



April 2010  
Volume 7, Issue 09

## CACFP NEWS & TIPS

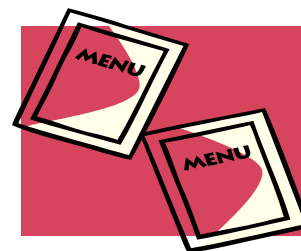
### CACFP REMINDERS AND INFO

1. We are still having a big problem with providers not calling when they are not going to be at their site. Please call Molly at 636-5727 ext 228 as soon as you know you will not be serving a meal or will be closed for the day.
2. All Paperwork for the current month and the previous 12 months must be on site at all times. If you do not have the current month on site we can disallow from the 1st of the month to the day of your visit.
3. All meals must be served between your meal service times in order to claim children for that meal. If your breakfast is over at 8:30 and a child comes in at 8:32, you may feed that child but you can not claim them.
4. We are required to check for copies of your paperwork for the current contract year and the previous 3 contract years. PLEASE check your copies and contact us for any missing paperwork. MSR's, MENUS, INFANT MENUS, and ENROLLMENT FORMS.
5. Remember you cannot claim school age children for a snack or lunch unless we have documentation of why they were out of school. They will be disallowed.

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Change of seasons is upon us, If you would like to change your 5 week cycle of menus out for spring ones, now is the time. Please contact Larry if you have any questions.



# Happy Easter

# Activity of the Month

## Peter Rabbit Tasting Party



Take a head of cabbage, and cut a flat surface on the bottom. Scoop out the inside to create a bowl for vegetable dip. Decorate one end as a rabbit's face with fruits and vegetables. Remember floppy ears!

Serve an assortment of vegetables and fruits, with lowfat dips. For an easy dip for fresh vegetables, combine lowfat plain yogurt with salad dressing or mayonnaise and season to taste.

Read *The Tale of Peter Rabbit* by Beatrix Potter while the children enjoy the fruits and vegetables. Talk about how a variety of fresh vegetables and fruits help provide building blocks for a healthy body and energy to play.



Source: *More Than Mudpies*

## Menu of the Month

### Breakfast

Banana Dog\*  
Milk



### Snack

Graham Crackers  
Peach Slices  
Water

### Lunch

Baked Potato  
Cheese Sauce  
Diced Ham  
Steamed Broccoli  
Whole Wheat Roll  
Milk

Make your meals exciting. Take some tips from the menu of the Month.

\*see recipe

## Book Review

Excuse Me!: A Little Book of Manners

By: Karen Katz Reviewed By: Amazon.com

“Please” and “thank you” are fun and easy to remember with *Excuse Me!* Simple and repetitive, it’s the perfect way to introduce those magic words that all little ones should know. From burping to breaking a sibling’s toy, toddlers will love seeing these appealing babies in situations they know all about, and they’ll have fun lifting the flaps to discover the right words to say—“Excuse me!” and “I’m sorry!”



# Recipe of the Month

## Banana Dog

You won't find this fruity impostor at a ball game or backyard barbecue, but it sure makes a doggone wholesome "fast food" breakfast.

### Ingredients

- Whole-grain hot dog bun
- Peanut butter
- Wheat germ or sunflower seeds (optional)
- Banana
- Jam

### Instructions:

1. Simply spread a whole-grain hot dog bun with peanut butter, sprinkle with wheat germ or sunflower seeds, and top with a whole, peeled banana and a squiggle of jam. Add a side of milk to round out the meal. **Variation:** For a Banana Burrito, substitute a tortilla for the bun.

Source: FamilyFunMagazine



## Nutritional Information

### Introducing New Foods

#### Variety For Good Nutrition

A variety of foods, including vegetables, fruits, grain, and protein foods, is essential to make sure we get the full range of nutrients for good health.

For young children, familiarity provides comfort. We know that children need to expand their menu vocabularies beyond macaroni and French fries. However, it is likely that young children will need encouragement to try new foods.

As care providers we balance the need for familiarity with the need for variety.

#### Tips For Introducing New Foods

Here are some pointers to remember when introducing new foods:

- ◆ Keep a relaxed attitude.
- ◆ Never insist that a child try a new food. Do not punish a child who refuses.
- ◆ Serve a new food several times so the children can become familiar with it.
- ◆ Start small. Serve a small portion of the new food.
- ◆ Serve a new food with a familiar food. Remember the balance between familiarity and variety.
- ◆ Eat the new food with them. Children will often eat foods they see familiar adults eating.
- ◆ Rather than ask if the children like a new food, ask them to describe how it tastes. Does it taste salty? Sweet? Sour?
- ◆ Get the children involved. Plan an activity around the new food.



Source: www.nfsmi.org

**Don't forget to  
check out the Activity of  
the Month!!**



CHILD CARE CENTERS  
REFERRALS • TRAINING

Day Nursery /Child Care Answers Phone: 317-636-5727  
615 N Alabama St. Suite 300 Fax: 317-687-6248  
Indianapolis, IN 46204 E-mail: [www.childcareanswers.com](http://www.childcareanswers.com)

Staff	Position	Extension
Mindy Bennett	Director of Programs	224
Molly Manley	CACFP Coordinator	228
Lynn Harris	CACFP Monitor	247
Larry Gist	Database Manager	249

Office Hours:	
Monday	8:00 A.M.— 5:00 P.M.
Tuesday	8:00 A.M.—5:00 P.M.
Wednesday	8:00 A.M.—5:00 P.M.
Thursday	8:00 A.M.—7:00 P.M.
Friday	8:00 A.M.—2:00 P.M.



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# April 2010



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3
4 	5 <b>MARCH CLAIMS DUE!</b>	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	