

# FOOD PROGRAM Memo



**MAY 2020**

The April claim payment will be deposited by Friday, May 29<sup>th</sup>.

## REMINDER OF ANNUAL RE-ENROLLMENT

Information regarding this process was sent out to everyone the beginning of the month of April. A copy of the email as well as the full document can be found on the 4-C CACFP website where the monthly memos are posted <https://www.4-c.org/food-program/2020-program-year-memos.html>.

**PLEASE NOTE:** We acknowledge that the timing of this is less than ideal due to the current COVID-19 Pandemic. We understand that many child care providers are either temporarily closed or not operating in their normal capacity. All children currently enrolled in care expired on April 30<sup>th</sup>.

- If no paperwork is submitted to our office by May 31<sup>st</sup> then the children will need to be re-enrolled in order to submit a claim after that date.
- For those providers who are not currently providing care, you can get the paperwork ready for when you open again and submit it back to 4-C CACFP at that time.
- For those providers who have children not currently coming to care, you can get the paperwork ready for when they come back to care and submit it back to 4-C CACFP at that time.

If you have questions on any of this, please reach out as we would be happy to answer any questions and help you figure out how this process will work with whatever your current situation is.

## MEAT ALTERNATES

Worried about a possible meat shortage? Please remember there are many ways to meet the meal pattern requirements with Meat Alternates including cheese, yogurt, soy yogurt, dry beans and peas, whole eggs, tofu, tempeh, peanut butter or other nut or seed butters, and nuts and seeds. You can also use canned beans (black, pinto, etc.), and canned fish/tuna. Below is a compilation of helpful resources for Meat/Meat Alternates that we have shared in the past.

- ❖ Vary Your Protein Foods - USDA Team Nutrition [https://fns-prod.azureedge.net/sites/default/files/tn/NibblesProtein\\_Eng.pdf](https://fns-prod.azureedge.net/sites/default/files/tn/NibblesProtein_Eng.pdf)
- ❖ Serving Meat and Meat Alternates at Breakfast – USDA Team Nutrition <https://fns-prod.azureedge.net/sites/default/files/tn/CACFPMeatAlt.pdf>
- ❖ Cheese slices and nut seed butters - DPI [https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/cheese\\_slices\\_nut\\_seed\\_butters.pdf](https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/cheese_slices_nut_seed_butters.pdf)
- ❖ Creditable and non-creditable cheese - DPI [https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/creditable\\_noncreditable\\_cheese.pdf](https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/creditable_noncreditable_cheese.pdf)
- ❖ Local Meats, Poultry, and Eggs [https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/local\\_meats\\_poultry\\_and\\_eggs.pdf](https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/local_meats_poultry_and_eggs.pdf)
- ❖ 4-C CACFP Home Assignment "How to Use Meat/Meat Alternates to Save Money and Increase Nutrition with the New Meal Pattern." <https://www.4-c.org/food-program/home-assignments.html>

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## YOUR IDEAS



Do you have any meat/meat alternatives recipes or ideas you would like to share with providers? We would like to hear from you and put these in our next memo. Please email your recipes or ideas to us at [foodprog@4-c.org](mailto:foodprog@4-c.org). We would love to hear from you.

## 4-C UPDATES

We will continue to forward any information we receive from USDA and DPI. Please continue to visit the 4-C COVID-19 webpage for 4-C updates <https://www.4-c.org/contact-us/4-c-covid-19-updates.html>.

**WGR Flowchart:** DPI has created a flow chart to help in determining if your food item is Whole Grain Rich (WGR). The chart starts with different types of grains at the top (cereal vs. bread/bun/roll/pasta vs. other grains such as crackers, bagels, waffles, tortillas, biscuits, pancakes, etc.) and provides steps to determine if that grain is WGR or not. You can find this chart online:

[https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/wgr\\_flow\\_chart.pdf](https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/wgr_flow_chart.pdf)

**The USDA Crediting Handbook for the CACFP:** This lists common food items for each component and identifies them as creditable or not creditable to the meal pattern. This resource has finally been revised to reflect the updated CACFP meal pattern requirements. The handbook can be found online:

[https://fns-prod.azureedge.net/sites/default/files/resource-files/FNS\\_Crediting\\_Handbook.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/FNS_Crediting_Handbook.pdf)

## RECIPES

### **Sweet Potato Black Bean Skillet**

- 2 large sweet potatoes (peeled and cut into even sized cubes)
- 3 Tbsp. olive oil
- 1 tsp. chili powder
- 1 tsp. cumin powder
- Salt & pepper
- 1 small onion chopped
- 1 Tbsp. garlic chopped
- 1 (14 oz) can black beans (rinsed)
- 1 cup frozen corn

Heat oven to 425 degrees. Put cubed sweet potatoes on foil lined baking sheet. Drizzle 2 Tbsp. olive oil over potatoes. Toss to mix. Sprinkle chili powder, cumin, salt and pepper on potatoes. Toss to mix. Bake for 15-20 minutes or until done. Meanwhile in the skillet heat remaining 1 Tbsp. olive oil. Add onions and sauté until caramelized. (about 6 minutes). Add garlic and sauté for about one minute. Add the beans and corn. Heat thoroughly. When heated add sweet potatoes. Sprinkle with feta Cheese if desired.

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## Margarita Pizza Quesadilla

4 flour tortillas  
8 oz. marinara sauce plus more for serving  
6 oz. mozzarella cheese grated  
8 basil leaves chopped

Heat up a nonstick pan big enough to fit the whole tortilla. Place one tortilla on hot surface of the pan. Spoon 2 oz. of marinara sauce over the tortilla. Sprinkle 3 oz. of mozzarella cheese followed by half the basil over the marinara sauce. Place another tortilla on a cutting board and spoon 2 oz. of marinara sauce. Carefully put this tortilla (marinara sauce facing down) on top of the tortilla in the pan. Cook for about 4 minutes until the cheese is melted and the bottom tortilla is crispy. Using spatula flip the quesadilla upside down and cook for another 2-3 minutes. Remove quesadilla from the pan onto the cutting board and cut into 4 slices. Repeat the process for a second quesadilla.

## Vegan Breakfast Cups

2 cups chickpeas, dried  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1 teaspoon baking soda  
1 teaspoon turmeric  
½ teaspoon salt  
½ teaspoon pepper  
1 tablespoon yeast  
1 ½ cups water  
1 cup almond milk or milk  
1 tablespoon apple cider vinegar

Optional Toppings: pepper, onion, broccoli, mushroom

In a powerful blender, pulse chickpeas until they reach a powder-like state. Transfer chickpea flour to a strainer and strain over a large bowl. Add the garlic powder, onion powder, baking soda, turmeric, salt, pepper, and nutritional yeast and stir to combine. Preheat oven to 400°F. In a bowl or liquid measuring cup, combine water, almond milk, and apple cider vinegar and stir to combine. Pour the liquid mixture into the dry mixture and whisk until smooth. Let batter rest for 2 minutes. Pour the mixture into a cupcake tin and add your toppings of choice. Bake 15 minutes. Allow to cool, but serve warm.

## THANK YOU AGAIN!

We want to continue to thank everyone for their patience and understanding while we navigate this unprecedented situation. We appreciate family child care providers and all that they do!



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