

# FOOD PROGRAM Memo



**APRIL 2022**

**The March claim payment will be deposited or checks sent by Friday, April 29<sup>th</sup>.**

## ANNUAL CHILD ENROLLMENT RENEWAL



Enrollment renewal information was sent to all paper claimers and emailed to all online claimers. It is important that this information is returned to the office by April 30<sup>th</sup>.


If you have any questions about accessing the enrollment renewal, please contact the 4-C office at 608-271-9181 or [food.program@4-C.org](mailto:food.program@4-C.org).

## RESOURCES



Every Kid Healthy Week (April 25-29, 2022)

<https://www.actionforhealthykids.org/get-involved/every-kid-healthy-week/>



**CACFP Vegetable and Fruit Snack Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Large Strawberry-Basil Fruit Smoothie	Protein-Powered Blueberry-Cranberry Smoothie	Hydrating Strawberry-Citrus Smoothie	Black Berry-Nectarine Smoothie	Guilt-Free Raspberry Smoothie
Small Strawberry-Basil Fruit Smoothie	Small Protein-Powered Blueberry-Cranberry Smoothie	Small Hydrating Strawberry-Citrus Smoothie	Small Black Berry-Nectarine Smoothie	Small Guilt-Free Raspberry Smoothie
Small Strawberry-Basil Fruit Smoothie	Small Protein-Powered Blueberry-Cranberry Smoothie	Small Hydrating Strawberry-Citrus Smoothie	Small Black Berry-Nectarine Smoothie	Small Guilt-Free Raspberry Smoothie
Small Strawberry-Basil Fruit Smoothie	Small Protein-Powered Blueberry-Cranberry Smoothie	Small Hydrating Strawberry-Citrus Smoothie	Small Black Berry-Nectarine Smoothie	Small Guilt-Free Raspberry Smoothie
Small Strawberry-Basil Fruit Smoothie	Small Protein-Powered Blueberry-Cranberry Smoothie	Small Hydrating Strawberry-Citrus Smoothie	Small Black Berry-Nectarine Smoothie	Small Guilt-Free Raspberry Smoothie

CACFP Vegetable and Fruit Snack Menu

<https://asphn.org/cacfp-veggie-and-fruit-snack-menu/>



USDA Team Nutrition "Let's Make a Snack! Child and Adult Care Food Program (CACFP) Snack Menu Planner for Children 3 Through 18 Years of Age.

<https://www.fns.usda.gov/tn/lets-make-snack>

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## COST SAVING TIPS



Thank you for continuing to share 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:

- Shop simple with My Plate <https://www.myplate.gov/app/shopsimple/desktop>
- Provider Dana L. says "Aldi! We love to get all our fresh produce at our local Aldi. There are always special buy produce items, so I seek these items out as they are at a temporarily lower price. I buy a few pounds if the item on sale is a popular fresh fruit-grapes, blackberries or cutie oranges are some of our favorites. The frozen veggies are in 12oz bags and can go as low as 74 cents. It's the perfect size for our group and so convenient for me as a provider, in that I can keep a variety of veggies in my freezer and have them steamed within a few minutes. They have a really nice Whole Grain bread called- Knock your Sprouts Off that the kids love, it makes a really great grilled cheese or avocado toast. I make hard boiled eggs in my instant pot and keep them on hand all week for a quick high protein snack, or as another option if the kids don't like what I'm serving. We also do black bean quesadillas as another meat free meal. This saves money in my budget so that when I do buy meat it can be high quality like Aldi's organic grass fed beef. Aldi is a small store that doesn't have everything you may need, so I keep the Walmart App open on my phone and whatever I can't find at Aldi I add to my pick up order at Walmart. I find the best prices by price comparing Aldi and Walmart- the free pick up order option at Walmart saves me time as I only need to go into one store each week."

## RECIPES

This month's focus is on health and less processed meat/meat alternates.

The USDA and the Dietary Guidelines say that 25% of our plate should be meat/alternates, 25% grains (preferably whole), 25% fruits, 25% vegetables.

Easy, healthy options for meat/meat alternates include eggs (omelets, scrambled, hard boiled, egg salad), yogurt, tofu, tuna, beans (in tacos, chili, and pasta salads) homemade pizza with a variety of toppings, rotisserie chicken (use leftovers in chicken salad, chicken soup, chicken fajitas, etc.).

Check out USDA's Serving Meat and Meat Alternates at Lunch and Supper handout: [https://growthzonesitesprod.azureedge.net/wp-content/uploads/sites/2039/2021/08/USDA-FNS-Serving-MMAs-at-Lunch-and-Supper-EN-SP-cacfp.org\\_.pdf](https://growthzonesitesprod.azureedge.net/wp-content/uploads/sites/2039/2021/08/USDA-FNS-Serving-MMAs-at-Lunch-and-Supper-EN-SP-cacfp.org_.pdf)

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### Make your own pizza night ideas:

<https://www.100daysofrealfood.com/make-your-own-pizza-night/>



### Make Your Own Chicken Nuggets:



#### INGREDIENTS:

- 1/2-pound chicken breast
- 1 large egg
- 1 dash salt
- 1/2 cup bread crumbs, plain
- 2 tablespoon butter, unsalted, melted
- 2 tablespoon honey mustard dressing

Boil five ounces of chicken breast for 20 minutes in water. In a blender, blend together cooked chicken breast, 1 egg and salt. Pack small balls of the meat mixture into cookie cutters and roll in bread crumbs. Or make meat mixture into small balls and roll in bread crumbs. Shapes are optional. Place shapes (or balls) onto a cookie sheet. Drizzle with a little butter to make them crispier. Bake at 400 degrees for about 10 minutes. Flip halfway through if you want both sides crispy. Dip in your favorite dip, like ketchup, honey mustard, BBQ sauce, or Ranch Dressing.

### Make Your Own Crispy Baked Tofu Nuggets:



#### INGREDIENTS:

- 32 ounces Tofu, firm
- 1/4 cup olive oil
- 1/2 cup white flour, whole wheat
- 1/2 cup Cornmeal
- 1 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/2 teaspoon onion powder

Preheat oven to 400 degrees and line a baking sheet with parchment paper or a silicone mat. Drain the blocks of tofu and cut each block into six rectangular slabs. Pat the slabs with a towel until they are good and dry, then cut each slab in half twice to make four Nuggets per slab. Pour the olive oil into a medium sized mixing bowl and set aside. In a gallon freezer bag, combine the whole wheat flour, cornmeal, salt, garlic powder, onion powder, and in batches, dunk nuggets into olive oil, then add them to the bag and shake until they're well coated. Arrange the nuggets close together on your baking sheet. Bake for 20 minutes, flip, and then bake 15 minutes more. Serve with ketchup, barbecue, or your favorite sauce for dipping.

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## FOOD PROGRAM STAFF

### **Health and Safety Services Manager**

Brianne Heidke  
brianne.heidke@4-C.org  
608-216-7014

### **Administrative Assistant**

Bette Miller  
bette.miller@4-C.org  
608-216-7028

### **Nutrition Specialists**

Jan Howe  
jan.howe@4-C.org  
608-219-6715

Robin Hunter  
robin.hunter@4-C.org  
608-219-6716

Wanda Rodriguez  
wanda.rodriguez@4-C.org  
608-712-1053

Mary Schott  
mary.schott@4-C.org  
608-219-6714