

# FOOD PROGRAM Memo



**JANUARY 2022**

The December claim payment will be deposited or checks sent by January 28, 2022.

## 2021-22 ANNUAL RECORD KEEPING ASSIGNMENT

It's time once again for the Annual Record Keeping Training! A reminder that it is a requirement from DPI and USDA to complete this training in order to continue participating in the Food Program. While it may seem repetitive to complete this assignment every year, it is helpful to refresh yourself on the requirements of the Food Program. Although you technically have until September to complete the training to meet the requirement, we highly encourage you to complete it as soon as possible as this will give your Nutrition Specialist time to review any of the questions with you at home reviews.

**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).

## ANNUAL WISCONSIN CHILI LUNCH



Participate in the annual Wisconsin Chili Lunch celebrating the use of local foods in early care! Support local farmers by serving the Wisconsin Chili Lunch recipe in your family day care home on Thursday, February 24, 2021. Make the Wisconsin Chili Lunch recipe special by using locally-grown ingredients and customizing it to meet your needs. This event is a great opportunity to highlight Farm to Early Care and Education efforts, incorporate more local foods, and support farmers across the state! For more information and registration, please visit the [Wisconsin Chili Lunch](#) webpage.

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## CLAIM SUBMISSION & REIMBURSEMENT SCHEDULE FOR 4-C CACFP 2022

<https://www.4-c.org/wp-content/uploads/2022/01/Claim-Submission-2022-English.pdf>

CLAIM MONTH	DATE DUE IN THE 4-C OFFICE	TENTATIVE DATE OF DIRECT DEPOSIT
January 2022	February 5, 2022	Friday, Feb. 25, 2022
February 2022	March 5, 2022	Friday, March 25, 2022
March 2022	April 5, 2022	Friday, April 29, 2022
April 2022	May 5, 2022	Friday, May 27, 2022
May 2022	June 5, 2022	Friday, June 24, 2022
June 2022	July 5, 2022	Friday, July 29, 2022
July 2022	August 5, 2022	Friday, August 26, 2022
August 2022	September 5, 2022	Friday, September 30, 2022
September 2022	October 5, 2022	Friday, October 28, 2022
October 2022	November 5, 2022	Friday, November 25, 2022
November 2022	December 5, 2022	Friday, December 30, 2022
December 2022	January 5, 2023	Friday, January 27, 2023

## RECIPES

### Yogurt Cornbread

#### Ingredients

1 cup yellow cornmeal  
1/4 cup all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/4 teaspoon baking soda  
1 large egg, lightly beaten, room temperature  
1 cup fat-free plain yogurt  
1/2 cup fat-free milk  
1/4 cup canola oil  
1 tablespoon honey



#### Directions

Preheat oven to 425. Combine the first 5 ingredients. In another bowl, combine remaining ingredients. Stir into dry ingredients just until moistened. Pour into an 8-inch square baking dish coated with cooking spray. Bake until a toothpick comes out clean, 16 to 20 minutes.

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*This institution is an equal opportunity provider.*

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## Banana Snowmen

<https://www.cacfp.org/2020/12/22/banana-snowmen/>

Make this cute and easy snack! Cut a banana into 12 discs. Place three discs on a lollipop stick, as well as half a strawberry and a sliced grape. Let your kids decorate their snowmen with chopped raisins for the eyes and buttons, and a small slice of carrot for the nose. Serve with a tablespoon of peanut butter for a #CACFPCreditable snack for ages 1-5.



## January Snack Attack from National CACFP Sponsors Association

*Here are some #CACFPCreditable snacks for you to try out this month:*

Steamed apples and graham crackers (Fruit/Grains)

Halved blueberries and cottage cheese (Fruit/Meat Alternate)

Diced pears and toast (Fruit/Grains)

Shredded carrots and sliced banana (Vegetable/Fruit)

Cooked green peas and crackers (Vegetable/Grains)



## What's the Difference Between a Legume, Bean, and Pulse?

[Find the full article here: <https://www.patriciabannan.com/blog/nutrition/whats-the-difference-between-a-legume-bean-and-pulse/>]

*What are Legumes?* Legumes include all types and forms of beans and peas and are the umbrella family that all beans, peas, and pulses fall under. The main types of legumes include: dry and fresh beans, and soybeans, dry and fresh peas, lentils, chickpeas, and peanuts.

*What are Pulses?* Pulses are the dried seeds of the legume plants. Not all legumes are pulses. The different types of pulses include: dry beans, chickpeas, lentils, and dry peas.

*What are Beans?* Beans and legumes are often used interchangeably; however, even though beans are legumes, there are other legumes that cannot be classified as beans. Beans are also a type of pulse. Some of the most common types of beans include: pinto beans, kidney beans, great northern beans, fava beans, lima beans, mung beans, cannellini beans, and black beans.

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Click here for recipes: <https://www.usapulses.org/tips/recipes>



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