

# FOOD PROGRAM Memo



**SEPTEMBER 2020**

*The August claim payment will be deposited or checks sent by Friday, Sept. 25<sup>th</sup>.*

## REMINDERS

**On line providers:** After you pre-enroll a child, there is now an alternative way you can complete the enrollment process without using the paper enrollment form sent out by the office. This is the same one that was used for the annual re-enrollment. After a child is pre-enrolled, you then:

- Go to “My CACFP info”: and click on “enrollment”
- Select the child and then “display report”
- Click on the  and select either Word or PDF
  - If you choose PDF you will have to print and hand write in the info
  - If you choose Word you would click on enable printing on the yellow area and you will be able to type in the information, then print it off
  - Then make a copy of the signed form and send one to the 4-C CACFP office.

### All Providers:

- If you need to withdraw a child, you should contact the 4-C CACFP office by calling, leaving a voicemail, or sending an email. Please include information regarding the child’s name and withdrawal date.
- If you need to request paper enrollments and/or infant menus, you can contact the 4-C CACFP office by calling, leaving a voicemail, or sending an email.

## USDA TEAM NUTRITION

USDA Team Nutrition has updated some of their resources for finding recipes.

- ❖ There are over 45 new USDA standardized recipes for the CACFP that come in yields of six servings for 3-5-year-olds – including Tuscan Grilled Cheese Sandwich, Spiced Oatmeal, Vegetable Chili, and more! <https://www.fns.usda.gov/tn/standardized-recipes-cacfp>
- ❖ Looking for recipes that are easy to make, delicious, and use shelf stable ingredients? USDA has recipes like Mini Salmon Loaves, Chickpeas and Tomatoes, and Red Beans and Rice. <https://www.fns.usda.gov/tn/team-nutrition-recipes>
- ❖ Do you have more school agers in care right now than you normally do? Team Nutrition Cooks! is a series of cooking-based nutrition activities for children around ages 8 to 12 years old. These activities can spark children’s interest in trying new foods and help empower them with skills for independence. Cooking can also help kids become more interested in making healthy food choices that can help build and

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support good eating habits throughout their lifetime.

<https://www.fns.usda.gov/tn/cooks>

- ❖ The Child Nutrition Recipe Box provides child care homes with delicious new dishes in small batches that meet the Child and Adult Care Food Program (CACFP) meal pattern requirements. These kid-friendly recipes are standardized to provide updated crediting information for easy menu planning. They also include recipes made with legumes, whole grains, and/or dark green, red, and/or orange vegetables. These recipes are for 6 servings. <https://theicn.org/cnrb/recipes-for-child-care/recipes-for-homes/>

## RECIPES

### Sweet Potato Black Bean Quesadillas

- 3 small sweet potatoes - *scrubbed but not peeled*
- 1 tablespoon chili powder
- 1 tablespoon cinnamon
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoon kosher salt - *divided*
- 1/2 teaspoon ground chipotle chili pepper
- 2 teaspoons extra virgin olive oil
- 1 medium yellow onion - *diced*
- 2 cloves minced garlic
- 1 can reduced sodium black beans - *(15 ounces) rinsed and drained*
- 6 medium-sized 100% whole wheat flour tortillas
- 1 1/4 cups freshly grated sharp shredded cheddar cheese



Cut potatoes into 1-inch chunks. Place in a large saucepan, cover with water, then bring to a boil. Continue boiling until the potato chunks are fork tender, about 8 minutes. Remove pot from heat, drain the potatoes, return the potatoes to the pot and mash. Stir in the chili powder, cinnamon, cumin, smoked paprika, 1/4 teaspoon kosher salt, and chipotle chili pepper until incorporated. Set aside.

Meanwhile, heat the olive oil in a large skillet. Add the onions sauté until beginning to soften, about 3 minutes. Add the garlic and remaining 1/4 teaspoon salt. Continue to sauté until onions are translucent, about 5 minutes more. Stir the sautéed vegetables into sweet potato mash. Stir in black beans until all ingredients are evenly distributed.

Heat a large skillet over medium heat, then lightly coat with cooking spray. Place a single tortilla in skillet, then spoon a heaping 1/2 cup of filling onto half of the tortilla and sprinkle with 3 tablespoons of shredded cheese. Fold the empty half of tortilla over the top. Let cook until the bottom of the tortilla is browned and lightly crispy (about 1-2 minutes), then flip and brown the other side. Serve immediately with any desired toppings.

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**Note:** Leftover sweet potato black bean quesadilla filling can be refrigerated for up to 5 days or frozen for up to 2 months.

## Tuscan Grilled Cheese Sandwich

- 1 oz Margarine, trans fat-free
- ¼ tsp Garlic powder
- ¼ tsp Dried basil
- ¼ tsp Dried Oregano
- 12 slices Whole-grain bread, sliced
- 7 oz or 7-1 oz slices Low-fat mozzarella cheese
- 8 oz or ½ of a small bag Fresh baby spinach leaves, divided evenly into 6 servings 10 leaves each
- 12 oz or about 4 medium Fresh tomatoes, ¼" sliced evenly



Preheat oven to 400 °F. Melt margarine in a large saucepan, then add garlic, basil, and oregano. Stir well. Set aside.

Evenly coat a baking sheet (18" x 13" x 1") with butter flavored release spray. Place 12 bread slices on baking sheet. Place (about 1 oz) cheese slice on top of each slice of bread and then ⅔ cup (about 10 leaves) spinach on top of cheese. Next place 2 slices of tomatoes ¼" each on top of spinach and then place 1 slice of bread on top of each sandwich. Brush the top of each sandwich with margarine mixture.

Bake until lightly browned for 15-20 minutes.

## FOOD PROGRAM STAFF

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