



SENDCAA NEWS
CACFP Edition | April 2024

Join Us Saturday, April 6th!

SENDCAA Spring Conference!

April 6th, 2024

NEW LOCATION!

9 am to 12:15 pm

Jon L. Wanzek Center for
Scouting
4200 19th Ave S, Fargo, ND
58103



SPEAKERS

Beyond Boundaries



Picky Eaters

Cierra (Registered Dietician), Brianna (Occupational Therapist), and Aubrie (Orofacial Myologist and Speech-Language Pathologist) will talk about picky eaters at your childcare.

SPEAKER

Julie Garden-Robinson



On the Move to Gardening Fun!

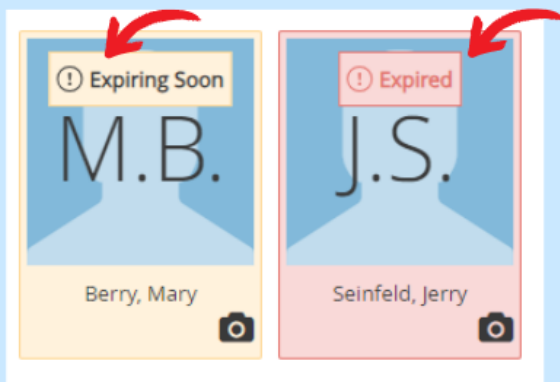
Dr. Garden-Robinson is a professor of Health, Nutrition and Exercise Science at NDSU and an Extension Agent.

[REGISTER NOW](#)

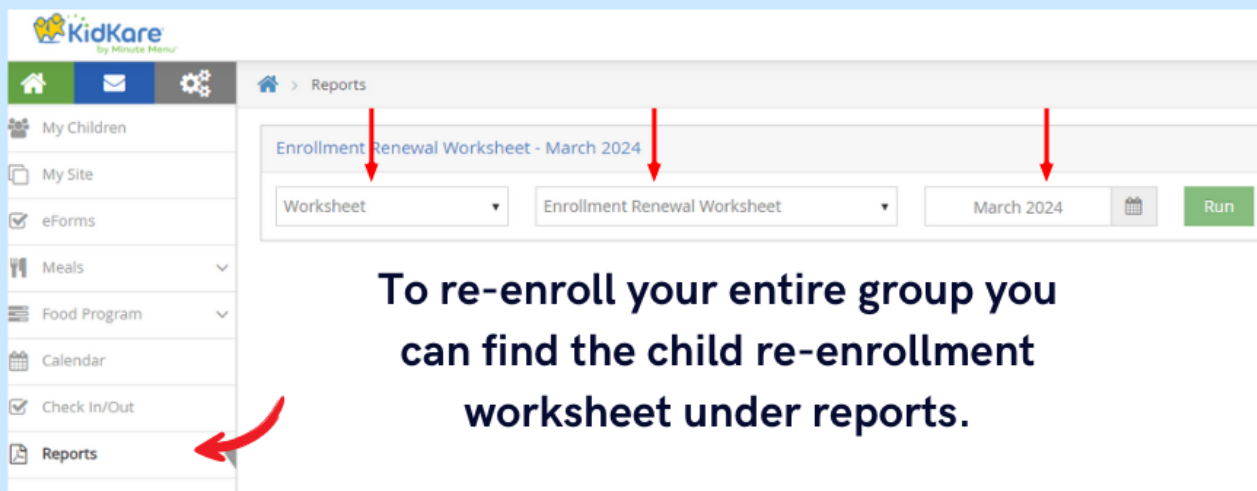
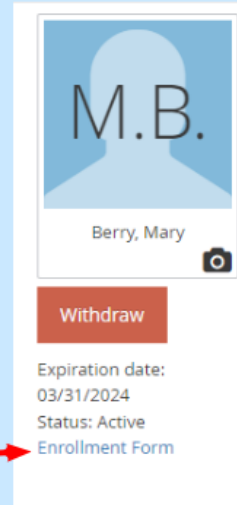
New KidKare Feature

Child enrollments are good for one year. KidKare now alerts you when an enrollment needs to be updated. Below are a few ways to find and print the child's enrollment. Remember to have the parent or guardian update any info that may have changed over the year; such as contact info or schedule. A parent signature and date are also required for processing. Updates can be made with a pen on the enrollment. Send updated enrollments to your home monitor for activation. Reimbursement cannot be given for children with missing or expired enrollments.

KidKare now alerts you when a child's enrollment is expiring.



By clicking on the child's profile you will be able find and print the child's individual enrollment.



To re-enroll your entire group you can find the child re-enrollment worksheet under reports.

Summer Status

If you will be closed for the summer, please let your home monitor know when your planned break will be.

April 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 - April 2024

Dried & Delicious Fruits

Most kids have been taught to avoid raw nuts. However, when stable bite size pieces that come in shells, almonds or cashews, they are safe. These are packed with nutrients like iron and fiber. Try almonds, pecans, dates or apricots together with cereal for a fun snack!

Fish with Mango Salsa

Preheat oven to 400°. Place one pound (16 oz) of fish fillets on a greased, foil-lined baking pan in a single layer, seasoning with salt to taste. Bake uncovered 8 to 9 minutes. In a bowl, mix together 1 to cup chopped mango, 1 to cup chopped onions, 2 tbsp dried red chilies, and 1 tbsp lime juice. Top fish with the mango salsa to serve.

Nature Eye Spy

An activity to encourage children to be observant for kids to notice. Using the template at left, give each child their own guide to take on a nature walk. Walk slowly pointing out different items on the card. Each time someone does something on the card say, "Nature Eye Spy!"

Textured Orca

Get the most out of your template from our by giving the children use black paint on the parts marked with a number one. Then have the children glue white felt insect parts they have cut onto the parts marked number two. Add a googly eye to finish.



Channel Island National Park, California cacfp.org



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Parent Provider Connection

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Name _____

Busy Beavers

April

Crater Lake National Park, Oregon

Learn It

When you are camping outside and the weather is cool, a campfire can be built to stay warm. A campfire requires heat, fuel, and oxygen to make a fire. And it should always be made by an adult. Just like a fire, our bodies work hard to stay warm, and we like a fire, also need oxygen to keep our energy up during the day. In a learning circle, practice breathing exercises. Have children take a long, slow breath in and then slowly have them breathe out.

Create It: Glowing Campfire

Assist as needed as the children stamp their handprints using red, orange, and yellow paints on a large piece of construction paper. Try to keep the handprints close together in a cluster. Ask the children to collect small twig pieces and maybe a few leaves. After the paint dries, the children will glue their twigs and leaves under the hands. This is creating a glowing handprint campfire.

Read It

B is for Beaver: an Oregon Alphabet by Marie & Roland Smith
Applies to Oregon by Deborah Hopkinson
O is for Oregon by Trish Matson (Board Book)

Eat It: Crater Tater Tot Cups

3.5 cups frozen tater tots, thawed
1 cup shredded cheese
12 large eggs
Oil spray

Preheat oven to 375° F. Lightly spray a 12-cup muffin tin with oil. Add 1/4 cup of tater tots into each muffin cup. Mash down with a spoon and press around the muffin cups until it looks like a cup. Add 1 tbsp of cheese. Place in oven for 3-5 minutes, until cheese melts. Remove from oven and add 1 egg into each muffin cup. Sprinkle some cheese on top of each then bake for 12-15 minutes until egg is fully cooked.

Play It: Log for the Fire

You need at least one hula hoop and a set of bean bags for one large group game, or the children could play with their partner or individually. The hula hoop represents the campfire. The bean bags represent the logs. From a set distance, the children will toss their logs into the fire. Practice counting: how many logs did they get inside the fire? How many logs did not make it onto the fire (are still outside of the hula hoop)?

Fun Fact

At 1,493 feet deep, Crater Lake is the deepest lake in the US and is fed by rain and snow.

Laugh About It

Why was the fire sad? He couldn't find his perfect match.





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Activity Pages

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Small Hands Crafting

All you need are coffee filters, blue and green washable markers, and water! Flatten the coffee filter and have your kids color it with the markers. Use a squirt bottle to spray water two or three times directly on the center of the filter. Watch with your kids as the water spreads to create a unique Earth Day design!



Earth Day

Did you know the USDA's Child and Adult Care Food Program (CACFP) plays a vital role in improving the quality of day care?

Not only that, but the CACFP also works to help make child care more affordable for many low-income families. Each day, 3.3 million children receive nutritious meals and snacks through CACFP. The program also provides meals and snacks to 120,000 adults who receive care in nonresidential adult day care centers. CACFP reaches even further to provide meals to children residing in emergency shelters, and snacks and suppers to youths participating in eligible afterschool care programs.

CACFP makes the world a better place for children!



Seeds of Renewal: Movement on Earth Day

Start with Johnny Appleseed. Have your kids learn gardening movements while you share the story of the man who planted apple trees across the northeast in the early 1800s. First have them reach down and touch their toes as they gather apples from the ground and then stand back up to put them in their shoulder sack. Next have your kids walk in one spot as they travel the country looking for new places to plant apple trees. Then have them make large circle motions with their hand, one side at a time, as they pretend to toss the apple seeds across the ground. Finally, have the kids bend over and tamp down the soil to ensure the seeds grow.

Crunchy Carrot Salad

Color your plate with carrots! This salad can accompany any meal.

- 1 pound raw fresh carrots (washed and scrubbed or peeled, shredded)
- 1/2 cup raisins
- 8 ounces low-fat vanilla or lemon yogurt

Mix all ingredients in a large mixing bowl. Cover with plastic wrap and refrigerate for at least an hour. Toss again before serving.

Source: What's Cooking? USDA Mixing Bowl



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www.caefp.org

Earth Day

Download

Small Hands Crafting

White construction paper, forks, washable paints, and paint brushes are all you need to create tulip art! Using the back of the fork, rock it back and forth in the paint to cover the tines. Using the fork as a stamp and with the same motion, print these "tulips" onto white paper. Complete flowers by brushing on stems and petals.



Happy Spring

Did you know that National CACFP Week is held each year the first week of spring?

CACFP Week is a national education and information campaign sponsored annually by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger and bring healthy foods to the table for adults in day care and children in child care homes, centers, and in afterschool and summer feeding programs across the country. When we all join forces and work together the message we provide is stronger and will receive more attention.

Learn more at cafpweek.org!



Spring Sports Balloon Style: Movement on the First of Spring

Balloon Tennis
Create rackets by taping a stir stick to the back of paper plates. Using only the rackets, have your children try to keep the balloon from touching the ground. Teach tennis style scoring to the kids (who doesn't like to say 40-Love?) or use traditional scoring to keep it simple for younger children. This is also a great physical activity to play inside on a rainy day.

Balloon Soccer
Split the children into two teams. Create a soccer goal for each team by placing a laundry basket on its side. Using only their feet have kids try to get the balloon into the other team's goal.

Simple Spring Snacks

Fruit-a-licious Breakfast Cup

- Low-fat yogurt
- Whole-grain cereal
- Fruit

Using a spoon, layer yogurt, cereal, and fruit in a cup to create a fun pattern.

Sassy Fruit Snake

- Small bananas
- Raisins

Peel bananas and cut in half lengthwise. Place two banana halves on small plate end to end, in an "s" shape. Add raisins to the top of banana as eyes.




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Happy Spring

Meal Ideas

		A Week's Worth of Menu Ideas				
	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	WG English Muffin Strawberries Milk	Scrambled Eggs Hashbrowns Milk	WG Oatmeal Blueberries Milk	Yogurt Raspberries Milk	WG Pancakes Cinnamon Apple slices Milk	
Lunch	HM Macaroni & Cheese Lettuce Salad Orange Wedges Macaroni Noodles Milk	Baked Ham Mashed Potatoes Steamed Broccoli WG Dinner Roll Milk	Baked Chicken Breast Green Beans Apricots WG Brown Rice Milk	Grilled Cheese Sandwich Coleslaw Grapes WG Bread Milk	Hamburger Mixed Veggies Cantaloupe WG Bun Milk	
Snack	Pretzel Sticks Applesauce	Goldfish Crackers Watermelon	Mini Bagels Milk	WG Cheerios Milk	WG Bread Peanut Butter	
*Whole milk is required for children 1 year of age/1% or skim milk is required for children 2 and older						

Crispy Bean and Cheese Burritos



These can make a great lunch entree or after school snack!

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](#)
- [Identifying Whole Grain-Rich](#)
- [2024 Calendar - New!](#)

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](#)

Contact Us

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2. Fax: (833)256-1665 or (202)690-7442; or
3. Email: program.intake@usda.gov.

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