

DUE NOW: April monthly menus and new enrollments are due May 5, 2016

Due NOW: Annual Enrollment Renewal due April 30, 2016

The tentative date for claim reimbursements to be deposited or mailed is: April 29, 2016.

CACFP UPDATES

Welcome NEW 4-C CACFP Providers

Adriana Boyd	Madison
Karisa Poleski	Madison

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, 2016**. Call the office if you have any questions or concerns. On line provider if you are having problems generating the report, contact Bette and she will email it to you. If not received by May 31, 2016 all children will be withdrawn and you will have to reenroll them.

Reminder: The 2015-2016 Annual Recordkeeping Assignment was due in our office on March 31, 2016. 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.

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
Robin Hunter 608.219.6716 email: robin.hunter@4-c.org
Jan Howe 608.219.6715 email: jan.howe@4-c.org
Wanda Rodriguez 608.712.1053 email: wanda.rodriguez@4-c.org

**Important- please note that Nutrition Specialists may not check their 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!*

Provider who use paper claims please remember to fill in your dots completely and make sure they are dark enough. You may be missing out on money by not having the circles filled in completely.

KidKare: We have had a lot of providers inquire about this new program. My suggestion for your browser would be Google Chrome. This seems to work the best. You could also use Firefox or Safari. For those providers who want to use KidKare but use the KidsPro (business feature) to wait for now. The business aspect will be implemented in the next couple of months and everything would transfer over at that time. The cost is the same. I would wait to do KidKare if you use the accounting program till the update. If you would like to start using KidKare, please contact Bette at the office by either email to bette.miller@4-c.org or by calling her directly at 608-216-7028.

This institution is an equal opportunity provider

Health & Safety Services Manager

Brianne Heidke

Administrative Assistant

Bette Miller

Nutrition Specialists

Jan Howe	Robin Hunter
Mary Schott	Wanda Rodriguez

Final part in a series written by Jan Howe on
COOKING WITH KIDS

AGE ABILITY

Children of all ages can help cook. The keys to successfully involving children in food preparation are organization, patience, and time. Plan to cook together when you have the most time because cooking may take longer and be messier for little ones!

You can involve even the youngest children in preparing meals or snacks. Infants and toddlers need freedom to explore foods using all of their senses within safety limits. Infants are mostly interested in touching, tasting, and playing with food. Toddlers can help with simple steps of food preparation and are fascinated by cause and effect. Infants and toddlers can explore foods through touch, smell, and taste; investigate foods and observe changes by ripping, mashing, cracking, and mixing; participate in simple cooking projects that can be eaten immediately; serve themselves simple foods. They can learn to observe and distinguish simple changes in foods; use large and small muscles to help prepare and eat foods; develop a longer attention span for activities that interest them; use new words to label foods and cooking procedures; develop self-help skills.

Two and three year olds can scrub vegetables, snap green beans, break cauliflower pieces, tear greens for salads, peel bananas, put bread in the toaster, roll and shape with their hands, put things in the trash, dip fruits and vegetables in dip, and help wipe the table.

Three and four year olds can spread with table knives, pour fluids into cups, stir foods (not on the stove), shake foods in jars, toss salads, help wash fruits and vegetables, set and clear the table.

Four and five year olds can peel oranges and cooked eggs, shuck corn, roll with a rolling pin, mash foods with a fork, beat with an egg beater, crack eggs into a bowl, knead and shape dough, make sandwiches, measure dry ingredients, peel with a vegetable peeler, cut with a table knife, grate with a grater.

Examples of Food Activities

Here's a simple activity you could do with toddlers: Cut a banana into small pieces. Put each banana piece on a spoon. Dip each banana piece in a small glass of orange juice. Roll the banana pieces in coconut. Eat and enjoy!

With preschoolers you can taste test foods in different forms. For example, an apple tasting might include fresh apples, applesauce, and apple butter on bread. Or try tomatoes in various forms, such as fresh, tomato soup, and tomato sauce. Cut open different kinds of squash so children can explore seeds and textures. Roast the seeds. Try cooking the squash in different ways, for example, bake zucchini bread or pumpkin pie. (Pumpkin is a form of squash).

Cooking a food that is central to a children's book (for example, "Stone Soup" or "Blueberries for Sal") enhances their experience with the story as well as encouraging their enjoyment of the food.

Compare a store-bought fruit or vegetable with a farmer's market or home grown version (if you have a garden or a farmer's market nearby). Ask the children which one they like better. If possible take the children to an orchard or to a farmer's market where they can meet the people who grew the farm-fresh produce.

Recommended books for cooking with children

"Cheese, Peas and Chocolate Pudding" by Betty Van Witsen

Peanut Butter and Jelly" by Nadine Bernard Westcott

"Growing Vegetable Soup" by Lois Ehlert

"Potluck" by Anne Shelby

"Ice Cream Soup" by Jack Kent

"Stone Soup" by Marcia Brown

"Pancakes, Pancakes" by Eric Carle

Professional Cookbooks to learn more about cooking with children

"Cooking with Kids" by Carolina Ackerman

"Learning Through Cooking" by Nancy Ferreira

"Learning Through Play Cooking" by Lisa Feeney

"Chop Chop The Fun Cooking Magazine for Families"