

FOOD PROGRAM Memo



APRIL 2019

The March claim payment will be deposited or checks sent by Friday, May 3, 2019.

DUE DATE COMING UP...

- **Enrollment Renewal:** Thanks to all that have already returned your Annual Enrollment Renewal Report! If you haven't submitted yours please do so no later than **April 30, 2019**. Call the office if you have any questions or concerns. On line providers, if you are having problems generating the report, contact Bette and she will email it to you. If not received by May 31, 2019 all daycare children will be withdrawn and you will have to reenroll them.
- **Annual Recordkeeping Assignment:** The 2018-2019 Annual Recordkeeping Assignment is due in our office by June 1, 2019. 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 resend you a copy.

GENERAL REMINDERS

- As the weather starts to get warmer this means more outdoor activities. Please remember it is your responsibility to **notify your Nutrition Specialist or the 4-C office** when you will be away from your day care during your hours of operation. The contact information for the Nutrition Specialists is listed below.

Jan Howe- 608.219.6715 email: jan.howe@4-c.org
Mary Schott- 608.219.6714 email: mary.schott@4-c.org
Robin Hunter- 608.219.6716 email: robin.hunter@4-c.org
Wanda Rodriguez-608.712.1053 email: wanda.rodriquez@4-c.org

- Don't forget to **notify 4-C CACFP of any changes to:** your phone number, your Certification or License, the days you serve meals/provide care, etc.
- Make sure you are up-to-date on the milk requirements and are serving the proper milk to each of the ages you care for. **Meals served to any child with milk that doesn't meet the requirements cannot be reimbursed.** No substitutions can be made without a Diet Statement and Special Dietary Needs Tracking Form.
- Store-bought Combination Foods (such as fish sticks, chicken nuggets, frozen pizza, and corn dogs) MUST have a **Child Nutrition (CN) Label** to claim. If you do not have a CN label on file for the product you are serving, you cannot claim any part of it (for example: if you serve a frozen pizza without a CN label on file you cannot claim the crust, the cheese, the sauce, etc.). If your product has a CN label, please save it for 4-C CACFP staff to see. If your product does NOT have a CN label, it will be considered an additional food and you will need to ensure that you are meeting the meal pattern with all the other components served.

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ONLINE CLAIMERS

Have you ever had a day when you had technical difficulties getting your records entered on the computer? Don't worry, you're not alone – it happens to all of us occasionally! Below are some quick tips that we find help fix things the majority of the time:

- ✓ Refresh the webpage
- ✓ Log out and back in to KidKare
- ✓ Clear out your web browser's history
- ✓ Restart your computer, laptop, tablet, etc.

While we understand that computer glitches are out of your control, keep in mind that it is still your responsibility to have your records up to date at the end of each day - if your technology is not working, you need to go back to pen and paper for the day! Please remember, you need three things recorded: attendance, menus, AND meal counts. On the 4-C website you'll find a template of a form you can use if needed to quickly jot down on paper all the info you need for the day. You can also download a form from KidKare – click on "reports" and then select "worksheet" and then "daily meal worksheet" and then hit "run."

RECIPES

Peanut Butter-Yogurt Dip

Ingredients:

- ½ cup Greek yogurt, plain
- ¼ cup natural peanut butter (crunchy recommended)



Instructions: Combine all the ingredients in a small bowl, refrigerate until ready to eat. Serve with your favorite fruit or veggie.

Chickpeas and Tomatoes

Ingredients:

- 1 teaspoon Canola oil
- 1 1/4 cups Onion, fresh, peeled, 1/4" diced
- 2 cloves Garlic, fresh, minced (1 clove is about 1/2 teaspoon minced)
- 1/2 teaspoon Ginger, fresh, grated (If using ground ginger reduce amount by half)
- 2 1/2 cups Garbanzo beans, canned, drained, and rinsed or garbanzo beans, dry, cooked
- 3 cups Tomatoes with juice, canned, low-sodium, diced
- 1/4 cup Water
- 1/2 teaspoon Chili powder
- 1 1/2 teaspoons Cumin, ground



Instructions:

Heat oil in a small stockpot on medium-high heat. Add onions and sauté until soft. Do not brown. Add the garlic and ginger, stir until fragrant. Add the garbanzo beans (chickpeas), tomatoes and juice, water, chili powder, and cumin. Continue cooking on medium-high heat and bring to a boil. Reduce heat to medium and simmer uncovered for 10 minutes or until

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there is only enough liquid to cover the bottom of the pan. Heat to 140 °F or higher for at least 15 seconds.

Black Beans with Plantains

Ingredients:

1/2 cup Brown rice, long-grain, uncooked
1 1/2 cups Water
1 teaspoon Canola oil
1 1/4 cups Onions, fresh, peeled, 1/4" diced
1 clove Garlic, fresh, minced (1 clove is about 1/2 teaspoon minced)
1 quart Black beans, low-sodium, canned, drained and rinsed or black beans, dry, cooked
1 cup Water
1 cup Tomato sauce, low-sodium, canned
2/3 cup Plantains, fresh, ripe (yellow), peeled, 1/4" diced
1 tablespoon Cumin, dried, ground
1 teaspoon Paprika
1/2 teaspoon Black pepper, ground
2 tablespoons Salsa, traditional (optional)
2 tablespoons Cilantro, fresh, chopped (optional)
2 tablespoons Green onions with tops, fresh, chopped (optional)



Instructions:

Combine brown rice and 1 cup water in a small stockpot. Reserve remaining water. Heat on medium-high heat to a rolling boil. Cover and reduce heat to medium. Cook until water is absorbed, about 15-20 minutes. Stir once. Cover and cook an additional 10 minutes over low heat. Fluff the rice gently with a fork. Heat oil in a medium stockpot on medium-high heat. Add onions and sauté until soft. Add garlic. Continue cooking on medium-high heat until garlic is fragrant, about 1-2 minutes. Stir frequently. Add cooked rice, black beans, 1/2 cup water, tomato sauce, plantains, cumin, paprika, and pepper. Stir well and bring to boil. Stir frequently. Reduce heat to medium-low and simmer for 5 minutes or until liquid is absorbed into the ingredients. Heat to 140 °F for at least 15 seconds. Garnish each serving with 1 teaspoon of salsa, 1 teaspoon of cilantro, and 1 teaspoon of green onions (optional).

FOOD PROGRAM STAFF

Health and Safety Services Manager

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Nutrition Specialists

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Wanda Rodriguez

Mary Schott