

FOOD PROGRAM Memo



FEBRUARY 2020

The January claim payment will be deposited or checks sent by February 28th.

2019-2020 ANNUAL RECORD KEEPING

An email went out recently with a link to this year's Annual Record Keeping Assignment. This year the assignment simply covers the 7 required record keeping topics and is due back to the 4-C CACFP office no later than June 1, 2020. You can find both the Annual Training Assignment and Annual Training Answer Sheet on the 4-C website.

MEAL & SNACK PLANNING

Have you been on the 4-C CACFP website lately? There is section on meal and snack planning with links to lots of different resources. All of the recipes highlighted below are from one of the resources on the webpage. One really useful form that was added recently is the CACFP Weekly Menu. This is a fillable PDF form where you can type in your weekly meal plans and it includes reminders about meal components and serving sizes based on age.

RECIPES

EGG CUPS

(superhealthykids.com)

Make them ahead of time, refrigerate or freeze them, and then heat them in the microwave when you are ready to eat!

Ingredients:

6 large eggs
1/4 cup milk
1/8 teaspoon salt
1/8 teaspoon black pepper, ground
1 medium bell pepper, red
3/4 cup spinach
1 ounce cheddar cheese



Instructions: Spray a muffin tin with cooking spray and set aside. Preheat oven to 375°F. Whisk the eggs and milk together in a bowl. Season with salt and pepper. Dice the bell pepper into small pieces. Stack the spinach leaves, roll them up, and slice them thin. Add the peppers, spinach, and shredded cheddar to the egg mixture. Fill muffin cups 3/4 full and bake for 20-25 minutes until centers are set and no longer runny. Allow to cool slightly before serving.

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OVERNIGHT OATMEAL WITH BERRIES

(www.choosemyplate.gov/myplatekitchen/recipes)

Ingredients:

- 1/2 cup low-fat milk (or less for thicker oatmeal)
- 1/4 cup Greek yogurt, fat-free
- 2 teaspoon honey
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla extract
- 1/2 cup uncooked rolled oats
- 1/4 cup frozen berries (such as raspberries, blueberries, or strawberries)



Directions: Combine milk, Greek yogurt, sugar, cinnamon and vanilla extract in a container or jar with a lid. Add oats and mix well. Gently fold in berries. Cover and refrigerate 8 hours to overnight. Enjoy cold or heat as desired.

WAFFLE STICKS

(<https://www.parents.com/toddlers-preschoolers/feeding/healthy-eating/the-20-best-snacks-for-kids/>)

A fun alternative to peanut butter and jelly sandwiches and a refreshing change for snack time.

Ingredients:

- Whole grain waffles
- Reduced-fat cream cheese
- Fruit jelly

Directions: Cook the waffles and let them cool. Cut the waffles into sticks. Spread cream cheese on each waffle stick. Top with drops of fruit jelly (or pieces of fruit).



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