

FOOD PROGRAM Memo



JUNE 2020

The May claim payment will be deposited or checks sent by Friday, June 26, 2020

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, 2020**.

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 automatically 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 2019-2020 Annual Recordkeeping Assignment was due in our office by June 1, 2020. 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 (<https://www.4-c.org/food-program/home-assignments.html>) or call us and we will resend you a copy.
- **On line claimers:** The CACFP.net system does not currently allow providers to withdraw children. If there is a child you need withdrawn, please send the 4-C office an email with the name(s) and withdrawal dates. Thanks!
- **DPI Waivers:** A reminder that the Non-Congregate Feeding Waiver and Meal Pattern Flexibility Waiver are both still in effect. For more information, the details memos on these waivers can be found on the 4-C CACFP website (<https://www.4-c.org/food-program/2020-program-year-memos.html>).

RECIPES

FRUIT KABOBS WITH YOGURT DIP

2 cups fruit of your choice (such as apples, strawberries, clementines, banana, kiwifruit)
1 8-ounce can chunk pineapple
1 cup vanilla yogurt
1 Tablespoon lemon or lime juice

Peel fruit if needed. Cut into bite sized chunks. Drain pineapple and reserve juice. Dip fruits that turn brown after peeling (bananas and apples) into reserved pineapple juice. Thread fruit pieces onto skewers or toothpicks. Stir together yogurt and lemon juice until smooth. Refrigerate until ready to serve.

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KID FRIENDLY VEGGIE DIPS

Creamy Pesto Dip

- 1 cup cottage cheese
- 2 tablespoon pesto

Combine ingredients in a high-power blender until smooth and creamy. Serve chilled.



Honey Mustard Hummus

- 1 15oz can white cannellini beans, drained and rinsed
- 1/4 cup yellow mustard
- 1/2 cup honey
- 1/2 teaspoon garlic powder
- salt and pepper to taste

Combine ingredients in a high-power blender until smooth and creamy. Serve chilled.

BROCCOLI APPLE SALAD

- 2 medium apples
- 4 cup shredded veggies, bagged (such as broccoli slaw)
- 1/4 cup poppy seed dressing, light
- 1/2 cup cranberries, dried
- 1/4 cup almonds, sliced



Dice apples and toss with broccoli slaw. Mix in a bowl with dressing. Add in the remaining ingredients; serve or store covered, in the refrigerator.

INFUSED WATER

Remember on these hots summer days to stay hydrated! Drinking water throughout the day doesn't have to be a chore; it can be fun and enjoyable – try adding fresh or frozen fruit and herbs to your water to give it a little zest!

- *Lemon Lime* (2 lemon slices & 2 lime slices)
- *Grapefruit Basil* (2 grapefruit slices & 2 basil leaves)
- *Blueberry Lemon Mint* (2 lemon slices, 1/4 cup blueberries, & 4 mint leaves)
- *Kiwi Strawberry Ice Cubes*: Place strawberries and kiwi in a bowl and using a wooden spoon or the end of an ice cream scooper, press down on the fruit until it becomes a thoroughly blended mixture. Divide fruit mixture into ice cube tray and top off with water. Freeze overnight and add to water the next day

FOOD PROGRAM STAFF

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