

FOOD PROGRAM Memo



AUGUST 2020

The July claim payment will be deposited or checks sent by Friday August 28th.

HOME VISIT UPDATES

As things continue on with the COVID-19 pandemic, USDA continues to issue waivers regarding home visiting requirements. We wanted to let you know that the most recent update was allowing home visits to be conducted virtually. This means that some of you may begin to hear from your Nutrition Specialist. When it is time to conduct a virtual visit with you, your Nutrition Specialist will contact you and explain the process - including what will be done ahead of time and what will be reviewed during the actual virtual visit.

We are excited to be able to begin conducting home visits again and to be able to reach out to and touch base with everyone!

REMINDERS

Annual Re-enrollments – for providers who are re-opening and beginning to start claiming again (as well as providers who have been claiming, but have children who are now returning to care) - please remember that you must submit the annual re-enrollment forms for these children in order to be paid for their meals claimed. The original email about how to do this from April is on the 4-C CACFP website. https://www.4-c.org/images/stories/site_images/Food_Program/Annual_Enrollment_Renewal_2020_ENGLISH.pdf.

New Enrollments – when you are contacting the 4-C CACFP office and requesting paper enrollment forms, please remember to let us know if any of the children you are enrolling are infants and we will include copies of the Parent/Provider Infant Formula Agreement Form. We need both forms on file in order to enroll an infant. This form can also be found on the 4-C CACFP website. https://www.4-c.org/images/stories/site_images/Food_Program/Formula_Agreement_fillable_PDF.pdf

Paper Claimers – If you need infant menus, please contact the 4-C CACFP office and let us know.

Online Claimers – When enrolling new children please remember:

- You can pre-enroll the child online before sending in the enrollment form – this allows you to start entering the child in meal counts right away
- You keep the carbon copy (bottom copy) of the enrollment form
- Don't worry about folding the form if mailing it in

RECIPES

Wondering what to do with some of the produce coming from your summer garden? Blow are a few recipes to try out.

Strawberry Oatmeal Rhubarb Bread - Makes 12 servings

½ cup whole wheat flour
½ cup white flour
3 teaspoon baking powder
½ teaspoon salt
¼ teaspoon cinnamon
1 cup old-fashioned oats

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- 1 egg, lightly beaten
- 1 cup milk
- 2 tablespoons canola, vegetable or olive oil
- 1 cup chopped rhubarb
- 1 cup chopped strawberries

Preheat oven 425 degrees. In a large bowl mix flour, brown sugar, baking powder, salt and cinnamon. Stir in oats. Add eggs, milk and oil; stir gently until just combined. Fold in rhubarb and strawberries. Pour into a greased loaf pan and bake 30 minutes.

Cucumber Veggie Boats – makes 4 servings (*Super Snacks Super Kids Cookbook*)

- 2 stalks of celery stalks
- 1 large carrot or 5 baby carrots
- ¼ c cottage cheese
- 1 large cucumber
- 2 Tablespoons ranch dressing
- ¼ c sunflower seeds (optional)



Peel cucumber, slice lengthwise, and remove the seeds. Divide each cucumber half into 2 boats. Finely chop celery and carrots and place in a bowl. Stir in cottage cheese and ranch dressing. Spread mixture into cucumber cavity, sprinkle sunflower seeds over top and serve.

Spinach Quesadillas – makes 4 servings

<https://www.tasteofhome.com/recipes/spinach-quesadillas/>

- 3 ounces fresh baby spinach (about 4 cups)
- 4 green onions, chopped
- 1 small tomato, chopped
- 2 tablespoons lemon juice
- 1 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 1 cup shredded reduced-fat Monterey Jack cheese or Mexican cheese blend
- 1/4 cup reduced-fat ricotta cheese
- 6 flour tortillas (6 inches)
- Reduced-fat sour cream, optional



In a large nonstick skillet, cook and stir first 6 ingredients until spinach is wilted. Remove from heat; stir in cheeses. Top half of each tortilla with spinach mixture; fold other half over filling. Place on a griddle coated with cooking spray; cook over medium heat until golden brown, 1-2 minutes per side. Cut quesadillas in half; if desired, serve with sour cream.

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