

FOOD PROGRAM Memo



OCTOBER 2018

The September claim payment will be deposited or checks sent by Friday, November 2, 2018.

CACFP NEW YEAR

October 1st marked the beginning of a new Federal Fiscal Year for the 4-C CACFP. All Food Program documents need to be kept on site for **three years plus the current year**.

October 1st is also when the grace period for implementing the new meal patterns ended – which means that some claim errors that have been “warnings” during the past year will now become “deductions.”

With all the focus on remembering to serve one whole grain a day, don't forget some of the other changes, such as:

- Juice can only be served once per day
- At breakfast you may serve meat or meat alternatives in place of bread no more than three times per week.

REMINDERS

- ✓ **Paper claimers** – be sure to sign at least the first page of your menus.
- ✓ **On line claimers** – please send in your signed enrollment forms immediately upon enrolling a child. You can fax (608-271-5380) scan and email (bette.miller@4-c.org) or put in the mail. If we do not receive the signed enrollments before we submit a current claim, you cannot be reimbursed for those snacks/meals for that child(ren) for that month. Do not send in the enrollment worksheet. You must send in the actual enrollment form with a parent's signature.
- ✓ **Water must be offered to the children throughout the day.** Ask children whether they would like water at different times during the day – for very young children, help them understand by showing them a cup or pitcher when you offer water.
- ✓ **If you are going to be Closed or Away from your home during a meal time -** make sure to let your Nutrition Specialist know before 8:00am that day by emailing, calling, or sending a text. Remember, if your Nutrition Specialist arrives at your home during your normal meal/snack serving time and you are not home (and didn't report it to 4-C CACFP) you will lose payment for that meal or snack, per USDA policy. Have you changed your normal serving times? Please notify your Nutrition Specialist.

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DID YOU KNOW....

USDA Team Nutrition has nutrition newsletters for parents of young children called "Nibbles for Health." These colorful and engaging newsletters can be shared by CACFP program providers with parents to communicate information about population nutrition topics (such as Encouraging Vegetables and Tips for a "Choosy Eater.") There are a total of 12 newsletters available in both English and Spanish on the Team Nutrition website: <https://www.fns.usda.gov/tn/nibbles>.



Roasted Pumpkin Seeds

*2 cups of cleaned and dried pumpkin seeds
3 tbsp melted butter
1 tsp salt
1 tsp Worcestershire sauce*

- ✓ Line a 15-in. x 10-in. cookie sheet with foil and spray the foil.
- ✓ In a small bowl, combine all ingredients; spread into prepared pan.
- ✓ Bake at 250° for 45-50 minutes, stirring occasionally. Increase heat to 325°. Bake 5 minutes longer or until seeds are dry and lightly browned.
- ✓ Serve warm, or cool before storing in an airtight container. Yield: 2 cups.



Clementine Jack O Lanterns

*1 bag of clementines
4 stalks of celery*

To assemble your pumpkins: Peel all of your clementines. Cut the celery into 1" lengths. Place one piece of celery into the top of each clementine. That's it!! This is so easy to do that even toddlers can get involved. Kids are always more likely to eat food that they help prepare.

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