

# SENDCAA NEWS

Volume 19 Issue 2

February 2017

**You're Invited!**

**"Warm Up with  
Good Nutrition!"**

**Saturday, February 25<sup>th</sup>  
9:00am-12:00pm**

**Dakota Medical Foundation  
4141 28<sup>th</sup> Ave S, Fargo**

Spend the morning with Joan Enderle, American Heart Association, learning about whole grains. Sherry Stastny, professor at NDSU will debunk nutrition myths. Krystle McNeal, Childcare Aware, will give some tips on getting kids to try new things!

**Free and Growing Futures  
Approved!**

## REGISTER THREE WAYS!

- Follow the link to the email invite that was sent to you.
- Visit our website:  
[www.sendcaa.org](http://www.sendcaa.org)
- Contact Jenny at  
701-232-2452 ext. 132

## Reminders:

⇒Tax Reports will not be automatically sent out. You may call our office and request a copy of your 2016 year end tax report. If you are a Minute Menu user, just go to **Review Claims** and click on **Tax Report**.

⇒If any of your families have moved, please send us their updated contact information.

## 2017 National CACFP Week March 12-18, 2017

Celebrate and promote National CACFP Week in your home or center together with the children you serve!

- Plan a nutrition activity with children. Take a picture of the children doing the activity. Send the picture to your U.S. Congressperson and Senators along with a short note about how the CACFP helps promote lifelong healthy eating habits in young children. Better yet, invite someone from your TV, radio, newspaper or legislature to be a part of the activity.
- Host an open house for families celebrating the CACFP. Serve a few of the children's favorite recipes. Display any crafts you may have done with the children.
- Plan at least one nutrition activity this week and inform the parents. Need ideas? Check out [www.facebook.com/NationalCACFP](http://www.facebook.com/NationalCACFP)
- Involve the parents and children in planning this week's meals and snacks.
- Talk about the menu each day in relation to MyPlate. Did you meet the recommended number of servings?
- Talk with the children about how eating nutritious foods now will help them to be healthier adults later.

Example: Eating foods that are good for you will help you stay healthy and strong.

- Try a new recipe. Ask parents if they have a recipe that they would like to share.
- Compile your own recipe book. Hand out your recipe book at a parent appreciation brunch or snack.
- Make a commitment to improve menus during March, which is National Nutrition Month, by: using more fresh fruits and vegetables, evaluating the menus for "plate appeal", adding new vegetables to the menu, make healthy eating fun, and increasing the use of whole grain products.
- Send an activity flyer home with children so their families can review how the CACFP supports good nutrition and physical activity in child care. **You can download this flyer from our website and hand out to your families!**

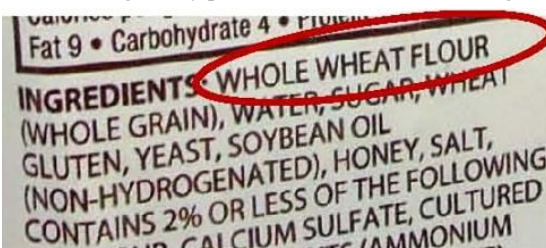


[cacfp.org](http://cacfp.org)

## October 2017 Revised Meal Pattern will be Implemented

We will be conducting training sessions this summer/fall regarding the implementation of these new guidelines. During the next few months we will be highlighting these changes in our newsletter. This month we will focus on adding a whole grain to your menus. Beginning October 1<sup>st</sup> 2017 you will be required to add at least one whole grain product once a day, to which ever meal you wish. As a best practice, this is something you could start changing in your menus immediately, by adding whole grain pasta, breads, cereals, crackers, brown rice, oatmeal, quinoa, etc. Be sure to read the label, packaging can be deceiving. Many products are made with whole grain but not entirely 100%. Labels that say "stone

ground", multi-grain, or "seven grain" may not be whole grain. Double check the ingredient label to make sure the first ingredient has the word **WHOLE** with it. Look for whole-wheat flour, whole-grain corn, whole-grain brown rice, etc.





DON'T FORGET TO CHECK OUT OUR WEBSITE [SENDCAA.ORG](http://SENDCAA.ORG)!  
YOU WILL FIND MANY HELPFUL RESOURCES, ANNOUNCEMENTS,  
FORMS, AND TRAINING!

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### Find us online:

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



Sendcaa Child & Adult Care  
Food Program

Welcome

Elizabeth Kilcher

to the  
SENDCAA Food  
Program



### Whole-Wheat Banana Muffins

12 servings

- 1 1/2 cups whole-wheat flour
  - 1/2 cup all-purpose flour
  - 1 1/2 tsp baking powder
  - 1/4 tsp cinnamon
  - 1/4 tsp salt
  - 3 large ripe bananas, mashed
  - 2 large eggs, lightly beaten
  - 3/4 cup packed brown sugar
  - 1/3 cup milk
  - 3 Tbsp. butter, melted and cooled
  - 1 tsp vanilla
  - 12 dried banana chips, optional
1. Preheat oven to 375°. Grease a standard 12-cup muffing tin or line with paper liners.
  2. In a large bowl, combine both types of flour with baking powder, cinnamon and salt.
  3. In a separate bowl, mix bananas with eggs, sugar, milk, butter, and vanilla. Whisk until smooth. Fold banana mixture into flour

mixture just until combined and batter forms; do not overmix.

4. Spoon batter into muffin cups; place a banana chip on top of each one, if desired. Bake until a toothpick inserted into center of a muffin comes out clean, 18-20 minutes. Let cool in pan on wire rack for 10 minutes, then turn out onto rack to cool completely.

Myrecipes.com



### At-Home Training Opportunities!

Receive up to 6 hours of Growing Futures approved training that go along with the 2017 CACFP Calendar. You can download and print the modules and quizzes from our website, submit them electronically through our website or call our office and we can mail you a hard copy. To find them on our webpage go to [sendcaa.org](http://sendcaa.org), click on "child care food program" and go to "for our providers" under that tab you will see "at home training".



### KidKare will be replacing Minute Menu

KidKare is the online claiming program that will be replacing Minute Menu when the meal patterns change in October. One of the perks is that you will be able to access KidKare from any device with an internet connection: mobile phone, tablet, laptop, or desktop computer (including Apple!). We plan to start a slow roll out of this process over the next few months. If you are interested in being one of the first to convert to KidKare starting March 1, please call our office for further instruction. In the mean time feel free to check out some webinar videos to get you better acquainted with the site [help.kidkare.com](http://help.kidkare.com).

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