

# FOOD PROGRAM Memo



**MARCH 2019**

***The February claim payment will be deposited or checks sent by Friday, March 29, 2019.***

## ENROLLMENT RENEWAL

It's getting to be that time of year again.....the annual Enrollment Renewal. The information will be mailed or emailed to everyone the first week of April. Please follow directions in the letter or email you receive regarding the update, and return to the 4-C CACFP office promptly. Be sure all the information recorded is correct and up-to-date and the form signed by parents. Please make a copy of the signed enrollment renewal for your records before sending it in. The report is due in our office by **April 30, 2019**. Thank you!

## WHOLE GRAIN RICH

By now everyone is well aware that at least one serving of grains per day must be whole grain rich – but just how do you figure out if a product is Whole Grain Rich (WGR)? 4-C has been giving out various tools this fiscal year to each provider to help you determine Whole Grain Rich products.

At your 2<sup>nd</sup> visit of the year your Nutrition Specialist has given you or will be giving you a **CACFP Reference Guide**. The inside flap of this guide lists 6 ways to determine if a product meets WGR criteria.

- The 1<sup>st</sup> option is to find your product on the state WIC approved whole grain food list – everyone got this list in their New Year Folder.
- The 2<sup>nd</sup> option lets you know that for products such as crackers, bagels, tortillas, and biscuits, you will need to use a method other than the product being labeled “whole wheat” – such as The Rule of Three.
- The Rule of Three is explained in the middle of the CACFP Reference Guide as well as in this year’s Annual Recordkeeping Assignment. Keep in mind that because a product such as crackers or bagels labeled “whole wheat” needs further investigation to determine WGR, when you enter your menus online, these products will not automatically appear as WGR – you will have to manually move the slider button to indicate it’s WGR.

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## RECIPE

### Mediterranean Tuna Salad



Replace mayonnaise with a tangy, Italian salad dressing to create a delicious new twist on tuna salad. Serve it in a pita, on a bun or roll, on top of crackers, or by itself.

### Ingredients

9 ounces Tuna, chunk style, canned in water, drained  
3/4 cup Carrots, fresh, peeled, shredded  
1/2 cup Cucumber, fresh, unpeeled, 1/4" diced  
2/3 cup Peas, frozen  
1/3 cup Italian salad dressing  
3 Whole-wheat pitas

### Directions

Place drained tuna in a medium bowl. Break apart chunks of tuna, using a fork. Add carrots, cucumbers, peas, and salad dressing. Mix well. Cover and refrigerate for 2 hours, or until salad is chilled and peas are thawed. Cut each pita in half. Place 1/2 cup of tuna salad into the pocket of each pita half.

## FOOD PROGRAM STAFF

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