

**DUE NOW: April monthly menus and new enrollments are due May 5, 2015**

**Due NOW: Annual Enrollment Renewal due April 30, 2015**

The tentative date for **March claim** reimbursements to be deposited or mailed is:

**Friday, May 8, 2015**

## CACFP UPDATES

- **Important:** Thank you to all of you that have already returned your Annual Enrollment Renewal Report. If you haven't submitted yours please do so by no later than **April 30, 2015**. Call the office if you have any questions or concerns.
- **Reminder:** The 2014-2015 Annual Recordkeeping Assignment was due on March 31, 2015. If you haven't completed yours please complete and return to us as soon as possible. Participation in the CACFP requires that you complete this. You can find it on our website or call us and we will mail you a copy.
- **Important:** In an effort to ensure that all provider paperwork makes it to the 4-C office in a timely manner please do not ask you Nutrition Specialist or any or 4-C staff member to bring in any Food Program paperwork for you including enrollment forms, Recordkeeping Assignments, claims, and any other paperwork you may need to send in. We ask that you mail it in or personally drop it off at our office. Our Nutrition Specialists are here to help you with your participation in the CACFP but they cannot be responsible for turning in your paperwork as they do not come into the office daily. Thanks so much for you corporation.
- **We cannot accept** emailed pictures of Food Program paperwork. It is very difficult to make these items clear enough to read for documentation purposes. Please mail, scan and email, or fax your paperwork in to the office.
- **Reminder:** As the weather is finally starting to get warmer this means more outdoor activities. Please remember it is your responsibility to notify the Food Program office or your Nutrition Specialist when you will be away from your day care during your hours of operation. The contact information for our Nutrition Specialists is listed below.

**Mary Schott**- 608.219.6714 email: [mary.schott@4-c.org](mailto:mary.schott@4-c.org)

**Robin Hunter**- 608.219.6717 email: [robin.hunter@4-c.org](mailto:robin.hunter@4-c.org)

**Heidi Duren**- 608.712.2360 email: [heidi.duren@4-c.org](mailto:heidi.duren@4-c.org)

**Jan Howe**- 608.219.6715 email: [jan.howe@4-c.org](mailto:jan.howe@4-c.org)

**Wanda Rodriguez**-608.712.1053 email: [wanda.rodriguez@4-c.org](mailto:wanda.rodriguez@4-c.org)



*\*Important- please note that Nutrition Specialists may not check email throughout the day. Emails work best when you are notifying us about upcoming days. Please contact your Nutrition Specialists or the Food Program office by 8:00 AM when possible. Thanks!*

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

**4-C CACFP MANAGER**  
Tanya Kirtz

**CACFP Administrative Assistant**  
Bette Miller

**NUTRITION SPECIALISTS**  
Heidi Duren  
Jan Howe

Mary Schott  
Robin Hunter  
Wanda Rodriguez

## ***Feeding Infants on the CACFP***

The USDA has recently released guidance to clarify and provide additional guidance on feeding infants. Some of the info below is not new and is included as a reminder.

- **Reminder**-Providers participating in the CACFP must offer CACFP meals to all eligible enrolled children. The provider must offer at least one brand of iron fortified infant formula. Parents can decline and bring their own formula or expressed breastmilk and the provider can claim the infant as long as the meal pattern for infants is followed.
- **New**-The USDA has changed the length of storage time for breastmilk. A day care home can store breastmilk for 72 hours from the time it was collected. The previous standard was 48 hours.
- **New**-DHA Enriched Infant Foods, DHA is an omega-3 fatty acid that is sometimes added to infant foods. In the past DHA enriched infant foods were not allowed for reimbursement. Single-ingredient DHA enriched infant foods are now creditable, as long as the meet all the other crediting requirements.
- **Reminder**-Mixed or combination commercially prepared infant foods (i.e. infant dinners, such as chicken and vegetable dinner) are not reimbursable because it is too difficult to identify the amount of required food components in commercially prepared mixed foods.

## **Container Gardening**

Not everyone has the space for a traditional garden. Container gardening works well and growing vegetables with the children in your care is a great way to introduce them to new foods.

### **Why Container Gardening?**

"Container gardening is a great way to connect kids to where their food comes from. And eating what you grow is one of the most fun and wonderful things you can experience – no matter how old you are!" says Liz Reid, MS, RD, LDN, pediatric dietitian at the Penn State Hershey Children's Hospital and coordinator of a local Farmer's Market Nutrition Program.

### **Choosing a Container**

Barrels and buckets work well and hanging baskets are good options for small spaces. Match the size of the containers to the depth and amount of soil needed for the plants you want to grow, using seed packets as references. Finding a container with adequate drainage is key. If your container doesn't have holes in it, make a few half-inch holes near the bottom to allow water to run out. This will keep plant roots from rotting.

### **Planting the Crops**

Start with a mixed blend of soil for best results, and then let the children help select what you will plant. Sugar snap peas, green beans, and sweet cherry tomatoes are all easy to grow. Potatoes and carrots will grow in a container and some children really like digging through the dirt to find their harvest. Seed packets will tell you the best times to plant different crops. You can start seedlings inside and transplant them at the right time, or put starter plants from a greenhouse in your container.

### **Caring for Your Garden**

A plant in its natural environment has ample soil with nutrients that are constantly being replenished. Since soil in a container is limited, give your plants some extra nutrition in the form of commercial fertilizer or compost materials. Ask the experts at your local agricultural extension program or garden center to help figure out what your plants need. Container plants need to be watered a little more often, too – up to twice per day in hot weather. Pinch off dry leaves and buds to make room for healthy new ones to thrive.

Once harvest time comes have the kids try all the vegetables and ask them which ones are their favorites.

Info adapted from [www.eatright.org](http://www.eatright.org)