



SENDCAA NEWS



Grand Forks Providers!

Join us...

Tuesday, April 7th

for 2 hours of FREE training!

“Let’s Move”

6:30pm-8:30pm

4000 Valley Square

4004 24th Ave South

Grand Forks,

Register today by contacting

Jenny at

701-232-2452 ext:132

Or jennyn@sendcaa.org



Celebrate and promote National Nutrition Month in your home with the children you serve!

- ▶ Read books that promotes health eating. Eric Carle’s, “The Very Hungry Caterpillar” is a great example.
- ▶ Host an open house for families of your children. Serve a few of the children's favorite recipes.
- ▶ Take a field trip to your local grocery store. Talk about the food groups and have them point out items for each of the groups.
- ▶ Plan at least one nutrition activity per week this month and inform the parents. Need ideas? Check out www.facebook.com/NationalCACFP
- ▶ Involve the parents and children in planning this week's meals and snacks.
- ▶ Talk about the menu each day in relation to MyPlate. Did you meet the recommended number of servings?
- ▶ Talk with the children about how eating nutritious foods now will help them to be healthier adults later. Example: Eating foods that are good for you will help you stay healthy and strong.
- ▶ Try a new recipe. Ask parents if they have a recipe that they would like to share.
- ▶ Compile your own recipe book. Hand out your recipe book at the end of the month.
- ▶ Make a commitment to improve menus during March by:
 - Using more fresh fruits and vegetables
 - Evaluating the menus for "plate appeal"
 - Adding new vegetables to the menu
 - Make healthy eating fun
 - Increasing the use of whole grain products

Children who participate in the CACFP have the opportunity to develop positive eating habits that will lead to a lifetime of good eating habits and good health.

National CACFP Sponsors Association
www.cacfp.org

Need an hour or two of free training?

- ⇒ Go to our website, sendcaa.org and download the 2015 Nutrition Calendar & Record Keeping modules. There are two to choose from: “Lets Get Cooking: Stirring Up Fun In & Out of the Kitchen” or “Business Records: Serving Up Success.” Each is worth 1 hour of Growing Futures approved credit.
- ⇒ Send us the quizzes and we will submit them to Growing Futures and mail you out a certificate. Don’t have a printer? Call our office and we will mail the modules to you!
- ⇒ Deadline is 12-31-2015



Welcome,
Maryan Ali
Amida Mulasi
Lori Roberston
Kasey Eversvik

To the SENDCAA Food Program!

Where Healthy Eating Becomes a Habit



CHILD & ADULT CARE FOOD PROGRAM

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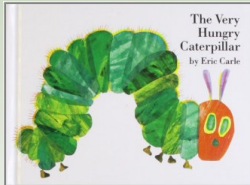
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Cooking up a Story!

Children love books and stories, just as they love cooking and eating! Children's literature is an excellent springboard to cooking experiences and learning about good nutrition.

One classic story to get you started could be "The Very Hungry Caterpillar" by Eric Carle. It's about a tiny green caterpillar that eats his way through the book, and then transforms into a beautiful butterfly.



After reading the story start by:

- Ask the children questions: What fruits did the hungry caterpillar eat? What sweets did the hungry caterpillar eat? Which were healthier for him—the fruits or the sweets? Of all the food the hungry caterpillar ate, which was your favorite?
- As part of one of your meals that day you could make a fruit salad using the fruits that were mentioned in the book: one apple, two pears, three plums, four strawberries, and five oranges.
- Challenge the children to pretend to be caterpillars by lying on the floor and crawling on their stomachs.
- Make a butterfly sun catcher. Invite children to tear different colored tissue paper in to pieces. Using a paintbrush, spread liquid starch on a piece of wax paper and attach the colored pieces of paper allowing them to overlap. Once dry cut into a shape of a butterfly and hang in the window.



This is just one example of 1000's of children's books and activities. What is your favorite children's book and how many fun activities could you create to go along with it?

Beautiful Butterflies

Ingredients 7 servings

Chicken, Boneless	1 lb
Mayonnaise	1 Tbsp
Green onions, chopped	1/4 c
Tomatoes, chopped	1/2 c
Carrots, chopped	1 c
Cherry tomatoes, halved	1/2 c
Bread, whole grain	7 slices

Directions:

1. Place chicken in skillet with enough water to cover. Bring to a boil. Reduce heat and allow to simmer for 12-14 minutes. Drain and let cool.
2. Shred chicken and place in bowl. Add carrots, tomatoes, green onions and mayonnaise.
3. Spread mixture over bread slices. Cut into triangles.
4. Arrange triangles with points facing each other to look like butterfly wings. Place baby carrot in center and sliced olives for more detail.

Creditable for 1 grain
1 fruit/veg
1 meat



	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Here is a week's worth of lunch ideas! The recipes with the * can be found at http://healthymeals.nal.usda.gov/hsmrs/Wisconsin/cacfp-menu-planning.pdf</i>					
Milk	1% or Skim	1% or Skim	1% or Skim	1% or Skim	1% or Skim
Fruits/Veggies	Green Beans	Cooked Peas & Carrots	*Beautiful Butterflies	*Wild Cowboy Stew	*Pizza Party Pita
Fruits/Veggies	Apple Slices	Pears	Grapes	Pineapple	Mixed Fruit
Grains/Breads	Brown Rice	Whole Grain Pastas	*Beautiful Butterflies	Whole Grain Roll	*Pizza Party Pita
Meat/Meat Alt.	*Finger Lickin' Chicken	*Fishin' Poles	*Beautiful Butterflies	*Wild Cowboy Stew	*Pizza Party Pita

Don't forget to check out our  Find us on Facebook (Sendcaa Child & Adult Care Food Program) for fun ideas, recipes and crafts! If you have a picture you would like to share, email it to sharlao@sendcaa.org and we will post it!