



SENDCAA NEWS
CACFP Edition | May 2024

Spring Conference Recap





We would like to thank all the providers that joined us on April 6th for our annual spring conference! We were able to provide 3 hours of Growing Futures training credit with our nutrition related speakers. Julie Garden-Robinson from NDSU Extension presented a preschool curriculum she developed "On the Move to Gardening Fun". Therapists from Beyond Boundaries gave tips for "choosy" eaters, and also described the difference between a picky eater and a problem feeder.

Picky Eaters vs. Problem Feeders



- Decreased range or variety of foods, but eating at least 30 foods or more
- Previously preferred foods that have been eliminated are usually regained after a 2 week break
- Able to tolerate new foods on plate and usually can touch or taste a new food (even if reluctantly)
- Eats at least one food from most all food groups

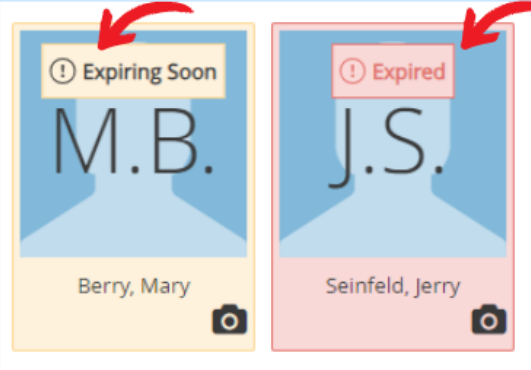


- Restricted range or variety of foods, usually less than 20 different foods
- Absence of an entire food group or texture
- Previously preferred foods that have been eliminated are NOT regained
- Cries and "falls apart" when presented with new food

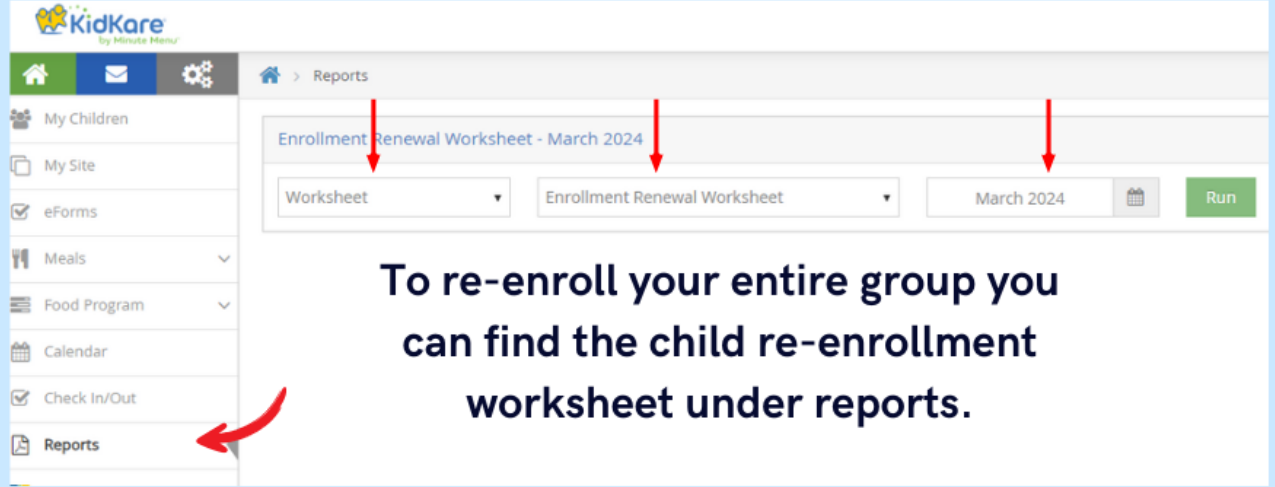
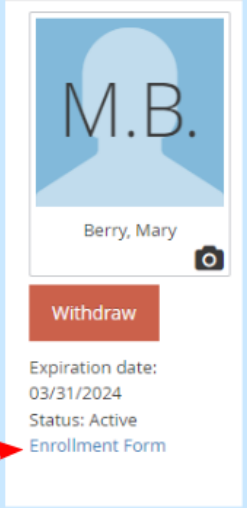


Child enrollments are good for one year. KidKare now alerts you when an enrollment needs to be updated. Below are a few ways to find and print the child's enrollment. Remember to have the parent or guardian update any info that may have changed over the year; such as contact info or schedule. A parent 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 to 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.

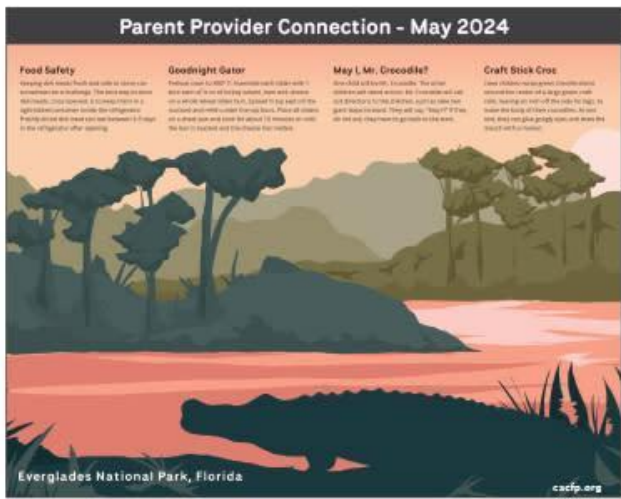
Update in the Feeding Infants in the CACFP book.

Breastmilk may be stored at the day care home in a refrigerator for up to four (4) days from the date the breastmilk was expressed. The previously established standard was 72 hours (or three (3) days) from the time it was expressed.



May 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.



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

Parent Provider Connection

Download

May

Mammoth Cave National Park, Kentucky

Learn It

Caves are natural, dark and hollow places in the ground. They can form underground, on the side of a hill or even on a cliff. Like caves, there are many types of vegetables that grow underground. Create a sensory bin to show how these types of vegetables grow. All you need is a bin, dirt and pictures of carrots, potatoes, beets, radishes and/or sweet potatoes printed on card stock or laminated. Children can help cut these shapes out. Teach words like dirt, planting, picking, growing and digging to show how these vegetables grow and end up on our plate.

Eat It Hot Brown Sandwich

6 slices whole wheat bread, toasted
 1/3 cup gravy
 6 (1/2) slices Monterey jack or Muenster cheese

Nuts About Counting

The first page has 5 acorns, the second has 4 acorns, the third has 3 acorns, and the fourth has 2 acorns. How many acorns are there in all?

Create It Critter in a Cave

First the children will create their cave. Using a disposable cup, cut out a 1" square from the mouth of the cup. Assist as needed while the children cover the in brown paper torn into pieces using glue. Then ask the children to color a paper plate green and brown, forming the ground for your cave to sit on. Glue the cup to the paper plate upside down. With a large pom pom ball, the children will create their critter friend, adding googly eyes and a paper dot for the nose. Sit the critter in the cave and you are finished.

Play It Paper Plate Toss

Mark several paper plates with numbers on the back. Scatter these plates around a designated area away from the starting line. All the children will stand on the starting line with a specific number of bean bags. They will take turns tossing their bean bags to the plates, earning points for the plates they land on. Can they add all the points together? Can they make a subtraction problem using the points? How many points can they make if you move the starting line?

Fun Fact

The oldest part of Mammoth Cave began forming 10 million years ago and there are now more than 426 mapped miles of cave passages.

Read It

I Love You as Big as Kentucky by Rose Rosser and Joanne Paris
Is For Bluegrass: A Kentucky Alphabet (Discover America with Story) by Mary A. Reinhart and Wes Burgess
Good Night Kentucky (Good Night Our World) Board Book by Adam Gamble, Mark Jasper and Joe Veno

Laugh About It

How old was the caveman? Stone age.

Activity Pages

Download



Small Hands Crafting

Before craft time, cut out flowers from construction paper for each child. Lay out stamp pads and show the kids how to decorate the flower petals with thumbprints. Demonstrate how to glue a popsicle stick or pipe cleaner to one side of the flower. Put the bouquet in a child decorated terracotta pot and you've got a gift which will last forever!



Mother's Day

Did you know that your child benefits from staying with a licensed CACFP provider?

Children are given the opportunity of nutrition education by CACFP providers who understand their role in shaping attitudes toward the acceptance of nutritious foods. Providers create an atmosphere that instills a positive, curious attitude about food from the earliest years.

Here's wishing you a Mother's Day That's filled with every pleasure. And a future that's as happy As the memories you treasure!

~ Anonymous

Fun with Mom: Movement on Mother's Day

Mom and Baby Match Up - Print out a matching card set of animal moms and the corresponding animal baby. Hand out a card to each child. When you say go, the kids will quickly go from person to person trying to find the mom/baby card match.

Mom Says - Play just like the traditional game of Simon says. One child will be the mom and tell the others different movement instructions. They have to say mom says!

Act Like a Mom! - Mothers do so many activities to help take care of their kids all day, every day. With the kids during circle time, make a list of all the chores that moms complete. Then have the kids act out all the chores.

Strawberry Pancakes

- 1 1/2 cups whole wheat flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 3 eggs
- 1 container vanilla low-fat yogurt (6 oz)
- 3/4 cup water
- 3 tablespoons canola oil
- Strawberry low-fat yogurt
- Strawberries

Heat griddle to 375. In large bowl, mix dry ingredients. In a medium bowl, mix wet ingredients. Pour both together and mix thoroughly. Pour about 1/4 cup batter onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn; cook other sides 1 to 2 minutes or until golden brown. Top each serving (2 pancakes) with 1/4 cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt. Recipe from USDA Mixing Bowl!



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Mother's Day

Download

Los cinco mejores consejos para comedores quisquillosos

1. **Intenta y vuelve a intentarlo.** La mayoría de los niños necesitan probar una comida varias veces antes de aceptarla. No te desanimes si tu hijo no quiere probar una comida nueva. Sigue intentando y vuelve a intentarlo. A veces, un niño puede probar una comida nueva cuando está con un amigo o cuando está en un lugar diferente.

2. **Haz que se involucren.** Los niños que se involucran en la preparación de la comida tienden a comer más de lo que les gusta. Haz que tu hijo ayude a lavar las verduras, a cortar la comida en pedacitos pequeños, a decorar la comida, a servir la comida, a poner la comida en platos, a poner la comida en platos, a poner la comida en platos, a poner la comida en platos.

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Top Five Tips for Picky Eaters

Every kid is a picky eater at some point or another. It's not only a challenge for parents at home but it's also a struggle for child care providers. While we can't promise your kids will be jumping at the chance to try Brussel sprouts or liver and onions, we can offer some strategies that may help.

1 Try & try again. Introducing new foods takes a lot of patience with picky eaters. Don't try to force it. Implement the, "one bite to be polite" rule. It's okay for children to not like certain foods but they won't know unless they try it first. They just might surprise themselves and find a new favorite.

2 Get them involved. Children are more likely to try something they are involved in creating. Have your kids help with the meal planning. Create new, fun names for classic dishes such as Monster Meatloaf. Then have them help with meal preparation. Give each child a job that is age appropriate such as washing vegetables, cutting fruit with plastic knives or stirring noodles.

3 Why are you eating carrots? Teaching children about the benefits of different foods and what tricks may work at the table can help them avoid serving up a plate of "no-no's".

4 Who does it best? Children are more likely to try something they are involved in creating. Have your kids help with the meal planning. Create new, fun names for classic dishes such as Monster Meatloaf. Then have them help with meal preparation. Give each child a job that is age appropriate such as washing vegetables, cutting fruit with plastic knives or stirring noodles.

5 Why are you eating carrots? Teaching children about the benefits of different foods and what tricks may work at the table can help them avoid serving up a plate of "no-no's".

¡EN ESPAÑOL!


Appropriate Tasks

4 YEAR OLDS

- ✓ peel, mash, scrub fruit & vegetables
- ✓ crack open/beat eggs
- ✓ cut soft foods with plastic knife
- ✓ set and clear table
- ✓ measure dry ingredients
- ✓ clean up after cooking

Tips for Picky Eaters

Meal Ideas

 <h2 style="display: inline;">A Week's Worth of Menu Ideas</h2>					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG French Toast Tangerines Milk	Banana Slices Rice Cakes with Peanut Butter Milk	WG Cheerios Grapes Milk	Waffles Strawberries Milk	WG Life Banana Milk
Lunch	Eggs Hash Browns Apple Slices WG Toast Milk	HM Cheese Pizza Cucumbers Pineapple WG Pizza Crust Milk	Grilled Chicken Breast Green Beans Mashed Potato WG Bread Milk	Ham Sandwich HM Vegetable Soup Peaches WG Bread Milk	Hamburger Hotdish Corn Pears Macaroni Milk
Snack	Fresh Veggie Tray Milk	WG Mini Wheats Milk	Blueberry Muffin Milk	Watermelon Pretzels	Yogurt Strawberries
*Whole milk is required for children 1 year of age/1% or skim milk is required for children 2 and older					

Veggie
Straws
are Not
CACFP
Creditable





**Ritz Crackers
are NOT a
Whole Grain-
Rich product.**



**INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SOYBEAN OIL, SUGAR, PARTIALLY HYDROGENATED COTTONSEED OIL, SALT, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN, MALTED BARLEY FLOUR, NATURAL FLAVOR.
CONTAINS: WHEAT, SOY.**

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

Fargo Main Office

3233 University Dr S
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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