

NEWSLETTER

CACFP CHILD AND ADULT CARE FOOD PROGRAM NOVEMBER 2010

DIRECT DEPOSIT

Delaware Parents Association would like to let you know that we will be offering Direct Deposit to all the participants in the CACFP.

We must have a correctly completed form allowing our agency to use the information submitted to complete the transac-

tion. Please understand that you may withdraw from the program at any time as long as you give the required notification and you will receive a paper check in its place.

Should you have any questions please contact the office for additional support. To obtain a copy

of this form go to our "**homepage**" and click the link for forms.



DPA's goal is to begin this process during the month of December.

NEMOURS TRAINING

Some of you have been contacted by mail to attend the Nemours Training.

If you should receive correspondence in the mail

requesting your presence, we strongly urge that you attend the training.

Although these trainings are not

mandatory, by attending the trainings you will receive license credible hours along with valuable resources.

Nemours.org

SPECIAL POINTS OF INTEREST:

- *Direct Deposit*
- *Sample Menu*
- *Nemours Training*
- *Turkey Safety*

Important Websites:

USDA : usda.gov

Nemours: nemours.org

OCCL: kids.delaware.gov/occl

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Website:
www.delparents.org



Thawing Your Turkey Safely For The Holidays

IN THE REFRIGERATOR

- Thaw the turkey in its original wrap on a tray placed in the bottom section of the refrigerator.
- Allow about 24 hours of defrost time for every 5 pounds of turkey. Example: a 20 pound turkey will take 4 to 5 days to thaw.
- Do not thaw on the counter. Thawing at room temperature increases the risk of bacteria growth.
- At room temperature, bacteria on the turkey can grow rapidly when the outside portion of the bird begins to thaw. These bacteria can multiply to dangerously high levels producing toxins that cooking may not destroy.

IN COLD WATER

- Thawing in cold water is safe too. Submerge the bird in its wrapper in a deep sink of cold water and change the water every 30 minutes to keep it cold.
- Allow 30 minutes per pound to defrost a turkey in cold water. Do not use warm or hot water.

MICROWAVE THAWING

- Microwave thawing is another option. Make sure your microwave oven is large enough to hold the turkey especially if the oven has a rotating tray.
- Check manufacturer's instructions for the size turkey that will fit into your oven.
- Caution: Microwave defrosting is irregular, creating hot spots, which may encourage bacterial growth. Cook the turkey immediately after defrosting. Do not store in the refrigerator for cooking later.

Sample menu

Name: _____ Week Beginning: _____

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Milk	Milk	Milk	Milk	Milk	Milk
Juice/Fruit/Veg.	Peaches	Pears	Applesauce	Oranges	Bananas
Bread/Cereal	Oatmeal	Corn flakes	Pancakes	Wheat toast	Cheerios
Other					
AM Snack: * (select 2 items) Milk	Water	100% Apple juice	Milk	100% Grape juice	water
Meat/Meat Alt.	Peanut butter				Yogurt
Juice/Fruit/Veg.	celery		Carrot sticks		strawberries
Bread/Cereal		pretzels		Cheezit crack-ers	
Lunch: Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alt.	Chicken	Hamburger	Egg salad	Tuna fish	Beef meatballs
Veg. or Fruit	Green beans	corn	Broccoli	peaches	Tomato sauce
Veg. or Fruit	Applesauce	Salad	Mixed fruit	carrots	salad
Bread	Crescent rolls	Lasagna noo-dles	Wheat bread	Wheat crackers	spaghetti
PM Snack: * (select 2 items) Milk	Milk	Milk	100% apple juice	Water	100% grape juice
Meat/Meat Alt.			cheese	Peanut butter	
Juice/Fruit/Veg.		Oranges		apples	
Bread/Cereal	Animal crackers		Ritz crackers		toast
Supper: Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alt.	Pork chops	Pot roast	Hamburger	Chicken	Fish
Veg. or Fruit	Greens	cabbage	asparagus	Green beans	succotash
Veg. or Fruit	Brown rice	Sweet potatoes	pears	Mashed pota-toes	applesauce
Bread	Pasta salad	Rolls	Pasta/Bread sticks	rolls	Wheat bread

**Snack only.... Items must be from two (2) different 'food component' groups.
In addition, if Milk is selected for one snack component - no Fruit/Veg. juice is allowed.*

December 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
)		1. Dec. Menu's Due (Center's Only)	2. Center Claim due	3.	4.
5. Claim Due Day Care Homes	6.	7.	8.	9.	10.	11.
12.	13.	14.	15. Center Financials	16.	17.	18.
19.	20.	21.	22.	23.	24.	25. Enrollments License, etc. due
26.	27.	28.	29.	30.	31.	

Mis-Spelled Words

Can You Guess What the Word Should

Be??

Rools

Clergy

Beegle

Trucky

Brand

Spagetty

Brokoli

Spanish

Banan

Corn Flacks

Tax Season

Tax Season is slowly approaching. For those of you who prefer reporting your taxes under your business, please provide us with your EIN number as well as the Business Name so that it can be printed on your 1099 correctly.

Goodbye & Good Luck

Jennifer Downs
(DPA Bookkeeper)

We wish her well in her
new endeavours!

Disclaimer:

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