



**WHERE  
HEALTHY  
EATING  
BECOMES  
A HABIT**



## SENDCAA NEWS

CACFP Edition | December 2023

### Contact Your ND Senators 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.

**NATIONAL CACFP SPONSORS ASSOCIATION**

**ACTION CENTER**

**Equitable CACFP Reimbursement**

ment Act has been introduced partners the [Child Care](#) use of Representatives. nan Bonamico (OR). In order for the act to be passed, use. t the Child Care Nutrition

or all CACFP providers. all homes would receive tier I

meals for reimbursement. es' reimbursement from "food

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Your Information

Prefix \* First Name \* Last Name \*

Email \*

Home Information

Street Address \*

ZIP Code \* Enter Zip for City and State

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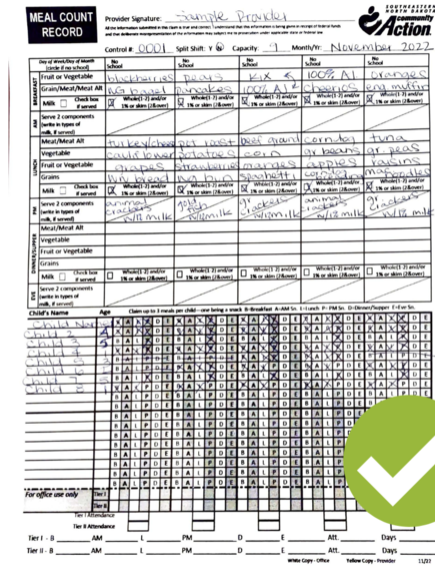
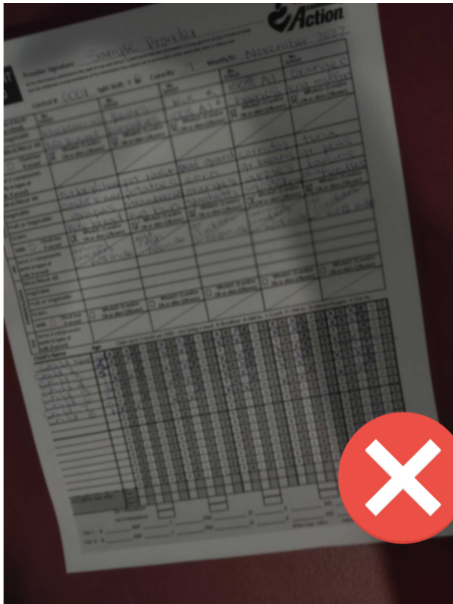
Remember me

**Review Your Message**

**Follow the "Take Action Now" button to send a letter to our ND Legislature requesting support for equitable CACFP reimbursement!**

## Please Send Readable Documents

When sending in your manual claims or enrollments, it is best to send them as a PDF. Photos do not always come through well and phones have a tendency to shrink the file when sending, making them too small to read when opened. *Adobe Scan* is a free app that you can download to your phone to easily scan documents and send to your home monitor. If you have any questions, your home monitor can help.



## Food Safety Alerts

### Applesauce Pouch Recall

Investigation of Elevated Lead Levels: Cinnamon Applesauce Pouches (November 2023)

Do not eat, sell, or serve multiple brands of recalled apple cinnamon fruit pouches. FDA's investigation is ongoing. Read more important info [here](#).



## Peaches, Nectarines & Plums Recall



### **LISTERIA OUTBREAK**

**Don't eat recalled whole peaches, nectarines, & plums.**

- Sold in stores nationwide between May 1 and November 15
  - Sold in bags branded "HMC Farms" or "Signature Farms"
  - Also sold as individual fruit with a sticker
- See CDC outbreak notice for more details.

**[cdc.gov/foodsafety/outbreaks](https://www.cdc.gov/foodsafety/outbreaks)**

## Whole and Fresh Cut Cantaloupe Recalled

Salmonella outbreak among whole and pre cut cantaloupe. For more information, click the image below.



# RECALL



## December 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 - December 2023**

### 12 Geese

**Flying Fiesta Quinoa**  
 This quinoa is...  
 2 cups quinoa  
 1 1/2 cups red and yellow bell peppers, diced  
 1 teaspoon...  
 Combine quinoa and chicken broth in a small pot. Cover and bring to a boil. Stirner until broth is completely absorbed, about 12-15 minutes. Add bell peppers and parsley. Serve warm.

**Wild Goose Chase**  
 Create wild geese with various items such as a hole punch, cardboard, pipe, top or play equipment. Choose one person to start as the goose keeper. When they call out the name of the base and top, the other children try to make to that base. If someone gets trapped, they will become the goose keeper.

**Gorgeous Geese**  
 Using the template for coloring, have the children create their own goosie geese by gluing on colorful craft feathers and coloring in their beaks.

**Grains for the Ages**  
 Ancient grains are grains that have been cultivated for centuries and are virtually unchanged. Quinoa, rice and barley are all in this group and are a terrific way to change your WGR routine. To add, these grains to soups or salads, as pilafs, or served with a salad or vegetable as a fry.

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Name \_\_\_\_\_

### Counting Geese

Work on writing numbers by tracing the number next to each group of geese.

**Learn It Fabulous Food Party**  
 It's time to take all of the knowledge that the children have been learning from their nutrition lessons and put it together for a fabulous food party. Ask parents and children to work together to provide a healthy snack to contribute to the party. The children can help you prepare a grocery list for the items you will provide. Before the party begins, ask the children, as able, to help you set up food and eating utensils. Make this a special event with a table cloth and special decor.

**Eat It Stuffed Sweet Potatoes**  
 4 large sweet potatoes  
 2 tsp olive oil  
 1 small onion, finely chopped  
 1 (15 oz.) can black beans, drained & rinsed  
 1/4 cup water  
 1 (3.5 oz.) can chipotle chili in adobo sauce, chopped & seeded  
 2 tsp adobo sauce  
 1/4 cup plain Greek yogurt

Below whole sweet potatoes at 425°F for about 1 hour until tender. While potatoes are baking, sauté onion in olive oil and add beans, water, chipotle chili and adobo sauce. Cook for about 5 minutes until water is evaporated. Once the sweet potatoes are cool enough to handle, cut them in half lengthwise. Gently push the ends towards each other, creating a space for the filling. Add the black bean filling and top with Greek yogurt.

**Read It**  
 Geese by Molly Bang  
 The Serious Geese by Jimmy Kimmel  
 Duck & Goose: A Gift for Geese by Tad Hills

**Create It Glorious Goose**  
 Make the letter G by cutting a round paper plate into the shape of the letter. Help the children attach an orange triangle for the beak, then add googly eyes and colorful feathers to make your goose glorious!

**Play It Egg Race**  
 Separate the group into two teams. Choose a starting line and a finish line. You will need a spoon and plastic egg filled with some weight for each group. When you say go, the first person in line will carry the egg in the spoon to the finish line and back to the starting line. The next person in line will then carry the egg. How fast can the groups go?

**Fun Fact?**  
 A group of geese is called a gaggle when they are on the ground and a skein when in flight. They can be called a flock at any time.

**Laugh About It**  
 Why did the goose get in trouble?  
 The police suspected fowl play!

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### Merry Christmas

Did you know that the CACFP has given throughout the year and serves over 3.3 million children?

This is a fun way to celebrate Christmas as several million children are served each year. Designing a holiday card for the CACFP is a fun way to celebrate Christmas. The card will be used to thank the children and their families for their support. The card will also be used to thank the children and their families for their support. The card will also be used to thank the children and their families for their support.

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### Happy Hanukkah

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### New Year's Day

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### Celebrate Kwanzaa

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# The 2024 CACFP 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 2023 and January 2024. Remember to hold on to it, as we will have at-home trainings that will go along with it in early 2024.



SENDCAA Child & Adult Care Food Program		A Week's Worth of Menu Ideas				
	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	WG Mini Wheats cereal Strawberries Milk	Egg & Cheese English Muffin Sandwich Orange Slices Milk	Bagel with peanut butter Banana Milk	WG Oatmeal Dried Fruit Milk	Pumpkin Spice Pancakes Pears Milk	
Lunch	Ground Turkey Marinara Sauce Lettuce Salad Mandarin Oranges WG Spaghetti Noodles Milk	Baked Fish Corn Watermelon WG Bread Milk	Cheese Burger Baked Beans Applesauce WG Hamburger Bun Milk	Chicken Fajitas Peppers/Onions /Salsa Kiwi WG Tortilla Milk	Turkey Breast Mashed Potatoes Roasted Carrots WG Roll Milk	
Snack	Cheesy Bread Milk	Peaches Cottage Cheese	Yogurt Blueberries	Cheerios Milk	Grapes Pretzel Sticks	
*Whole milk is required for children 1 year of age/1% or skim milk is required for children 2 and older						

# Salsa Chicken in the Slow Cooker



1 lb chicken breast, skinless, boneless  
8 oz salsa  
Taco Seasoning to taste

Place chicken in slow cooker and cover with salsa. Add taco seasoning or other seasonings to taste. Cook on low for 6 hours, then shred the chicken using two forks. Serve this in tacos or over rice with sautéed vegetables.  
Serving size: 1/4 cup. Makes 7 servings.  
Crediting: 1 1/2 oz meat

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## Preventing Peanut Allergies

The science is clear: Introducing peanut containing-foods early can reduce the risk an infant at high-risk will develop a peanut allergy by up to 86 percent. Click [here](#) to learn more about preventing peanut allergies.

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## 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](#)

[2023 Calendar: Counting Animals - this training ends Dec 31, 2023](#)

## 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](#)

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## Reminder

Be sure to let your home monitor know if your child care will be closed, or if there are any meal time changes to your daily schedule. Thank you!



## 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](mailto:foodprogram@sendcaa.org)

Website: [www.sendcaa.org/foodprogram](http://www.sendcaa.org/foodprogram)



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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](mailto:program.intake@usda.gov).

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