

# FOOD PROGRAM Memo



**FEBRUARY 2022**

***The January claim payment will be deposited or checks sent by Friday, February 25, 2022.***

## FFY 21-22 ANNUAL RECORD KEEPING ASSIGNMENT

Information regarding the Annual Record Keeping Assignment was sent out in last month's memo - a huge Thank You to the 47 providers who have already submitted their assignment! For those of you who still need to complete it, reminders below about where to find it.

**WHERE DO I FIND IT?** The Record Keeping Assignment is available on the 4-C website. Or just click on the links below:

*Annual Training Assignment*

<https://www.4-c.org/wp-content/uploads/2022/01/Recordkeeping-Assignment-FFY-21-22.pdf>

*Annual Training Answer Sheet*

<https://www.4-c.org/wp-content/uploads/2022/01/Answer-Sheet-FFY-21-22.pdf>

**HOW DO I COMPLETE THE ASSIGNMENT?** Here are the steps:

- ✓ Read through the entire Record Keeping Assignment online.
- ✓ Print the Answer Sheet and fill it out completely.
- ✓ Return the completed and signed Answer Sheet to the 4-C CACFP office by September 1, 2022.
- ✓ Wait for your certificate to be either emailed or mailed to you (if you do not receive this, please contact the office as it means we may not have gotten your assignment).

## COST SAVING TIPS



We have all been having lots of conversations lately about the rising cost of food and 4-C CACFP has been brainstorming on ways we can help. We decided to add a recurring section to the monthly memo to share resources and cost saving tips that we come across.

We also want to hear from you! We would love to hear about your ideas, recipes, etc. that you have implemented to help save money while feeding the kids healthy foods. If you click [here](#) you can fill out a quick form to submit these ideas to 4-C CACFP to be featured in a future memo.

**Here are this month's resources:**

[17 Grocery Store Hacks That Will Cut Your Bill in Half](#) – 17 Tips for how to save money on groceries.

[Eating Healthy On a Budget](#) – Healthy eating is important at every age – and can be done on a budget.

[4-C Master Mix](#) – it's a recipe that can be used as a starter to make biscuits, muffins, pancakes, and pizza dough. Use it in place of boxed and store-bought commercially prepared items!

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The Child Nutrition Recipe Box has new CACFP Lunch/Supper recipes. Here is a link to the all of the recipes: <https://theicn.org/cnrb/2022-cacfp-recipes/>. Below are a few to highlight:



#### **Baked Tofu Bites**

[https://theicn.org/cnrb/pdfs/CACFP\\_Lunch\\_Supper\\_Recipes\(English\)1-20/CACFP-Lunch-Supper-Baked-Tofu-Bites-ages3-5.pdf](https://theicn.org/cnrb/pdfs/CACFP_Lunch_Supper_Recipes(English)1-20/CACFP-Lunch-Supper-Baked-Tofu-Bites-ages3-5.pdf)



**Mini Meatloaf Patties** [https://theicn.org/cnrb/pdfs/NEPB-Lunch-Supper-3-5yr\\_6serving/CACFP-Lunch-Supper-11-20\\_Mini-Meatloaf-Patties.pdf](https://theicn.org/cnrb/pdfs/NEPB-Lunch-Supper-3-5yr_6serving/CACFP-Lunch-Supper-11-20_Mini-Meatloaf-Patties.pdf)



#### **Shredded Zucchini and Pasta**

[https://theicn.org/cnrb/pdfs/CACFP\\_Lunch\\_Supper\\_Recipes\(English\)1-20/CACFP-Lunch-Supper-Shredded-Zucchini-and-Pasta-ages3-5.pdf](https://theicn.org/cnrb/pdfs/CACFP_Lunch_Supper_Recipes(English)1-20/CACFP-Lunch-Supper-Shredded-Zucchini-and-Pasta-ages3-5.pdf)



#### **Ground Turkey Wraps or Pinwheels**

[https://theicn.org/cnrb/pdfs/NEPB-Lunch-Supper-3-5yr\\_6serving/CACFP-Lunch-Supper-11-20\\_Ground-Turkey-Wraps-or-Pinwheels.pdf](https://theicn.org/cnrb/pdfs/NEPB-Lunch-Supper-3-5yr_6serving/CACFP-Lunch-Supper-11-20_Ground-Turkey-Wraps-or-Pinwheels.pdf)

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## RECIPES

### CHECK OUT CHICKPEAS

Chickpeas, also known as garbanzo beans, are an excellent source of protein and fiber. They can credit as a vegetable or a meat alternate. Try roasting a pan of chickpeas in light olive oil and seasoning to get a crunchy texture that kids are sure to enjoy.



### Chickpea Dip

#### *Ingredients*

- 1 15 oz can of chickpeas
- 4 cloves of garlic
- 1/4 cup fresh lemon juice
- Salt to taste

#### *Choose one as complementary side*

- 3 oz eq whole-wheat pita chips
- 36 celery or carrot sticks, 1/2" by 4"

#### *Directions*

1. Drain and rinse chickpeas.
2. Combine chickpeas with garlic and lemon juice in a food processor.
3. If crediting chickpeas as a meat alternate, serve 1/2 cup with either 1/2 oz eq whole-wheat pita chips, or 6 celery or carrot sticks.
4. If crediting chickpeas as a vegetable, serve 1/2 cup with 1/2 oz eq whole-wheat pita chips.

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