SENDCAA NEWS

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**
- **click on "child care food program"**
- **go to "for our providers"**
- **under that tab you will see "at home training".**

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

⇒You're Growing Futures number is <u>not</u> your Food program control number. Remember this when registering for trainings.

March is National Nutrition Month! What's On Your Fork?

Healthy answer: lean protein, veggies, whole grains, fruits

The Dietary Guidelines for Americans have lots of resources to help you make choices that are good for your health. Perhaps some of their best advice is "To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts." This means making healthful choices when it comes to…

Fruits
⇒ Do you choose naturally sweet fruit for snacks and salads or include them in main dishes?

Vegetables
⇒ Do you include a variety on your plate?

Whole grains
⇒ Do you make half of your grains whole grain?

Protein
⇒ Do you mix up your choices in the protein group?

Dairy
⇒ Do you choose low and fat free dairy items to get the most nutrition for your calories?

Skip foods with lots of added sugars, saturated fats, trans fats, and sodium. Focus on nutrient-dense foods instead!

foodandhealth.com

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. <u>This month we will focus on Grain-Based Desserts</u>. Because they are filled with added sugar and saturated fats, homemade and commercially prepared grain-based desserts will not be creditable to fulfill the grain component for any meal offered beginning October 1st 2017. In the box is a list of common grain based desserts that will no longer be creditable.

NOT Creditable	
Brownies	Sweet crackers, such as graham crackers and animal crackers
Sweet biscotti and scones made with fruit, icing, etc	Gingerbread
Cake, including coffee cake	Pie crusts of dessert pies, cobblers, and fruit turnovers
Cereal bars, breakfast bars, granola bars	Toaster pastries, such as Pop Tarts
Cookies, including vanilla wafers	Sweet rolls, such as cinnamon rolls
Doughnuts	Sweet bread puddings

Here is a week's worth of menu ideas!					
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Breakfast	• Whole grain english muffin • Fresh Fruit cup • Milk	• Kix Cereal • Sliced Pears • Milk	• Whole grain bagel half w/ low fat cream cheese • Orange sections • Milk	• Cheerios • 100% apple juice • Milk	• Blueberry muffin • Sliced Peaches • Milk
Lunch	• HM Chicken nuggets • Peas & carrots • Apple slices • Dinner roll • Milk	• Turkey burger • Corn • Cantaloupe • Whole wheat roll • Milk	• Sub sandwich with ham, turkey, cheddar cheese • Plum • Lettuce, tomato • Whole grain hotdog bun • milk	• Tuna Chef's salad with water packed tuna • Lettuce, tomato, shredded carrots, celery, cucumbers • Watermelon • Whole wheat roll • Milk	• Mexican Pizza with refried beans and cheese • Garden salad • Grapes • Whole grain tortilla • Milk
Snack	• "Ants on a log" (celery, peanut butter, raisins) • Milk	• 100% apple juice • Soft pretzel	• Yogurt • Strawberries	• Wheat thins • Mandarin oranges	• Milk • Bread sticks • Kiwi

Contact us:

Fargo
geril@sendcaa.org
1-800-726-7960
3233 University Drive South
Fargo ND 58104

Wahpeton
dianaf@sendcaa.org
701-642-3497

Grand Forks
bjmcnamee@hotmail.com

Find us online::

www.sendcaa.org

Sendcaa Child & Adult Care Food Program

Welcome

Twyla Perrine
Hayley Myers

to the
SENDCAA Food Program

Betty Crocker Whole Grain Pancakes

- 1 egg
- 1 cup + 2 Tbsp. buttermilk
- 2 Tbsp. vegetable oil
- 1 cup - 2 Tbsp. white whole wheat flour
- 1 tsp baking powder
- 3/4 tsp baking soda
- 1/4 tsp salt

Directions:

Sift together flour, baking powder, soda and salt in a separate bowl. Beat egg, add remaining ingredients in order listed and beat until smooth. Grease heated griddle if necessary. Pour batter from pitcher or ladle onto hot griddle. Turn pancakes as soon as they are puffed and full of bubbles but before bubbles break. Bake other side until golden brown.

Makes 10 4-inch pancakes.

Add a glass of milk and some fresh fruit and you have a creditable breakfast!

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 April 1, please contact Heide at heidem@sendcaa.org. In the mean time feel free to check out some webinar videos to get you better acquainted with the site help.kidkare.com.