



**WHERE
HEALTHY
EATING
BECOMES
A HABIT**



SENDCAA NEWS

CACFP Edition | March 2024

Celebrate **CACFP** Week

March 10-16, 2024

Help serve over **4.5 million children and adults** healthy meals & snacks daily!

Learn more at CACFPWeek.org



What is National CACFP Week?

CACFP Week is a national education and information campaign sponsored annually the third week of March 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. The CACFP brings

healthy foods to tables across the country for children in child care centers, homes, and afterschool programs as well as adults in day care.

You can participate by helping spread the word about the CACFP! Visit the National CACFP Association's [Campaign page](#) to download resources for spreading awareness and participate in the [Social Media Challenge](#) for a chance to win \$100!

Click [here](#) for more resources on how you can celebrate National CACFP Week at your child care.

Save the Date!

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



Celebrate St. Patrick's Day with a Rainbow!

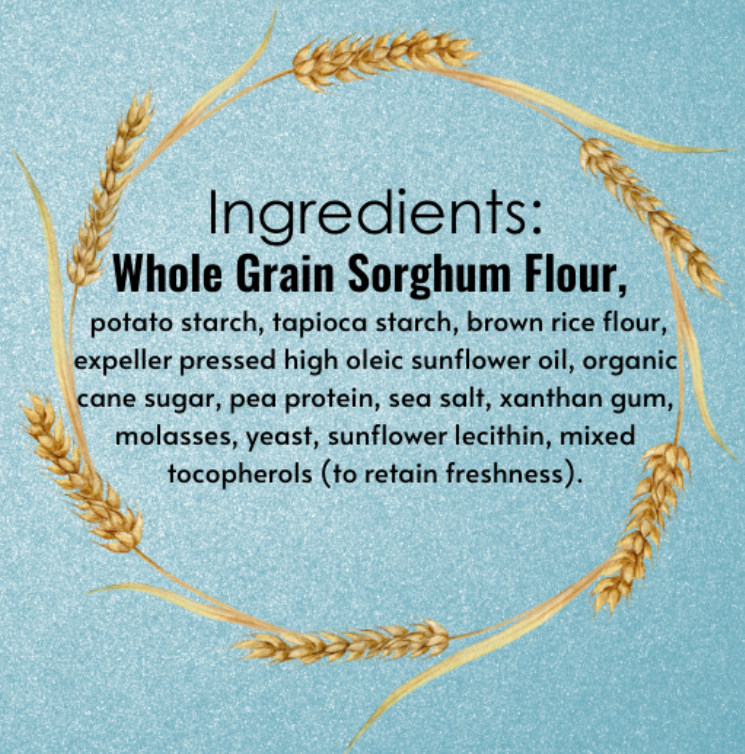
A Week's Worth of Menu Ideas

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	French Toast Strawberries Milk	WG Pancakes Peach Slices Milk	WG Cheerios Banana Milk	WG Oatmeal Blueberries Milk	Scrambled Eggs Mandarin Oranges Milk
Lunch	Grilled Chicken Tenders Corn Marinara Sauce Rotini Pasta Milk	Beef Stir Fry Broccoli & Carrots Mandarin Oranges WG Brown Rice Milk	Quesadilla Chicken & Cheese Sweet Peppers Pineapple Chunks Milk	HM Chicken & Rice Soup Mixed Veggies Pears WG Brown Rice Milk	Grilled Cheese Sandwich Sweet Potato Fries Grapes WG Bread Milk
Snack	Banana Sushi Roll Peanut Butter WG Tortilla	Parfait Yogurt Blueberries	Apple Slices Cheddar Cheese Cubes	Salsa WG Tortilla Chips	Banana Muffin Milk

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

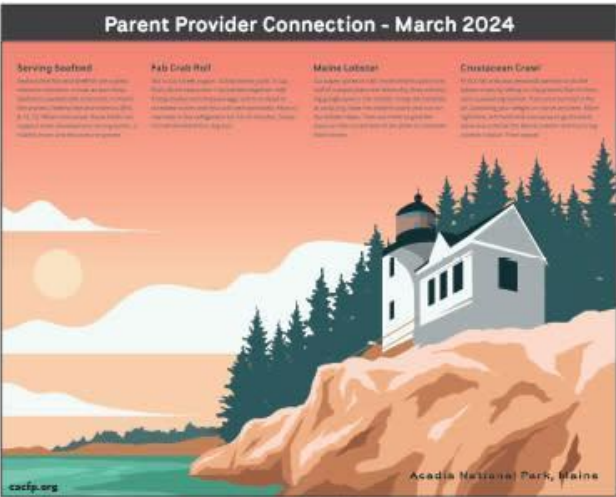
Looking for a Whole Grain snack?


Thanks to one of our SENDCAA Providers who found these whole grain pretzels at Walmart.



Ingredients:
Whole Grain Sorghum Flour,
potato starch, tapioca starch, brown rice flour,
expeller pressed high oleic sunflower oil, organic
cane sugar, pea protein, sea salt, xanthan gum,
molasses, yeast, sunflower lecithin, mixed
tocopherols (to retain freshness).

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.



 NATIONAL CACFP ASSOCIATION
CACFP is an indicator of quality child care.
This institution is an equal opportunity provider.

Parent Provider Connection

[Download](#)

March

Virgin Islands National Park,
US Virgin Islands

Learn It

Fruits come from all over the world! Discuss with children about different fruits that grow in the tropics. Cut out pictures to show them how they grow, what they look like, where they grow and describe how the fruit might taste or smell. Then organize a tasting of tropical fruits to try like pineapple, kiwi, mango, shredded coconut and papaya. Have children describe what they tasted and which ones they liked best.

Eat It: Coconut Mango Delight

2 cups 100% full-strength unsweetened coconut water
3 cups mango puree

In a pitcher or a blender, mix both ingredients until well combined. Serve cold.



Play It: Teacher Island

The teacher will stand in the middle of the children on a higher platform if possible or inside a large hula hoop. This is their island. Using a small obstacle course of cones or small frisbees, the teacher will take turns tossing them to the children. The students will practice their catching. Can they catch up high? Down low? Everyone can take a turn being on the teacher island.



Create It: Tropical Tissue Fish

Each child will have a paper plate. They will cut a small triangle into the side of the plate to create a fish mouth. Using that triangle, help as needed to glue the triangle directly opposite from the fish's mouth to create the tail. Using bits of colorful tissue paper, the children will create a tissue mosaic by gluing the tissues to the plate. Once dry, add a googly eye to finish the colorful tropical fish.

Laugh About It

What money do you use at the beach?
Sand dollars.



Read It

I am the Virgin Islands by Tiphonie Yanique, images by Moses Djell
and Counting 1 2 3 (Board book) by Frank Lessac
The Boy: Barefoot Adventures of an Island Child by Jessica Beck With



Activity Pages

Download

Small Hands Crafting

All you need are some crayons or colored paper, cotton balls, and glue! Have your kids create a rainbow using crayons or colored paper strips/pieces. Next have them glue some cotton balls at each end of the rainbow to complete their St. Patrick's Day art!



St. Patrick's Day

Did you know that the USDA's Child and Adult Care Food Program (CACFP) has portion size guidelines?

CACFP guidelines are very helpful in planning portion sizes for children of different ages. But what is one ounce of chicken or how can you portion out a half cup of veggies? Here are some quick tips when considering portion sizes: A one-ounce serving of meat is about the size of a matchbook. A half cup of fruit or vegetable is about a rounded handful. One ounce of cheese is about the size of four dice. One half-cup of pasta or rice is about the size of a tennis ball. Eight ounces of fluid milk (one cup) is about the size of your fist.

Because developing healthy eating habits is better than finding a pot of gold!

The Jig is Up! Movement on St. Patrick's Day Irish Dancing can be fun especially when your little ones pretend to be leprechauns! Have them imagine they are standing on their own shamrock while they get active with these dance moves.

- Jump off the shamrock—forward, backward, left, right
- Hop on both feet, staying on the shamrock.
- Now hop on one foot—left and then right!
- Hop higher and higher on one foot—left and then right
- Skip in place on the shamrock

Finally, little kicking runs can be done around the shamrock. Play some Irish Dance music and let the fun begin!

Potato Soup

- 1 cup onion, chopped
- 1 tablespoon garlic, finely chopped
- 1 tablespoon vegetable oil
- 1/4 pound chicken, thawed, cut up, skin removed
- 4 cups water
- 6 small red potatoes, chopped (or 1 can, about 15 ounces, low-sodium sliced potatoes)
- 1/4 cup white rice, uncooked (or brown rice)
- 1/2 teaspoon chili powder (or paprika)
- 1 cup peas
- 1/2 teaspoon cayenne or jalapeño chiles, dried
- 1/2 cup fresh parsley or cilantro

In a large pot, brown onion and garlic in oil over medium to high heat for 5 minutes. Add chicken to pot and brown for about 5 minutes. Add water, potatoes, rice, and chili powder to pot. Bring pot to a boil, and cook for 15 minutes. Lower heat and cook for about 15 to 20 minutes. Stir pot every 10 minutes. Add peas and cook for about 8 minutes. If using cayenne or jalapeño chiles, add that too. Mix well. Remove pot from heat. If using parsley or cilantro, add that now. Mix well and cover for 5 minutes. Serve hot.

ST. PATRICK'S DAY FUN: Add kale or spinach in the last five minutes of cooking to up the greens!

Source: What's Cooking? USDA Mixing Bowl



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www.cacfp.org

St. Patrick's Day - March 17

Download



Small Hands Crafting

Paint each child's hand with white paint, leaving the thumb, pinky, and middle finger dry. Stamp hands onto construction paper. The two painted fingers create the ears while the palm is the bunny's face. Allow to dry before using markers to add the eyes, nose, whiskers, and mouth. Write Some Bunny Loves You across the top and they'll have a sweet card to take home!



Easter

Did you know that eggs are a good source of protein and counted as a meat component in the USDA's Child and Adult Care Food Program (CACFP)?

Childcare providers who participate in the CACFP are required to serve one portion of meat or meat alternate to their children for lunch or supper and have the option to serve a meat or meat alternate for snack. For 1-2 year olds, one meat component portion size is a 1/2 egg, for 3-5 year olds it is 1/4 egg, and for 6-10 year olds the serving size is a whole egg. Eggs are a great way to get children eating a variety of protein sources and trying new recipes.

Providers who participate in the CACFP are eggstra-awesome at introducing new foods!

Eggs-Not Just for Eating: Movement on Easter

Looking for something different than an egg hunt to get your kids moving?

Try this spin on the traditional egg toss. Set up baskets or plastic buckets and have kids take turns tossing plastic Easter eggs into them. For even more fun – and to practice counting – assign a point value to each basket and see who can score the most points after five tosses.



Potato & Egg Salad

- 8 red potatoes, cleaned and cut into bite-sized cubes
- 5 hard cooked eggs, cooled and chopped
- 1/2 cup onion (red or white), chopped
- 1/2 cup celery, chopped
- 3/4 cup mayonnaise
- 1 1/2 tablespoons mustard
- black pepper to taste

Place cubed potatoes in a large saucepan; cover with water. Bring to a boil; cover and cook until tender but still firm, about 8 to 10 minutes. Drain and bring potatoes to room temperature (can place in the refrigerator for about 10 minutes). Combine potatoes, egg, onion, and celery in a large bowl. Stir in mayonnaise, mustard, and black pepper to taste a little at a time until you have the taste that you like.

Source: What's Cooking? USDA Mixing Bowl



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Easter - March 31





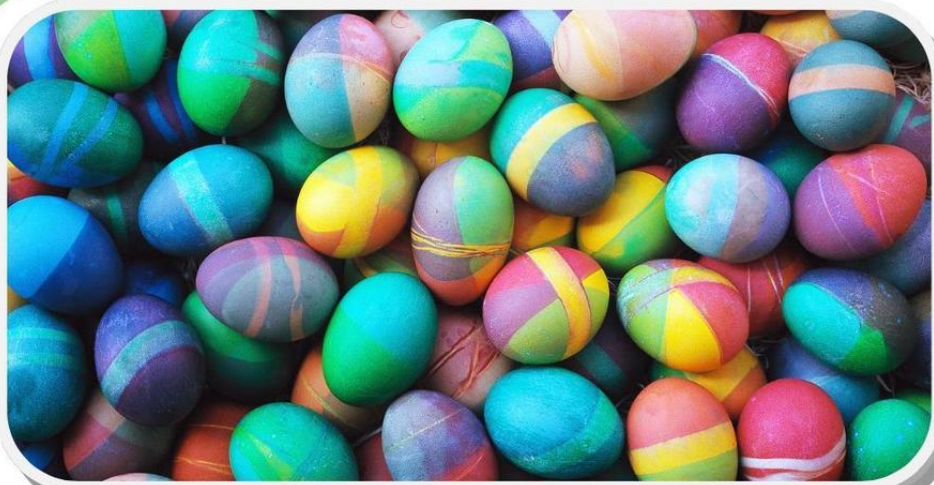
Have a Happy Easter!

SENDCAA OFFICES WILL BE
CLOSED FRIDAY, MARCH 29TH

Easter Egg Safety

How can you help protect your family when decorating and hunting for these protein-packed festive treats?

For some guidance, follow these five easy tips:



1. Buy in-shell pasteurized eggs.

All unpasteurized eggs can contain *Salmonella*; even those that are fresh, organic, or uncracked. If you're not eating pasteurized eggs, then your eggs should be cooked until their yolks are firm. All unpasteurized egg-containing dishes should also be cooked to a *minimum* internal temperature of 160°F as shown by a food thermometer.

2. Consume hard-boiled eggs within one week of cooking.

Hard-boiled eggs spoil more quickly than uncooked eggs (because the protective coating applied to shells during packaging has been washed away).

3. Get eggs into the fridge within two hours when coloring or decorating them.

Use only food-safe dyes and keep them in the coldest part of the fridge, not the door.

4. When in doubt, throw them out!

Never eat eggs that have an off-smelling odor when you crack them or those with pink or iridescent whites. Always abide by the "best by" date on the carton. Bad eggs don't always smell bad.

5. If you are using the eggs in an egg hunt, don't eat any that were placed on the ground.

And again, throw out those hard-to-find ones left out for *more than two hours in total* (this includes time spent decorating).

US Department of Agriculture:
www.fsis.usda.gov/Fact_Sheets/Focus_On_Shell_Eggs

Your Voice...

"I look at my little sister and I think - I NEVER want her to go through what I did or feel the pain that I feel every day"



In honor of the love Rylee, Dana and others share with us, please consider a gift today.

"With education and awareness, I know I can help prevent foodborne illness"

STOP Foodborne Illness

...Your Voice for Safe Food

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](#)



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](#)

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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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