



**WHERE
HEALTHY
EATING
BECOMES
A HABIT**



SENDCAA NEWS

CACFP Edition | January 2024

Happy New Year!



Martin Luther King Jr. Day

SENDCAA Offices will be closed Monday, January 15th in observance of Martin Luther King Jr. Day.



Elmo and his friends are making a Peace Tree to celebrate Martin Luther King Jr. Day.

January 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.



January

Shenandoah National Park, Virginia

Learn It
There are over 4,000 types of frogs in the world. Frogs like to live in wet places like lakes, streams and ponds. They like to eat all types of foods like worms and insects. And just like us, they need water to survive. They don't drink it through their mouth, but through their skin. During winter time, talk about the importance of water and why our bodies need it.

Read It
Hop to It! The Frog and the Toad by Tadpole
Hop to It! The Frog and the Toad by Tadpole
Hop to It! The Frog and the Toad by Tadpole

Fun Fact
Located just outside of Washington, D.C., 100 Miles of the Appalachian Trail go through Shenandoah National Park where there are 10 distinct types of birds and frogs.

Small Hands Crafting
When your children have paper scraps, use them to make a frog. Use glue sticks and strips of paper to make a frog. Use a green and brown construction paper to represent water. Ask your children to draw a frog on the paper. After making the frog, tell the children about the symbol of the craft. Martin Luther King Jr. wanted everyone to be able to go to school and have peace. We can all be like Martin Luther King Jr. and help each other. This craft reminds us of all the things we can do to help each other.

March On!
Did you know that the CACFP programs benefit the entire community? Because of the CACFP, federal tax monies are returned to the provider's state and invested in the health of the community's children. The added revenue is a means of helping to help child care costs down for employees working in the community. Justice, freedom, and equality are as important to your children's well-being as healthy foods.

March On! Movement on MLK Jr Day
It is so important that we build an environment of trust and community. Teach your kids about MLK Jr's dream of freedom and equality while you take your kids on a Peace March around the block or in the backyard. Can't get outside? Have your kids make a leadership circle! Using yarn, you will make a spider web. Everyone will sit in a circle. Start the game by choosing one child to say something nice about another who is not sitting next to them. Throw the yarn ball across to that person. Do not let go of your part of the yarn! They will then say something nice about someone else and pass the yarn ball holding on to their part to the next person. When everyone has had a turn you will have a spiderweb and can talk about how you are all connected!

Macaroni & Cheese with Broccoli
• 2 cups uncooked elbow macaroni
• 1/2 cup butter
• 2 cups milk
• 2 cups cheddar cheese, finely shredded
• 1/2 cup onion, finely chopped
• 2 cups broccoli (cooked and chopped)

Read It
Run with Joan by Age of Learning
Hugger who's So Great About This State? West Virginia Children's American Local History Book by Bookface

Small Hands Crafting
When your children have paper scraps, use them to make a frog. Use glue sticks and strips of paper to make a frog. Use a green and brown construction paper to represent water. Ask your children to draw a frog on the paper. After making the frog, tell the children about the symbol of the craft. Martin Luther King Jr. wanted everyone to be able to go to school and have peace. We can all be like Martin Luther King Jr. and help each other. This craft reminds us of all the things we can do to help each other.

Small Hands Crafting
When your children have paper scraps, use them to make a frog. Use glue sticks and strips of paper to make a frog. Use a green and brown construction paper to represent water. Ask your children to draw a frog on the paper. After making the frog, tell the children about the symbol of the craft. Martin Luther King Jr. wanted everyone to be able to go to school and have peace. We can all be like Martin Luther King Jr. and help each other. This craft reminds us of all the things we can do to help each other.

Small Hands Crafting
When your children have paper scraps, use them to make a frog. Use glue sticks and strips of paper to make a frog. Use a green and brown construction paper to represent water. Ask your children to draw a frog on the paper. After making the frog, tell the children about the symbol of the craft. Martin Luther King Jr. wanted everyone to be able to go to school and have peace. We can all be like Martin Luther King Jr. and help each other. This craft reminds us of all the things we can do to help each other.

Small Hands Crafting
When your children have paper scraps, use them to make a frog. Use glue sticks and strips of paper to make a frog. Use a green and brown construction paper to represent water. Ask your children to draw a frog on the paper. After making the frog, tell the children about the symbol of the craft. Martin Luther King Jr. wanted everyone to be able to go to school and have peace. We can all be like Martin Luther King Jr. and help each other. This craft reminds us of all the things we can do to help each other.

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

NATIONAL CACFP ASSOCIATION CACFP is an indicator of quality child care. www.cacfp.org

SENDCAA Child & Adult Care Food Program		A Week's Worth of Menu Ideas				
	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	WG Toast Banana Milk	Scrambled Eggs Orange Slices Milk	WG French Toast Pears Milk	Egg & Cheese Breakfast Burrito WG Tortilla Plums Milk	WG KIX Cereal Blueberries Milk	
Lunch	HM Beef & Bean Chili Corn Grapes Cornbread Muffin Milk	HM Personal Pizza Mozzarella Cheese & Sausage Lettuce Salad Strawberries WG English Muffin Milk	Beef Sloppy Joes Carrot Sticks Kiwi WG Hamburger Bun Milk	HM Chicken Nuggets Roasted Broccoli Applesauce WG Bread Milk	Ham & Cheese Roll up Tomato Soup Apple Slices WG Tortilla Milk	
Snack	Apple Slices Cheese Cubes	Pineapple Cottage Cheese	Blueberry Muffin Milk	Graham Crackers Banana	Cucumbers WG Wheat thins	
*Whole milk is required for children 1 year of age/1% or skim milk is required for children 2 and older						

Snack on a Snowman this January!



The USDA has extended the option of serving commercially prepared tofu and soy yogurt as meat alternates to infants 6-11 months participating in the CACFP.

Soy yogurt must also comply with any sugar limit for yogurt.



Quaker Recall

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](#)





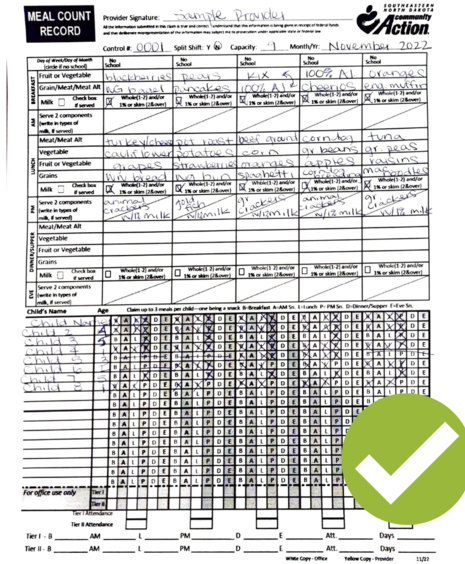
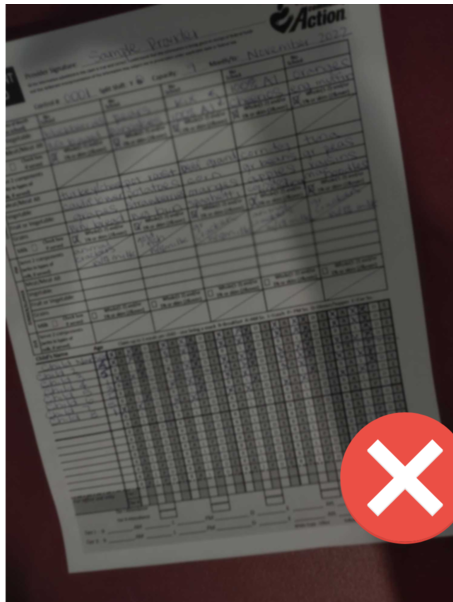
Food Program Claim Reminders

Reviewing claims each month, we are noticing a few things each month that providers are forgetting, resulting in deductions. Remember to:

- Serve a whole grain at least once per day. If a whole grain is not served and documented, an entire meal where a grain was served will be deducted.
- Are you up to date with entering your meals and attendance? If a home visit is conducted and meals/attendance are not documented through the day before, those meals missing will be deducted. We encourage providers to input into KidKare daily. Waiting until the end of the week or month can become very timely and errors can be made.
- Do you have infants 6 months or older that are not eating solid foods at all meals? Then you need to document a reason in the KidKare comments or on your paper infant menu. If there is no documentation of why certain meals or components are not being offered, those meals will be deducted.
- Be sure new parents are signing and dating enrollments the first month the child is being claimed.
- When emailing or texting documents, be sure the copy is readable. The best way to send a document is by scanning it as a pdf and emailing it to your home monitor.
- Claims are to be submitted or post marked by the 3rd of each month. Late claims can still be submitted, but reimbursement may be delayed until the following month.

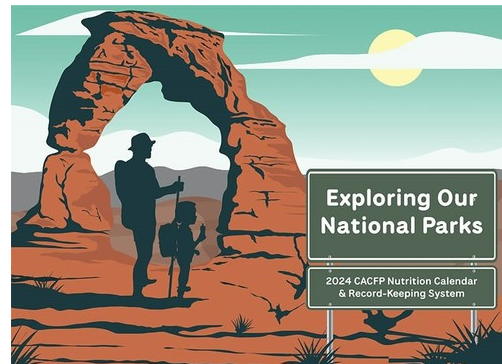
Please Send Readable Documents

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.



2024 CACFP Calendar

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.



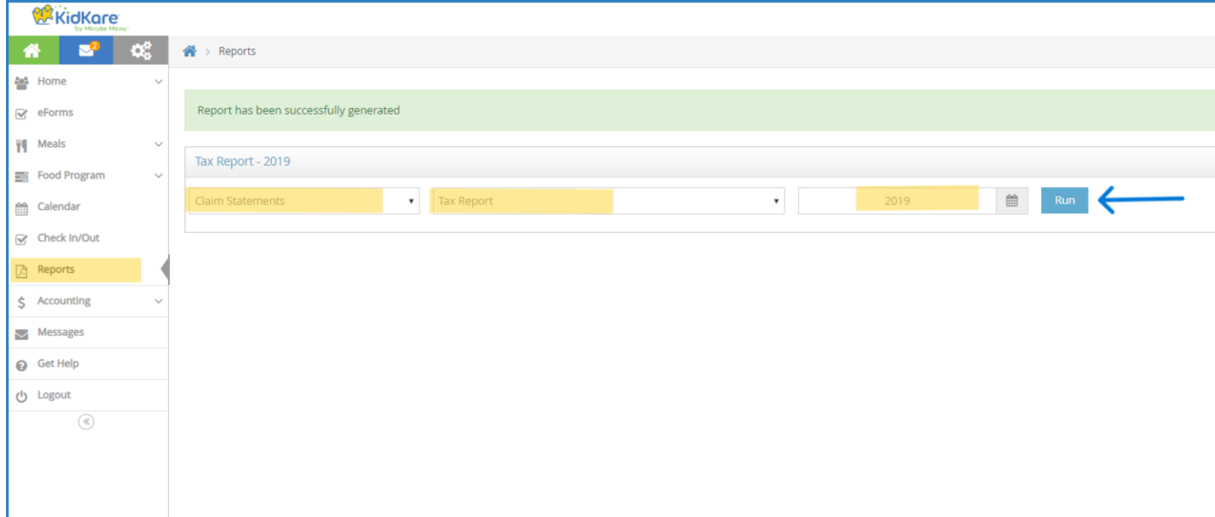
2023 Tax Reports

Tax reports will be sent out by request only. Contact your home monitor if you would like your year end tax report emailed or mailed to you.

KidKare users, you can find your tax report by going to:

REPORTS>CLAIM STATEMENTS>TAX REPORT>CHOOSE YEAR>CLICK RUN

Everyone has a KidKare account, even if you submit your claim manually. If you would like more info on how to login to your KidKare account, please contact your home monitor.



Contact Your ND Representatives 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.



ACTION CENTER

Equitable CACFP Reimbursement

ment Act has been introduced partners the [Child Care](#) use of Representatives, Y nan Bonamico (OR). In or the use.

t the Child Care Nutrition or all CACFP providers. all homes would receive tier I

meals for reimbursement. es' reimbursement from "food

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

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](#)

Affordable Connectivity Program (ACP)

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more.

The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

Click [here](#) for eligibilty info.



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



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal 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/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.

This institution is an equal opportunity provider.

Share this email:



3233 University Dr S | Fargo, ND | 58104 US

[Manage](#) your preferences or [opt out](#).

Got this as a forward? [Sign up](#) to receive our future emails.

This email was sent to .

To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.