



January 2010
Volume 4, Issue 09

CACFP NEWS & TIPS

Reminders

- ◆ **If you are not going to be at your site for any reason, please call and let us know so we will not come out for a visit. If you call and state you will not be available for a meal or the day, then you cannot claim that meal. We are required to complete visits whether the provider is present or not. If you are out and an assistant is there when we come out they are expected to know all of the rules and regulations of CACFP as well as knowing where all the paperwork is in order for us to complete the visit. Failure to do so will result in meal being disallowed.**
- ◆ **If you will be out on a field trip and will be claiming that meal you must call and let us know the time, date, and location of your field trip. Failure to do so can result in meals being disallowed.**

Inside this issue:

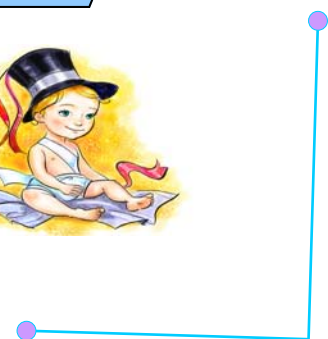
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We are currently working on serving sizes of frequently served foods. It will be similar to the list we handed out at the August trainings. We plan on posting this list on the provider resource page on our website, www.childcareanswers.com, under the CACFP tab.

If you have a food item you would like us to figure out and would like it added to the list please send me an e-mail.



HAPPY NEW YEAR

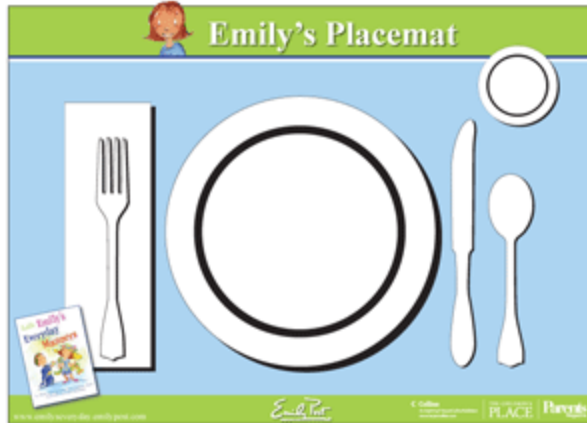


Activity Ideas

Place Mat Learning

Directions: Use an image such as the one below to provide for the following activities:

1. When laminated, use the placemat as a visual for children to know exactly where to place items when setting the table.
2. As a reinforcement activity, this placemat can be a creative art project. Allow the children to cut food items out of a magazine and glue the cut items onto the plate. Discuss variety, color, and portion sizes with children.



Menu of the Month

Breakfast

Blueberry Muffin*
Banana
Milk



Snack

Yogurt
Peach Halves
Water

Lunch

Grilled Ham and Cheese
Tomato Soup
Wheat Bread
Pears
Milk

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

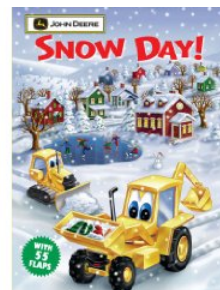
* see recipe

Book Review

Snow Day!

By: Devra Newberger Speregen Reviewed By: Amazon.com

Barney Backhoe and his friends wake up in the machine shed to find a beautiful snowy day outside. The machines plow their way downtown. Kids can lift the flaps to see how Barney Backhoe scoops and dumps the snow, Luke Loader uses his snow blower, and Grady Grader breaks up the ice on the bridge. With his snow pusher and strong crawler belt, Danny clears the town square, just in time to let J.T. (Johnny Tractor) come through safely, pulling a huge holiday surprise!



Recipe of the Month

Blueberry Muffins

- 2 1/4 cups + 1 Tbsp Enriched, all purpose flour
- 1 1/3 cups Whole wheat flour
- 1 cup Sugar
- 1 Tbsp + 2 tsp Baking powder
- 1 tsp Salt
- 1 1/2 cups Low fat 1% milk
- 3 Fresh large eggs
- 2/3 cup Vegetable oil
- 1 1/2 cups Frozen blueberries or fresh blueberries (9 oz)



Combine flours, sugar, baking powder, and salt in a mixing bowl. Mix until blended. Slowly add milk, eggs, and oil. Mix for 30 seconds on medium speed until smooth. Remove bowl from mixer. Using a rubber spatula, gently fold blueberries into batter. Portion batter (2 2/3 Tbsp) into muffin cups that have been lined with paper baking cups. Bake until golden brown: conventional oven 425°F for 12 minutes.

Makes: 25 servings (1 muffin provides the equivalent of 1 1/4 slices of bread.)

Meets: Bread/grain

Serving Suggestion: Serve with a cold glass of milk and a banana to round out the meal.

Nutritional Information

Hot Breakfasts

When the children arrive at the family child care home first thing in the morning, chances are good that they have not eaten since supper the evening before. Little children have small stomachs. They need to eat regularly for growth and learning.



Feeding them a nutritious breakfast is a great way to start the day off right for the children in your care. In cold weather, a hot breakfast is just the ticket.

Breakfast—the most important meal of the day

We have often heard, and now years of research confirm, that breakfast is the most important meal of the day. Eating a nutritious breakfast fuels the children's bodies for learning and play.

We know when children get hungry they can be irritable, have a hard time focusing, and act out in a number of ways.

Getting into the good breakfast habit early can help prevent overweight later.

The best kinds of breakfasts

The USDA Child and Adult Care Food Program (CACFP) breakfast meal pattern requires one milk (fluid), one fruit/vegetable (fruit, vegetable, or juice), and grains/bread such as bread, cornbread, biscuit, roll, muffin, cold dry cereal, hot cooked cereal, pasta, or noodles.

One good choice for a nutritious hot breakfast is oatmeal. Oatmeal has protein, fiber and other complex carbohydrates that give it staying power.

Other hot cooked cereals to try include cream of wheat, grits, and rice. Any of these cereals can be cooked ahead, if cooled properly, and warmed up for the morning meal.

Add flavorful and good-for-you toppings to a steaming bowl of hot cereal, or let the kids top their own!



Some toppings to try:

- low-fat yogurt such as strawberry or vanilla flavored
- slices of fruit like banana or strawberry
- brown sugar and cinnamon

Pancakes, biscuits, fresh baked muffins, and toast are other tasty ways to serve a hot breakfast.

Source: www.nfsmi.org



CHILD CARE CENTERS
REFERRALS • TRAINING

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Day Nursery CACFP Staff Extensions

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

Child Care Answers'

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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January 2010



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					HAPPY NEW YEAR! Office Closed	2
3	4	5 Dec Claims Due!	6	7	8	9
10	11	12	13	14	15 Office Closed	16
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24	25	26	27	28	29	30
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