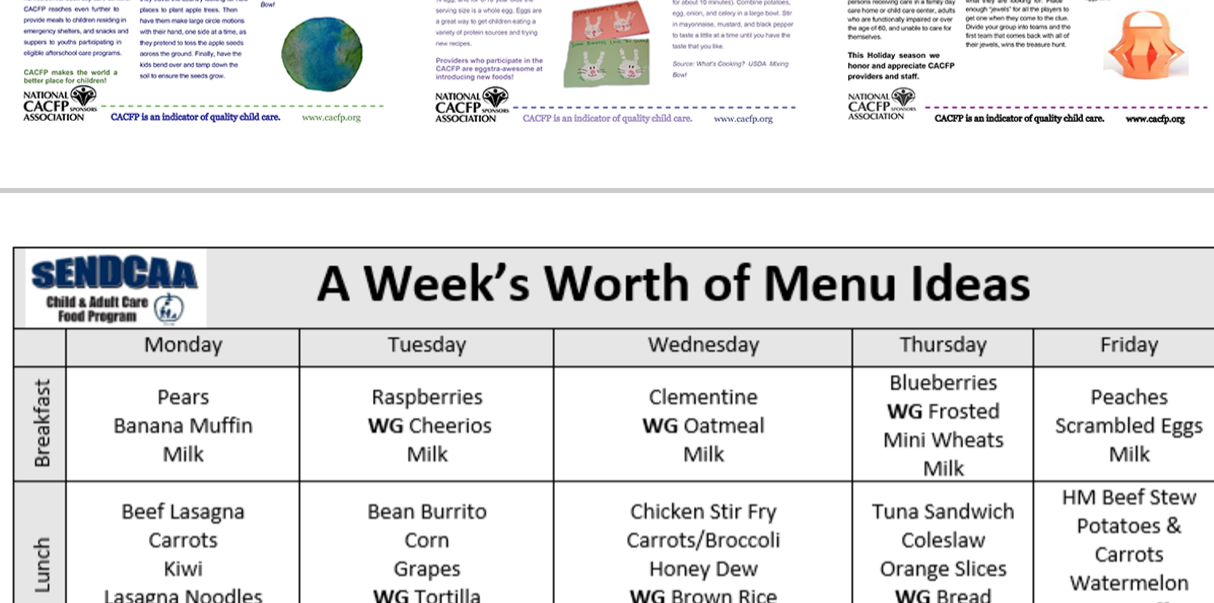
Fuel Up With Veggies... Zoom to the Finish! A veggie challenge to get kids excited about trying new foods while racing to the finish line. Are you fueling up with enough dark-green, red, and orange veggies during the week? Take the challenge to track your meals for three days to find out if, and how fast, you can zoom across the finish line!

You will even receive seeds for green peas, radishes, tomatoes and cucumbers. From Growing Together Community Gardens in Fargo for the donation. Check out their [website](#) if you are interested in learning more about this great organization!



April 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.

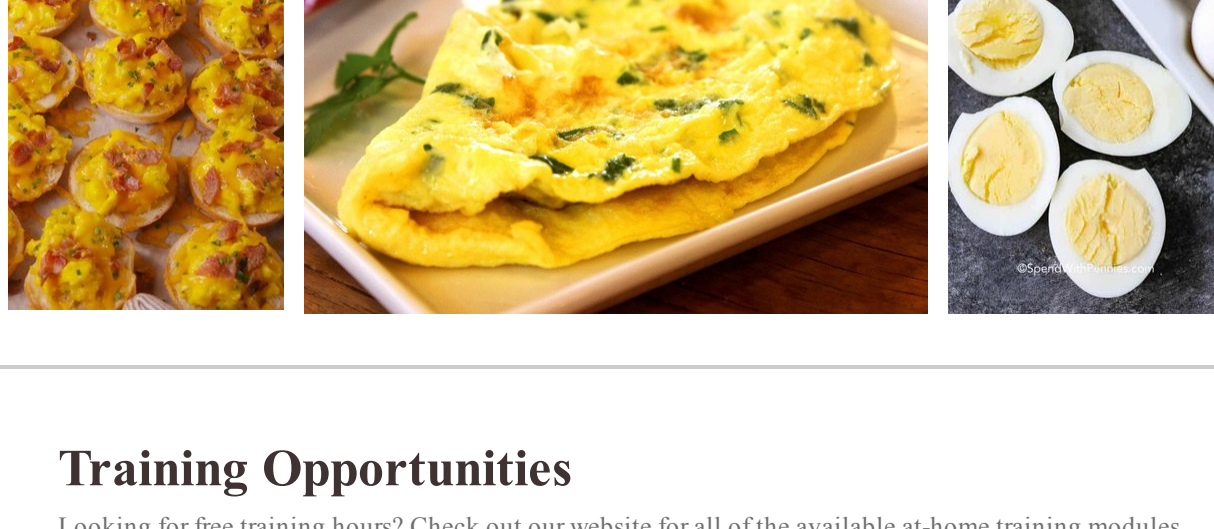


A Week's Worth of Menu Ideas

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

"EGGcelent" Meal Ideas

Eggs are such a versatile healthy, protein packed food! Serve them anytime of the day! Assemble scrambled egg bagel bites for breakfast. Kids can choose to add veggies, meats or cheese to an omelette for lunch. A simple hard boiled egg for snack paired with a cracker can complete a snack! The whole egg (whites and yolk) must be served to credit as a meat alternate.



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 - NEW!](#)

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](#)

Food Program: A Good Deal!

You are *never* losing money when you are on the Food Program. It is true that your reimbursements may not cover all your food costs, but it's always better to get some money for the food you are buying, than no money at all!

Here's a few things to keep in mind:

- Most providers spend less than 3 hours per week on Food Program paperwork.
- You are always better off when joining CACFP. For every \$1,000 you get from CACFP, you will have \$600-700 in your pocket after paying taxes on this income.
- Meals and snacks that you are reimbursed for by the CACFP can still be deducted as a business expense. So, you don't lose any food deductions when joining the Food Program whether you receive the higher (Tier 1) or lower (Tier 2) reimbursement.
- All providers can use the standard meal allowance rate to deduct their food expenses. That means, if you serve breakfast, lunch and snack each day, you can deduct about \$1,500 in food expenses for each child in a year. Plus, you don't need to save any food receipts when using the standard meal allowance method.
- It is easier to participate on the food program, than it is to raise your rates. Now that's a good deal for parents and for you!

For more information and resources, visit www.tomcopelandblog.com

DID YOU KNOW?

MYTH

If you are Tier II and the reimbursements received from the CACFP don't cover the cost of *all* your food expenses, it's not worth it.

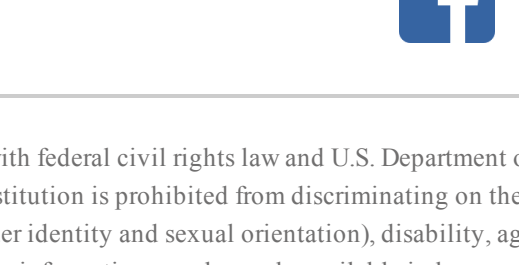
FACT

Some money is always better than no money. CACFP reimbursements are not designed to cover the *entire* cost of the food you serve.

1 Breakfast + 1 Lunch + 1 PM Snack for 1 child on Tier II = \$600/year

Would you turn down a \$600 year-end bonus?

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Contact Us

Fargo

3233 University Drive South

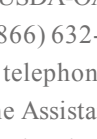
Fargo, ND 58104

Phone: 701-232-2452

Toll-free: 1-800-726-7960

E-mail: foodprogram@sendcaa.org

Website: www.sendcaa.org/foodprogram



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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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