

FOOD PROGRAM Memo



MAY 2019

The April claim payment will be deposited or checks sent by Friday, May 31, 2019.

ENROLLMENT RENEWAL

Enrollment renewal reports were due in the 4-C CACFP office by April 30, 2019. **We still have a significant number of providers who have not yet submitted this.** If we do not receive the report by May 31, 2019, all daycare children will be withdrawn and you will need to re-enroll them. If you have any questions or need assistance with the report, please contact our office. Thanks!

DUE DATES COMING UP...

- **Annual Recordkeeping Assignment:** The 2018-2019 Annual Recordkeeping Assignment is 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.
- **Income Renewals:** All incomes expire on June 30, 2019. Income renewal information will be sent on or about July 1st. You will only receive income renewal information if you are currently at the higher tier (tier 1) or have families that qualify. If you receive income renewal information from us, please complete the form and send in with any required documentation no later than **July 22, 2019**. If you are currently at tier 2 (lower tier) or qualify based on school or census, you will not receive any paperwork. Please let us know if your income has changed and you would like to apply for the higher tier (tier 1). We will be more than happy to send you the proper forms. Please contact us if you have any questions or concerns.

REMINDERS

- **Enrollments** – for on line providers - please send signed enrollments as soon as possible. Even though the system allows you to enter in meals for a child as soon as you enter their information in, you will not be reimbursed for meals/snacks until we receive the signed enrollment form in the office. We do not back pay. If you are not sure you sent the enrollment, check in Kidkare under "My Kids". You will see a category marked "pending". This means we have not received the form.
- **Whole Grain Rich Crackers** – if you received a list of WGR crackers from your Nutrition Specialist at a home visit last year, please get rid of that list and replace it with the updated one on the 4-C website (www.4-C.org – click on Departments/Health & Safety Services/Food Program/Meal Pattern Requirements).

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PROVIDER SPOTLIGHT

When the 4-C Nutrition Specialist are out doing visits, they see lots of wonderful things that they share with the rest of the 4-C CACFP staff. We are going to start sharing some of these things in the memo so everyone can hear about them. Here are a few quotes from Nutrition Specialists to start out:

- “During a recent visit at Wendy and Kevin’s child care, Kevin was making a huge pot of homemade chicken soup. The children really love a warm bowl of homemade soup as part of their meal.”
- “Lori at a recent visit also made a batch of homemade chicken soup. She serves hers with less liquid and serves it more as a stew. The children enjoyed the warm soup after playing out in the cold and asked for seconds.”
- “Peggy has a three drawer cart with rollers that she has handy at the table with crackers, napkins, silverware and paper towels in case there’s a spill. Great idea Peggy!”
- “Betty has served quinoa to the children before, but decided to serve it for breakfast with strawberries and milk. The children like it and now it's become part of her regular breakfast menus.”

RECIPES

Berry Jams Party Bites

This healthy treat combines fruit, nuts, and whole grains to make sure you have lots of energy to dance and play all day.

Ingredients

3 whole grain english muffins
6 tablespoons peanut butter or sunflower seed butter
1 cup fresh or frozen (and thawed) sliced strawberries
1/2 cup fresh or frozen (and thawed) blueberries



Directions

Using a fork, gently split English muffin in half.
Spread 1 tablespoon of peanut butter on each English muffin half.
Layer strawberries and blueberries on top of each English muffin half, covering peanut butter. Serve immediately or chill until served.

Notes:

- ✓ Instead of strawberries and blueberries, use pineapple (canned in 100% juice is OK) or bananas for a delicious twist.
- ✓ Allergic to nuts? Use sunflower seed butter in place of peanut butter.

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Bugs on a Log

Kids and adults can create their own combinations of the ingredients for a fun and healthy snack activity.

Ingredients

"Logs"

- 1 celery stalk (Cut into 3 pieces)
- Apple slices
- Carrot, raw, sliced into 3" pieces



Spread

- 1 tablespoon cream cheese, low fat (Cream Cheese (spread))

"Bugs"

- 1 tablespoon raisins (regular or golden)
- Unsweetened whole grain cereal
- Peanuts, chopped

Directions

Choose one "log" option, top with a spread and sprinkle with a "bug."

FOOD PROGRAM STAFF

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