

**DUE NOW:** August monthly menus and new enrollment forms are due by Tuesday, September 7<sup>th</sup>.

July claim reimbursements will be deposited or mailed by **Friday, September 3rd, 2010**

## CACFP UPDATES

- Beginning September 1<sup>st</sup>, 2010, you are once again required to report when school aged children were not in school and ate AM Snack or Lunch with you. If you claim online, indicate this in the Calendar Notes. If you claim on paper, you must record it at the bottom of the monthly Claim Information Form you return with your claim.
- September 30<sup>th</sup> is the end of the program year. That means all annual documentation must be on file in the office, including the Annual Recordkeeping Training, Child Re-Enrollment, and Income Eligibility Renewal forms.
- Remember to keep the 4-C CACFP office updated with any email or phone number changes. If you claim online, we communicate with you primarily through email. You don't want to miss any important information!
- Thank you to everyone who attended our 4-C Farm to Child Farmers Market. It was a wonderful event with tons of great produce, peanut butter, dairy products, gardening supplies, and even some ice cream! There are photos and on our Facebook page – just look up 4-C Helping Communities Help Children.

### Welcome NEW 4-C CACFP Providers

Debra Allen	Monroe
David Carter	Janesville
Nisa Carter	Madison
Katy Kosobucki	Madison
Holly Krenl	Monona
Amber Kurtz	Cross Plains
Dana Lein	Madison
Allison Reichenberger	Elkhorn
Shelly Strommen	Beloit
Kathleen Tolle	Verona
Anthia Wainwright	Beloit

### Menu of the Month!

Thank you to Deborah Labarge for this great lunch idea!

- "Bright Green" Edamame
- Cottage Cheese or String Cheese
- Corn
- Strawberries and Apples
- Brown Rice with Parmesean
- Milk

*Beans that the children planted at the Farmers Market, thanks to the Bruce Company. We hear they are already growing!*



**Your 4-C CACFP Team** foodprog@4-C.org

**4-C CACFP MANAGER**  
Marita Herkert-Oakland

**CACFP SPECIALISTS**  
Linda DuBois  
Bette Miller

**NUTRITION SPECIALISTS**  
Heidi Duren  
Debbie Lord  
Jan Howe

Mary Schott  
Robin Hunter  
Leslie Clachrie  
Wanda Rodriguez

## TOTS AT THE TABLE!

The 4-C Food Program is pleased to introduce a new program opportunity for the next year. Thanks to funding from the ConAgra Foods Foundation, the 4-C Food Program will be offering more intensive nutrition education and training over the next year. We are committed to child wellness, and through this program, we will help you reach your goals of improving the health and well being of the children in your care.

The 4-C Food Program will be offering monthly **child wellness trainings** across our service area from September 2010 through May 2011. See the registration form below for schedules. Parents and child care providers are all welcome for these trainings!

### Training Descriptions

#### Foods to Grow On: Principles of Healthy Eating for Infants and Toddlers



Establishing healthy eating habits for infants and toddlers sets the stage for strong development throughout childhood and into adulthood. This interactive workshop, for both child care providers and parents, will cover the principles of nutrient values and needs of infants and toddlers, brain development, transitional feeding, and USDA Food Guide Requirements. Participants will also compare commercially prepared infant and toddler food with homemade alternatives.

The foundations of child health and wellness start early and this workshop will leave child care providers and parents better prepared to feed their infants and toddlers foods to grow on!

#### Fit, Fun, Physical Activity for Kids!

Physical Activity benefits children's health, development and well-being. This workshop will encourage children to move from play to fitness.

Through games, child activities, education, and sharing, participants will develop their own fitness plan for children in their home or child care setting. Child care providers and families will learn how to get involved with physical activity with their children to make it part of everyone's daily life.



Nutrition information provided will emphasize the importance of healthy eating habits that support growth and physical activity, which will include recipes for foods to fuel up on and the right kind of fluids to take in during and after exercise.

#### Menu Planning with Nutrient Rich Foods



Are you in a menu planning ditch? If so, come hear the pitch for nutrient rich food!

Enjoying nutrient rich foods as a foundation of a healthy diet begins with menu planning. This interactive workshop, for both child care providers and parents, will review the benefits of menu planning with a variety of fun, fresh meals. Participants will develop their own menus and learn about incorporating fresh fruits and vegetables, whole grains, and lean meats into child-friendly, healthy menus that everyone will enjoy!

*We hope you will be able to join us for these wonderful training opportunities!*

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### 4-C Child and Adult Care Food Program

## Tots At the Table Training Registration

Provider Number	
Provider Name	
Phone Number	
Email Address	
Date	

Check the training you plan to attend.	TRAINING	DATE	TIME	LOCATION	TRAINER
	<b>Menu Planning</b> with Nutrient Rich Food	Wednesday, September 15, 2010	6:30 – 8:30 p.m.	4-C Training Room, Madison	Debbie Lord  Wanda Rodriguez (Spanish)
	<b>Menu Planning</b> with Nutrient Rich Food	Tuesday, September 28, 2010	6:30 – 8:30 p.m.	Westby Community Center, 206 N. Main Westby	Debbie Lord
	<b>Menu Planning</b> with Nutrient Rich Food	Thursday, September 30, 2010	6:30 – 8:30 p.m.	Richland County UW Extension Offices	Debbie Lord
	<b>Fit, Fun, Physical Activity</b> for Kids!	Tuesday, November 9, 2010	6:30 – 8:30 p.m.	Rock County Job Center, Janesville	Robin Hunter
	<b>Foods to Grow On:</b> Principles of Healthy Eating for Infants and Toddlers	Wednesday, December 8, 2010	6-8 p.m.	4-C Training Room, Madison	Heidi Duren  Wanda Rodriguez (Spanish)

*Please complete and email or mail this registration form to the 4-C CACFP Office. Registrations are due no later than one week prior to the training. There is no cost for these trainings, thanks to a grant from the ConAgra Foods Foundation.*

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