

# FOOD PROGRAM Memo



**JUNE 2019**

***The May claim payment will be deposited or checks sent by Friday, June 28, 2019.***

## INCOME RENEWALS

Income renewal information will be sent on or about July 1st. If you receive income renewal information from us either by mail or email, please complete the form and send in with any required documentation no later than **July 24, 2019**.

You will only receive income renewal information if you are currently at the higher tier or have families that qualify. Please contact us if you have any questions or concerns. If you are currently a tier two provider (lower tier) you will not receive any paperwork. Please let us know if your income has changed and you would like to apply for tier one (higher tier) reimbursement. We will be more than happy to send you the proper forms.

## REMINDERS

- **Annual Recordkeeping Assignment:** The 2018-2019 Annual Recordkeeping Assignment was 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 assignment annually. You can find it on our website or call us and we will resend you a copy.
- **Paper claimers:** If you need menus/enrollment forms please call the office for these. Your nutrition specialist no longer carries these with her. Thanks

## PROVIDER SPOTLIGHT

We have been asking providers to share their tips and tricks with us around several topics. Below are some answers we've gotten back.

**"WHAT ARE YOUR SHORTCUTS/TECHNIQUES/TIPS TO GET HEALTHY MEALS READY FOR THE KIDS?"**

- Deb preps veggies for meals after shopping (eg, cuts them), and preps meals, then cooks them in crock pot in the morning. She got an instant pot and took a course in it. She uses her food processor to prepare veggies for more than one meal at a time, and bags them up for different meals. She goes to Pinterest and types in freezer meals - from that she can prep 12 different meals in 2 hours, then bags them up and puts in the freezer, and starts cooking each meal early in the morning.
- Brenda always makes sure she has staples on hand (like eggs) and that Costco is a great resource for good quality frozen fruits and vegetables which can be made quickly. Her advice is to think ahead - she plans meals for the week, double cooks for her family and kids, and cooks the night before. In addition, she buys beef from a farmer and have a big freezer to always have meat on hand.

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“HOW DO YOU DEAL WITH PICKY EATERS/OVER EATERS/UNDER EATERS?”

- Brenda says having the kids help with gardening helps pique their interest in trying vegetables. Parents tell her the kids are picky at home, but they're not picky at daycare. She tells the kids it's not a restaurant, you try it and if you don't like it, that's fine. She doesn't short order cook or give them something else if they're not eating what she's given them.
- Deb says - the kids are not allowed to say yuk, etc. She asks them to try at least 2 bites, and she also asks them to try it the next time they have it, even if they didn't like it the first time, because "your tastes change". She doesn't make them something different if they don't like it.

## FOOD PROGRAM STAFF

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