



**WHERE
HEALTHY
EATING
BECOMES
A HABIT**

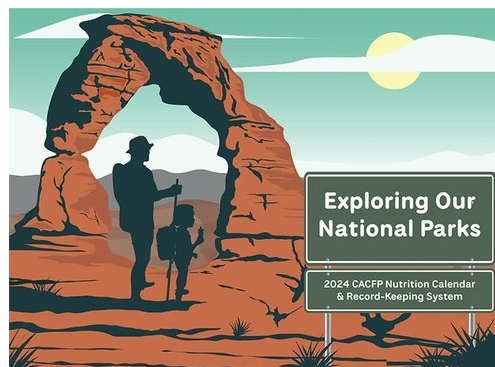


SENDCAA NEWS

CACFP Edition | September 2023

2024 Calendar Has Arrived!

Look forward to receiving your new calendar during fall/winter home visits. Your home monitors will be delivering it to you sometime between October thru January. Remember to hold on to it as we will have at-home trainings that will go along with it sometime in early 2024.



2023 Mandatory Training

Each year USDA requires all CACFP participants to receive training on civil rights and program policies. The deadline to complete this training is September 30, 2023. This training is worth 1 hour of Growing Futures training credit. Failure to complete the training by the deadline could result in a corrective action.

SAVE The Date!



FEATURED GUESTS



Sara Watson

This training will include a cooking demonstration using a variety of colorful foods to add to your child care meals.

SENDCAA CACFP Fall Annual Conference

OCTOBER 28TH, 2023

SATURDAY

9:00AM TO 12:15 PM

Dakota Medical Foundation Event Center
4141 28th Ave S, Fargo



Lindsey Burkhardt

This training covers what child sexual abuse is, its prevalence & impacts, grooming behaviors & prevention strategies (for adults & children).

Email registration in the future.



September 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.

Parent Provider Connections - September 2023

9 Dogs

Dog Detectives

You will need a toy puppy. Tell the child you have lost it and need help finding it. Where could it be? The children will have fun trying to find the toy and determine what work and educational concepts to try to solve. Once they find the puppy, they can take turns holding and playing with it.

Pop peroni Pizza

12 slices corned pizza crust dough, whole grain rich
1/2 cup tomato paste
2 cups mozzarella cheese, shredded
16 oz. pepperoni slices

Spread pizza crust onto a pan in rectangle shape. Spread tomato paste onto crust and cover with cheese. Add pepperoni slices evenly across pan. Bake at 350°F for 10-12 minutes. Cut pizza into 6 slices and serve! (16 per pan slice)

Puppy Puppet

Ask the child to paint a white paper plate. They can choose wild or spotted for their puppy. Cut the paper into 4 strips by cutting across holes for eyes. Attach a black construction paper circle for a nose and fasten the mouth with a black marker. Cut two long hair strip strips from construction paper and glue to ears. Add a craft stick to the bottom and you have a snappy puppy.

Healthy Herbs

Using herbs to make a puppy's face without adding extra sodium and fat. Ask the child to help you paint your own indoor herb garden using seeds in a small pot. They can also help you choose the right location and watch them grow.





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Name _____

Sniff It Out

Get through the maze to help the puppy reach its bone.

September

Learn It! Colorful Collections

You have worked with your children on the importance of fruits and vegetables, and consuming a variety because of all the different vitamins and minerals they provide. The children can compare this to "eating a rainbow." On the floor, create a space with colored butcher paper for red, orange, yellow, green, blue and purple. Combine plastic toy fruits and vegetables in a basket or collect a stack of colorful fruit and vegetable pictures. Together, name each fruit and vegetable and what color it is. Then ask the children to take turns placing the food into the correct color. Talk about the food examples of each color - what have the children tasted, what do they like, what would they like more of on the menu?

Create It! Precious Paws

On white, heavy card stock, assist the children in making a footprint out of paint. Once the paint dries, they can add two ears at the heel of their foot. Add a tail close to the toes. On the heel, add googly eyes and a nose with black permanent marker. This is a puppy treasure to keep!

Laugh About It

Why can't puppies give high fives? It's in **PAW**ible.



Eat It! Puppy Pasta

3 cups cherry tomatoes, halved
Basil, garlic, salt to taste
1/3 cup olive oil
10 oz pasta, cooked
1 (4.5 oz) can white beans
2 cups shredded chicken
6 oz cheese - Parmesan, feta or mozzarella

Mix the tomatoes with basil, garlic, salt and olive oil. Set aside for 30 minutes. Stir in pasta, beans, chicken and cheese. Serve at room temperature or chilled.

Read It

Excellent *Ed* by Stacy McAnulty
Go Dog Go! by P.D. Eastman
The Best Days Are Dog Days by Aaron Meisner

Play It! K-9 Kick

Let's practice our letters while working on gross motor skills. With a kickball, start with one child. They will yell out the letter A and then kick it to another child. That child will yell out the letter B and kick to the next. How far can they go in the alphabet? Can they go all the way through to Z?

Fun Fact

A dog's sense of smell is up to 100,000 times better than a human's.



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Harvest Cycle Menu


Download the harvest menu by clicking the picture. The grains in bold help you make sure that you're providing at least one serving of whole grain-rich per day, and recipes that are listed in orange are also available at cacfp.org/recipes-menus/recipes.

Harvest Cycle Menu

Get some ideas for Autumn with our Harvest Menu!
The grains in bold help you make sure that you're providing at least one serving of whole grain-rich per day, and recipes that are listed in orange are also available at cacfp.org/recipes-menus/recipes.

	MONDAY Day 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5
BREAKFAST	Milk Fruit/Vegetable Gran/Meat*	Milk Fruit/Vegetable Gran/Meat*	Milk Fruit/Vegetable Gran/Meat*	Milk Fruit/Vegetable Gran/Meat*	Milk Fruit/Vegetable Gran/Meat*
LUNCH	Milk Fruit/Vegetable*	Milk Fruit/Vegetable*	Milk Fruit/Vegetable*	Milk Fruit/Vegetable*	Milk Fruit/Vegetable*
SNACK	Milk Fruit Meat/Meat Alternative Grain	Milk Fruit Meat/Meat Alternative Grain	Milk Fruit Meat/Meat Alternative Grain	Milk Fruit Meat/Meat Alternative Grain	Milk Fruit Meat/Meat Alternative Grain
BREAKFAST	Milk Fruit/Vegetable Gran/Meat*	Milk Fruit/Vegetable Gran/Meat*	Milk Fruit/Vegetable Gran/Meat*	Milk Fruit/Vegetable Gran/Meat*	Milk Fruit/Vegetable Gran/Meat*
LUNCH	Milk Fruit/Vegetable*	Milk Fruit/Vegetable*	Milk Fruit/Vegetable*	Milk Fruit/Vegetable*	Milk Fruit/Vegetable*
SNACK	Milk Fruit Meat/Meat Alternative Grain	Milk Fruit Meat/Meat Alternative Grain	Milk Fruit Meat/Meat Alternative Grain	Milk Fruit Meat/Meat Alternative Grain	Milk Fruit Meat/Meat Alternative Grain

* Meat and meat alternatives may be served in place of the entire grain component or breakfast a maximum of three times per week.
* The fruit component of lunch may be substituted by an additional vegetable.



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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Omelet Orange Slices Milk	WG English Muffin Applesauce Milk	WG French Toast Pineapple Milk	Bagel Peaches Milk	Grands Biscuits Banana Milk
Lunch	Chicken Taco Lettuce, Tomato/Salsa Pineapple Milk	Peanut Butter Sandwich Yogurt Broccoli Strawberries WG bread Milk	Ground beef in Marinara Sauce Caesar Salad Pears WG Pasta Milk	Roasted Turkey Breast Sweet Potatoes Grapes WG Dinner Roll Milk	Baked Fish Fillet Peas Baked Potato WG Brown Rice Milk
Snack	WG Cheerios Milk	Muffin Milk	Yogurt Blueberries	Graham Crackers Peanut Butter	Cottage Cheese WG Triscuits

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



Reminder

Friendly reminder to have the "Building for the Future with the CACFP" posted next to your childcare license.



Good nutrition today means a stronger tomorrow!

Building for the Future with CACFP

This day care receives support from the Child and Adult Care Food Program to serve healthy meals to your children.

Meals served here must meet USDA's nutrition standards.

Questions? Concerns? Call USDA toll free: 1-866-USDACND (1-866-873-2263)

Learn more about CACFP at USDA's website: <https://www.fns.usda.gov/>

USDA is an equal opportunity provider, employer and contractor. United States Department of Agriculture Food and Nutrition Assistance Center (FNAC) 017 June 2015 Revised September 2014

North Dakota Women, Infants, and Children Program (WIC)

When to WIC:
WIC is available to pregnant, postpartum, and lactating women, infants, and children 5 years of age or younger. WIC is available to pregnant women and infants 5 years of age or younger who are at risk of nutritional deficiency.

Where to find WIC:
WIC services are available in North Dakota. Call your local WIC office for more information. 1-800-472-0206

To be Eligible for WIC:

- You must be:
 - A pregnant woman,
 - Postpartum (within 60 days of the end of your pregnancy),
 - A new mother up to 5 years after the pregnancy ends, or
 - A woman, parent, or caretaker of a high-risk infant or child younger than 5 years of age.
- You must have a nutritional concern. The WIC program will be able to find a dietitian to help you develop a healthy eating plan and help you determine if your child needs WIC food or supplements.
- You must have a household income that is within WIC guidelines. See below for WIC income guidelines for 2015. All states use the same WIC income guidelines.

WIC can help improve your income. WIC can help you find a better education or training program. WIC can help you find a job. WIC can help you find a better home. WIC can help you find a better neighborhood. WIC can help you find a better life.

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North Dakota WIC Income Eligibility Guidelines 2015-2014

Household Size	185% Poverty Level		
	Annual	Monthly	Weekly
1	20,240	2,240	519
2	26,982	3,041	702
3	33,724	3,833	885
4	40,466	4,625	1,068
5	47,208	5,418	1,251
6	53,950	6,210	1,434

For each additional household member add:

1	5,709	793	183
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Based on data from the ND Dept. of Public Statistics



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](#)

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](#)

KidKare Help Page

KidKare has a great resource page for all topics. Check it out to learn all the features KidKare has to offer by visiting <https://help.kidkare.com/help/providers>

If you currently submit your claims manually and would like to give KidKare a try, contact your home monitor! They would be happy to get you started!



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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Relay Service at (800) 877-8339. 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/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.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:

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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