



**WHERE
HEALTHY
EATING
BECOMES
A HABIT**



SENDCAA NEWS

CACFP Edition | February 2024



Food Program Tax Reports

The KidKare Tax Report is a summary of your food program income and estimated expense for the calendar year. Providers may use this report as an aid for income tax preparation.

To print this report on KidKare:

1. From the menu to the left, click **Reports**. The Reports page will open.
2. Click the **Select a Category** drop-down menu and select **Claim Statements**.
3. Click the **Select a Report** drop-down menu and select **Tax Report**.
4. Click the **Select Year** box and select the year you want to print.

This report is available for all providers on the food program. Contact your home monitor if you would like your 2023 tax report sent to you.

Take Me to KidKare



The VITA program has operated for over 50 years, offering free tax help to people who need assistance in preparing their own tax returns, including:

- ◇ People who generally make \$64,000 or less
- ◇ Persons with disabilities; and
- ◇ Limited English-speaking taxpayers

Clients must be residents of Cass, Ransom, Richland, Sargent, Steel or Traill county. This service is offered by appointment or walk-in from February 1 to April 12. Tax returns are prepared by IRS certified volunteers, free of cost, and filed for you electronically.

SENDCAA's VITA program is supported by United Way of Cass Clay



United Way of Cass-Clay

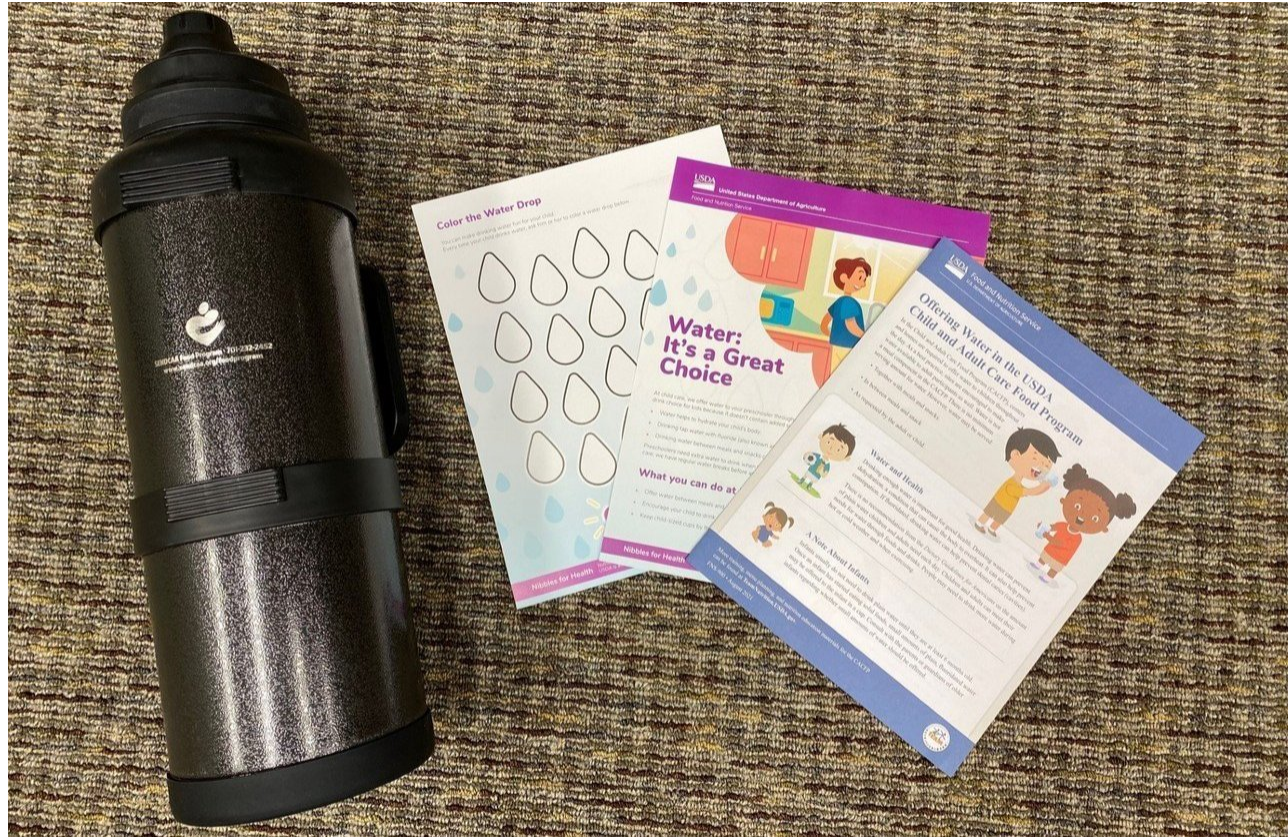
For additional information or to volunteer, please contact:

Bonnie Greuel
Client Services Case Manager
701-232-2452 ext. 123
bonnierg@sendcaa.org

Offering Water in the CACFP

Over the next few months, home monitors will be handing out nutrition education materials focusing on the importance of drinking water. All providers will receive a large insulated water jug for keeping water cold and accessible for daycare children wherever you go, information to share with parents about the health benefits of drinking water, and water drop coloring sheets for daycare kids.

In the CACFP, child care providers are required to offer water to children throughout the day. Water is not a meal component in the CACFP. There is no minimum serving amount for water. Water may be served: together with meals and snacks, in between meals and snack, and as requested by children.



Quaker Recall - Expanded

Check your cupboards -- The Quaker Oats Company has [voluntarily recalled](#) over 40 varieties of granola bars and cereals because they may be contaminated with salmonella, a bacteria that can cause deadly infections in older adults and people with weakened immune systems.

For a list of all recalled products:

[Quaker Recall Affected Products](#)

[Expanded Product List](#)



Contact Your ND Representative Today

On November 14th, the *Child Care Nutrition Enhancement Act* was introduced in the Senate by Senator Bob Casey (PA) to permanently:

- ◇ Provide an additional 10 cent reimbursement for each meal and snack served in the CACFP;
- ◇ Eliminate the tiering system for family child care homes;
- ◇ Allow family child care home providers to claim their own children's meals for reimbursement;
- ◇ Shift the calculation of family child care homes' reimbursement from "food at home" to "food away from home" to align with centers.

Equitable CACFP Reimbursement

ment Act has been introduced
 partners the [Child Care](#)
[Use of Representative](#)
 nan Bonamici (OR). In order
 the use of the Child Care
 the Child Care Nutrition
 for all CACFP providers.
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 meals for reimbursement.
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Enter Your Info

Your Information

Prefix * First Name * Last Name *

Email *

Home Information

Street Address *

ZIP Code * Enter Zip for City and State

Send me email alerts

Remember me

Review Your Message

Take Action Now

February 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.

Parent Provider Connection - February 2024

Building Immunity

Physicians are natural chemists. Based on plants that help defend your body from getting sick, by eating different colored fruits and vegetables, you can get many different types of phytonutrients. See how many you can eat: orange, green, purple and white foods each week!

Ohio Ladybug


Use water, vinegar, oil, citrus in the washing, and the children to help you gather smooth rocks for painting and make sure they are clean. Have the children write their names on each ladybug with paint and googly eyes.

Sasquatch Bites

Use 2 cups shredded carrots, 2 eggs, 1/2 cup melted butter, and 1/2 cup ground Parmesan cheese in a bowl. Sprinkle 2 tablespoons of the mixture, form into a ball, and place in a handholding sheet, making 1/2 inch x 4 1/2" for 20-25 minutes. then broil for 2 minutes for crispy exterior. Serve immediately.

Camp Activity Charades

There are so many activities you can do at a campsite, like fishing, setting up a tent and gathering wood. Print the camp activity Charades cards at [cacfp.org](#) and call the children as they choose and act out the activities.



[cacfp.org](#) Cuyahoga Valley National Park, Ohio

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Parent Provider Connection

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Name _____

These Boots Are Made for Hiking

February

Indiana Dunes National Park, Indiana

Learn It

Going for a hike takes a lot of energy! We know that by eating healthy foods, you are going fuel to your body from head to toe! Talk about the five foods components and how each helps your body grow, move, breathe, heal when you are sick, and build strong bones. Using the song, "Head, Shoulders, Knees, and Toes," discuss how each part of our body needs healthy foods. Head: Nutrition to help you think, Shoulders: Muscles to help you climb and pick things up, Knees: Bones to keep your body strong, Toes: Gives you energy to move around. You can continue the song with more body parts.

Eat It Creamy Chicken and Noodles

- 2 1/2 (10 oz eq) cups cubed cooked chicken, warmed
- 3 cups cooked wide egg noodles, warmed
- 1 (10.5 oz) can condensed cream of chicken soup
- 1/4 cup milk
- 1/4 cup Parmesan cheese
- Pepper to taste

In a large saucepan over medium heat, add soup, milk, Parmesan cheese and pepper. Mix until well combined and hot. In each bowl, add 1/4 cup noodles, 1.5 oz eq chicken, and 1/4 cup of sauce.

Create It Nature Collage

Indiana Dunes are alive with trails to see all kinds of nature. As you are on a nature walk, ask the children to pick up 5 small treasures (leaves, twigs, etc.) to make a nature collage. When you come back to your child care, assist as needed for the children to make their own nature collage using cardstock, glue, crayons and decorative craft supplies.

Play It Animal High Five

In all our national parks, there are wonderful animals. Post pictures of animals around a safe play area inside or outside. Lead the children around the area and when they see an animal picture, they will give it a high five. Incorporate various skills as you walk - can they lunge walk, stalk, hop or skip to the next picture?

Fun Fact

Indiana Dunes has sand dunes, woodlands, prairies, and wetlands - All in one park!

Laugh About It

What did the brother tree say to the sister tree? Leaf me alone!

Read It

Good Night Indiana (Good Night Our World) by Adam Gamble and Mark Jasper
Indiana: Children's American Local History Book by Bobb Kats
Night/Night Ohio by Katherine Sully and Helen Poole

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Activity Pages

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Small Hands Crafting

Paint the back of a white paper plate brown. Add two brown ears cut from construction paper. With a black marker make a circle for the nose and glue on google eyes. Add black pipe cleaners or toothpicks for the whiskers. With white construction paper, cut two small rectangles for the teeth.

Groundhog Day

Did you know your CACFP provider teaches healthy habits that can help keep a healthy heart?

As a CACFP participant, your child care provider has strict nutrition guidelines they follow. The habits that providers instill in children at an early age will become education for life-long healthy choices. These healthy choices and eating habits are key components of maintaining a healthy heart. CACFP providers strive to serve a balanced diet with whole grains, a variety of fruits and vegetables, and high quality protein and dairy. Sugary drinks and highly processed, high fat content foods are also kept to a minimum. A healthy diet leads to a healthy heart!

Inside Fun: Movement on Groundhog Day

Shadow Tag: Play like regular tag except the person that is it must step on the other's shadow. Then the tagged person will be it.

Shadow Outlines: With sidewalk chalk, each child will try to draw another child's shadow.

Step on A Shadow: In a open area, everyone is allowed to run freely trying to step on as many shadows as they can.

Hand Shadows: With a projector and white sheet, demonstrate different hand shadows. Ask your kids to try them.

Copy Cat Shadow: With the projector and white sheet, each child will have a fun moving their body to make a funny shadow. The next child will copy the previous shadow and then make their own.

Whole Wheat Banana Muffins

- 1 egg
 - 3/4 cup brown sugar
 - 1 1/3 cups banana (mashed, about 2 medium bananas)
 - 1/3 cup vegetable oil
 - 1 teaspoon vanilla extract
 - 1 cup white flour
 - 3/4 cup whole wheat flour
 - 2 teaspoons baking powder
 - 1/2 teaspoon baking soda
 - 1/4 teaspoon salt
 - 1 teaspoon cinnamon
- In a large bowl, thoroughly mix first five ingredients. Add the last 6 ingredients and mix together (batter will be lumpy). Spoon batter into muffin cups (either lined or sprayed) and bake at 375 degrees for 15-20 minutes. To make a groundhog, add sliced almonds and raisins.

Recipe from USDA Mixing Bowl!



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Groundhog Day - February 2

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Small Hands Crafting

All you need are some pipe cleaners and yarn!
Use a pipe cleaner to form the shape of a heart and then tie a piece of yarn to it. Now loop it again and again and again to create a lovely heart-shaped dream catcher to keep or give away on Valentine's Day.



Valentine's Day

Did you know we participate in the USDA's Child and Adult Care Food Program (CACFP)?

Through this program we are able to provide more nutritious meals and snacks, and receive regular monitoring to make sure we're adhering to the program's high standards, all at no additional cost to our families. Research shows that child care providers who participate in the Food Program offer more fruits, vegetables, whole grains, and lean meats than those who do not participate in the CACFP. Parents benefit from knowing their children are getting the best when it comes to nutrition standards, meaning healthier kids and fewer missed days.

... Because we are sweet on you and your children!

Music of the Heart: Movement on Valentine's Day

Have your kids put their hands on their hearts at a resting heart rate. Every time they feel their heart pump, they need to make a noise – encourage each kid to choose a sound similar to that of an instrument ("Beep!" "Lub-Dub!", "Psh! Psh!", "Tap") such as a drum or a flute. After you've made music together for a minute or two, tell your kids that you need the music to go a bit faster. Have the students do jumping jacks in place for 30-60 seconds. Now have them create the music again. They will notice that the music speeds up considerably. Use this opportunity to explain how exercising increases the heart rate.

Whole Grain Strawberry Pancakes

- 1 1/2 cups whole wheat flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 3 eggs
- 1 container vanilla low-fat yogurt (8 oz)
- 3/4 cup water
- 3 tablespoons canola oil
- 1 3/4 cups sliced fresh strawberries
- 1 container strawberry low-fat yogurt (8 oz)

Heat griddle to 375°F or heat 12-inch skillet over medium heat. Grease with canola oil if necessary (or spray with cooking spray before heating). In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside. In medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended. Pour egg mixture all at once into flour mixture, stir until combined. For each pancake, pour slightly less than 1/4 cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn, cook other sides 1 to 2 minutes or until golden brown. Top each serving (2 pancakes) with 1/4 cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.

Source: What's Cooking? USDA: Mying Bowl



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Valentine's Day - February 14

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Small Hands Crafting

All you need are some red, white, and blue construction paper stars in various sizes, yarn, pom-poms and some glue! Glue the stars stacked, centered from largest to smallest and then at the center, glue on a penny, Lincoln side up. Punch a hole in the top angle of the star, add a foot long yarn, and you've got a President's Day necklace.



Presidents' Day

Did you know that the USDA's Child and Adult Care Food Program (CACFP) has roots as early as 1863?

You might know that President Obama signed into law the Healthy, Hunger-Free Act of 2010 to ensure funding for federal school meal and child nutrition programs and access to healthy food for low-income children. Roots of the program began in 1863, however, when The Children's Aid Society of NY provided our country's first school food service program. In 1930, the federal government began supplying federal aid and surplus food. In 1948 Congress passed the National School Lunch Act and in 1968, instituted the Child Care Food Program as part of the Child Nutrition Act.

Generations of people have been working together to prevent child hunger.



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Fruit Salad with Yogurt

- 2 cups strawberries (sliced)
- 1 cup blueberries (frozen)
- 1 cup pineapple chunks (canned, or fresh)
- 3 tablespoons pineapple juice
- 2 cups plain low-fat yogurt
- 2 tablespoons almonds (sliced or sliced)

Place fruit in a large bowl and mix with pineapple juice. Let stand for 15 minutes at room temperature. Place 1 cup of fruit salad in a small bowl and top with 1/4 cup of yogurt. Sprinkle almonds on top of each fruit salad. Serve immediately.

Source: What's Cooking? USDA: Mying Bowl



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President's Day - February 19

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BLACK HISTORY MONTH



PLAY IT! Red Light, Yellow Light, Green Light

The three-position traffic light was developed by **Garrett Morgan**, an African-American inventor. Have your group line up on a starting line, and mark a finish line. When you say "green light," they start to run towards the finish line. When you say "red light," they have to stop where they are or go back to the starting line. And if you say "yellow light," they have to move towards the finish line in a different way - skipping, dancing, slow motion, or any way you choose.



MAKE IT! Paper Quilts

The women of **Gee's Bend, Alabama**, have been making beautiful quilts for over a century, with patterns that have been handed down for generations, dating back to slavery. It's no surprise that their quilts are seen as some of the most important contributions to American art history. Make your own quilt by having your group design and color their own square of paper, and then tape or glue all the squares together to form a tapestry that is a unique reflection of your group's creativity and personality.



READ IT! Black History Month Books

Look for these books at your local library or book store to celebrate Black history, art and culture.

Follow the Drinking Gourd by Jeanette Winter
Princess Hair by Sharee Miller
The Story of Ruby Bridges by Robert Coles
This Jazz Man by Karen Ehrhardt
Under the Same Sun by Sharon Robinson



MOVE IT! Rocket Ship Blast-Off

African Americans have been a vital part of NASA for decades. **Katherine Johnson, Dorothy Vaughan** and **Mary Jackson** were mathematicians who worked on Project Mercury, which put the first American into space. **Galen Barford** was the first African-American astronaut to go into space in 1983, and **Mae Jemison** was the first African-American woman in space in 1992. Just last year, **Victor J. Glover** became the first African American to go on an International Space Station expedition.

Pay tribute to these space pioneers with an exercise that's great for gross motor movement. Have your group sit on a bench or chair with their arms extended straight above their heads and their palms touching. Count down from 10 and say "blast off!" Then they jump straight up like a rocket.



EAT IT! Peanut Butter & Apple Wraps

Though he didn't invent peanut butter like many think, **George Washington Carver** was an African-American scientist who developed over 300 products using peanuts. "The Peanut Man" introduced the idea of crop rotation, in which peanuts were planted on alternating years from the main cotton crops to help get nutrients back into the soil. With this, peanuts became a large part of farmers' diets. For a simple and tasty #CACFPcreditable snack, spread two tablespoons of peanut butter on a whole wheat flour tortilla. Slice half an apple and place it on the peanut butter, then wrap the tortilla like a burrito. One tortilla makes two servings.




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February is Black History Month

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**Our office is closed Monday,
February 19th.**

		A Week's Worth of Menu Ideas				
	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Vanilla Yogurt Cinnamon Apple Slices Milk	WG Oatmeal Pears Milk	Eggs Roasted Sweet Potatoes Milk	WG Waffle Banana Milk	WG Toast Avocado Milk	
Lunch	HM Been & Cheese Taco Lettuce & Tomato Mango WG Tortilla Milk	Italian Baked Chicken Roasted Potatoes Roasted Brussel Sprouts Garlic Bread Milk	Beef Sloppy Joes Baked Beans Coleslaw WG Bun Milk	Beef Meatballs Pasta Sauce Green Beans WG Pasta Milk	Hard Boiled Egg Apple Slices Carrot Sticks WG Bread Milk	
Snack	Celery Peanut Butter	Hummus Pretzels	Graham Crackers Grapes	WG Sun Chips Snap Peas	String Cheese WG Triscuits	
*Whole milk is required for children 1 year of age/1% or skim milk is required for children 2 and older						

Celebrate Valentine's Day at Snack



Conversation Cuties



Cheesy Sandwiches



Fruit Parfait

Are you Serving Creditable Animal Crackers?

Grain products served under the CACFP must be made with enriched or whole grain flour to be creditable. Check your pantry, the Kirkland and Market Pantry animal crackers are not enriched or made with whole grains. The Nabisco, Stauffer's, Essential Everyday, and Benton brands are made with enriched flour. Check your label ingredients, if you have other brands not listed here, or contact your home monitor for further guidance.

CREDITABLE ANIMAL CRACKERS

STAUFFER'S



BENTON



NABISCO



NON-CREDITABLE ANIMAL CRACKERS

MARKET PANTRY



KIRKLAND



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](#)
- 2024 Calendar - Coming Soon!

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](#)

SAVE THE DATE!

April 6th, 2024

SENDCAA Spring Conference!

9 am to 12:15 pm

Fargo ND

New location!

More
information at a
later date.



Contact Us

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. Mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
2. Fax: (833)256-1665 or (202)690-7442; or
3. Email: program.intake@usda.gov.

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