

FOOD PROGRAM Memo



NOVEMBER 2018

The October claim payment will be deposited or checks sent by Friday, November 30, 2018.

REMINDERS

At every home visit you have during the year, you've heard your 4-C Nutrition Specialist ask if you have your "Non-expiring Sponsor Agreement" on file. This is the form that you signed when you joined the food program (whether it was 2 months ago or 20 years ago) that you are required to have on file permanently. If you for some reason cannot locate your agreement, you can contact the office to send you a copy; however, keep in mind that it is your responsibility to have this on file at all times and we should not be sending it to you on a regular basis.

DID YOU KNOW....

*DPI has recently updated some of the handouts on their website, specifically:

- Store Bought Combination Foods (<https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/cnlabelhandout.pdf>)
- Foods for Infants in the CACFP (https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/foods_for_infants.pdf)

*If you missed one of the USDA Team Nutrition, CACFP Halftime: Thirty on Thursdays Training Webinars.....they are all recorded and available in both English and Spanish on their website (<https://www.fns.usda.gov/tn/webinars-and-training>). Topics available include:

- Choose Yogurts That Are Lower in Added Sugars
- Meal Planning for the CACFP
- Serving Meat and Meat Alternates at Breakfast
- Adding Whole Grains to Your Menu
- Methods for Healthy Cooking



THANK YOU

Thank you for all that you do for children by providing them nutritious meals while in your care! We know that child care settings significantly influence children's eating patterns and that 65% of children are enrolled in child care and spend on average 33 hours per week there. The meals and snacks they are provided while in child care makeup 50-75% of their overall diet. Since children's healthy habits are developed at a young age, it is critical to start nutrition education early. Your commitment to providing children healthy and nutritious foods by being a part of the CACFP is very much appreciate and applauded!



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RECIPE

Pear Quesadillas



Canned pears and cheese go well together in this quesadilla, with lots of added flavor from basil, onion, and pepper jack cheese.

Ingredients

- 2 wheat tortillas (8" diameter)
- 1/2 cup shredded pepper jack cheese
- 1/2 cup shredded mozzarella cheese
- 1 tablespoon dried basil
- 2 tablespoons chopped onion
- 2 canned pear halves (sliced thin)
- 2 teaspoons olive oil

Directions

1. Sprinkle cheese, onion, and dried basil on half of each tortilla. Place pear slices on top of other ingredients in each tortilla.
2. Brush each side of folded tortillas with olive oil.
3. Heat each folded tortilla in a non-stick skillet until cheese melts, about 2 to 3 minutes on each side.
4. Cut quesadilla into four pieces and serve immediately.

Source: Center for Nutrition Policy and Promotion

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