

# FOOD PROGRAM Memo



**MARCH 2022**

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

## ANNUAL CHILD ENROLLMENT RENEWAL

It's that time of year again – when providers must complete the annual Child Enrollment Renewal!

**Online claimers** will get an email the first week of April with all the details on how to complete this.

**Paper Claimers** will be sent the information in the mail.

## REMINDERS

**Hitting “submit” for online claims** - Please remember that you cannot submit your claim until AFTER you have served your last meal or snack for that month. You never know what may happen throughout the course of a day – you may have entered a child in attendance at a meal who ended up leaving early. We may have to disallow meals submitted before they are served.

**Infant Menu Entry for online claims** - Please remember to scroll down in your menu screen to enter the infant components below the regular meal components. When you are entering in your attendance/meal counts – any infants enrolled are highlighted in green, reminding you to enter in separate infant components.

**Serving breakfast** - when serving a meat or meat alternative in place of the grain requirement (which is allowable up to 3 times per week) remember you also need to serve a fruit or vegetable. The meat/meat alternate only substitutes for the grain component.

## COST SAVING TIPS

A big thanks to those of you who submitted your Cost Saving Tips for us to share with everyone! We would love to keep hearing from everyone – you can click [here](#) to fill out a quick form to submit your ideas to 4-C CACFP to be featured in a future memo.

This month's Cost Saving Tips include:

- American Heart Association video - Grocery Shopping Tips to Reduce Stress

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*This institution is an equal opportunity provider.*

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<https://www.youtube.com/watch?v=KzOuB9zxpEc>

- Provider Rose C says "I love using the grocery pick up option! I plan my menu and then can easily shop on line for the groceries I need. It saves me so much time and money from impulse buying. I love being able to drive up and have the groceries put right in my car!"
- Anonymous provider says " Plant your own garden."

## RECIPES

### March Snack Attack from National CACFP Sponsors Association

Try out these nutritious #CACFPCreditable snacks when you plan your next grocery trip:

- Graham crackers and kiwi slices
- Ready-to-eat cereal and raisins
- Fruit salsa and pita chips
- Pineapple chunks and crackers
- Tortilla chips and pears



**Introducing Snack Inspiration:** Do you get tired of serving the same snacks every day? Are you having trouble finding new and creative ways to serve nutritious snacks to children in your care? Snack Inspiration is here to help! Snack Inspiration provides 240 different snack ideas! A program can serve a different snack each day all year long and never repeat the same snack twice. This resource includes snacks pairing the four food components (meat/meat alternate, grains, fruits, and vegetables) that are color-coded and arranged in a menu to help you offer a variety of foods. It also provides recipes that include crediting information, so programs know how much to serve to meet the CACFP meal pattern.

You can find the book online [https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/snack\\_inspiration.pdf](https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/snack_inspiration.pdf); in addition, DPI has provided us with paper copies that we hope to distribute once in-person home visits begin again!

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### **Peanut Butter Vanilla Yogurt Dip**

#### Ingredients

- 1 cup yogurt, vanilla
- 4 tablespoons peanut butter
- (Serve with fresh fruit or graham crackers)



Directions: Combine peanut butter and yogurt and mix well. Portion into ¼ cup containers. Refrigerate until ready to serve. Serve with fresh fruit or graham crackers.

*This recipe is adapted from a recipe for K-12 school food service created by Chef Sam Gasbarro and [HealthySchoolRecipes.com](http://HealthySchoolRecipes.com). For the original volume food service recipe, visit [PeanutsinSchools.org](http://PeanutsinSchools.org)*

### **5-Ingredient Sweet Potato & Sage Egg Muffins**

These easy sweet potato and sage egg muffins are packed with flavor and contain just 5 ingredients. Prepare a big batch in advance and enjoy easy, high protein snacks all week long! <https://www.edwinaclark.com/5-ingredient-sweet-potato-and-sage-egg-muffins/>

#### Ingredients

- 2 eggs
- 2 tbsp parmesan cheese or feta
- ½ cup baby spinach
- 2 fresh sage leaves
- 2 tbsp roasted sweet potatoes, cut into small pieces. Put a dash of salt and pepper
- Extra virgin olive oil, drizzle



#### Instructions

1. Preheat the oven to 375°F (190°C)
2. Liberally grease two cups in a non-stick muffin tin with cooking spray or line with silicon muffin cups.
3. Shred the baby spinach, fresh sage, and parmesan cheese/feta.
4. Divide the baby spinach, sweet potato, sage, and parmesan in 2. Sprinkle half of the spinach, sweet potato, sage, and parmesan into the two muffin cups. Reserve the other half of the ingredients for the top of the muffins.
5. Crack the eggs into a small bowl. Season the eggs with salt and pepper and beat the eggs with a whisk until bubbly.
6. Pour the eggs into the muffin cups.
7. Sprinkle the remaining spinach, sweet potato, sage and parmesan over the raw egg. Press the ingredients into the egg mixture with the back of a spoon.
8. Place the muffin tin into the oven and bake for 15-20 minutes or until the eggs are tender. Enjoy warm!

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