

Child And Adult Care Food Program (CACFP)

Newsletter

Delaware Parents Association, Inc.
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Coming Soon :

- The “Crediting Foods Guideline Booklet” will soon be available to view at our website. (www.delparents.org)
- Staff email addresses will be listed under the “Contact Us” link on the website.

Important Reminders:

- Please **STOP** indicating the type of **MILK** you serve on your menu's (ex.: 1 %, whole, etc.) because if it is indicated incorrectly,, your meal will be disallowed. All **MILK** will be verified during your home monitor's visit.
- If you claim a meal that is **NOT** approved on your application, you will not get credit for that meal. (only **APPROVED** meals will be paid).
- Please **DO NOT** send enrollments with your claim. Enrollments should reach the office on or before the 25th of each month. This has become an ongoing inconvenience for staff and if your enrollment reaches the office past the assigned due date, you may NOT get credit for the child/children you are claiming. All **late** enrollments will not be updated until the following month.

Withdrawing A Child /Children:

- When you withdraw a child /children from your Center or Day Care home, **Centers**, you must submit a new income eligibility form and for **Day Care homes**, you must submit a new enrollment form. Without doing so, you will not get credit for the child /children until the new forms are received.

Recipe of The Month

Spaghetti & Meatballs

Ingredients

- 1 tablespoon olive oil
- 1 pound whole wheat spaghetti
- 1 pound extra-lean ground beef
- 1 teaspoon salt-free garlic and herb seasoning
- Salt and pepper
- 2 (28-ounce) cans diced tomatoes
- 6-ounce can tomato paste
- 1 teaspoon dried oregano
- 1/2 teaspoon crushed red pepper flakes
- 1/4 cup torn fresh basil leaves

Directions

Heat oil in a large stock pot or Dutch oven over medium heat.

Cook spaghetti according to package directions. In a large bowl, combine beef and garlic and herb seasoning, 1 teaspoon each salt and pepper. Mix well and shape mixture into meatballs (about 16 meatballs). Add meatballs and cook 5 minutes, until golden brown on all sides. Add tomatoes, tomato paste, oregano, and red pepper flakes and bring to a simmer. Simmer 10 minutes, until meatballs are cooked through. Reserve 1 1/2 cups sauce for another meal. Remove from heat and stir in basil. Serve sauce over spaghetti.

Welcome

- Vanessa Savage
- Betty Dukes (Returning to program)

Thank you for joining the Child and Adult Care Food Program (CACFP) program. We all look forward to working with you and providing children with healthy meals.

Upcoming Training:

October 23, 2010

DPA office (Dover)

8:00 am to 10:00 or 10:00 am to 12:00 noon

** This training will review the annual updated regulations. Anyone who is in need of a CACFP training for this year should attend this class. Please call the office to register.

HAND WASHING— IT IS IMPORTANT!

Hand washing is the most effective way to prevent the spread of germs. It is especially important when you are handling food. The best advice is to wash well and wash often! A quick rinse does not get rid of germs—you must wash your hands for at least 20 seconds. When in doubt—
WASH!

Remember to wash hands with soap and warm running water when...

- Preparing and serving meals
- Preparing meat, poultry, and fish
- Feeding an infant
- Eating or drinking
- Changing diapers
- Using the bathroom
- Helping in the bathroom
- Sneezing, coughing, and wiping runny noses



Quality Time Day Care

Pre-school Curriculum

Spanish & Sign Language

Ages: 6 weeks to 12 yrs

Open: 6:30 am to 6:00 pm

Donna Crile, Owner
Location: Bear Delaware
In Business For 20 years



*From
The Desk of
The CACFP Program Manager*

Dear Providers

First let me thank you for your participation in our program. It takes a special person to love and care for children. We respect the job you do as professional caregivers. You are moms, cooks, janitors, referees, teachers and the list goes on and on. We respect the job you do and appreciate the respect you give us.

As you know sometimes your payments can be late. This is not our fault and we appreciate the fact that most times you are patient and understand that our payroll is also delayed because it arrives the same time as your reimbursement. We understand your frustration because we have a share in it with you. The Delaware Parents Association CACFP staff wants you to know that we appreciate your patience, respect, understanding and courtesy during the times when things don't run according to the usual schedule.

Please join me in thanking the CACFP staff for the little things they do to make sure your claim is processed (even when it should be sent back), your enrollments are late or incorrectly completed, track down licenses and the list just continues. These ladies work extra hours to make sure your claims and other forms are completed by the deadlines.

Thank you once again and we look forward to seeing your claims (5th), enrollments (25th), Income eligibility forms (25th), licenses (before the 20th), applications (now!), menus and monthly meal counts (completed daily)!



Dawn Jones

CACFP Manager

Disclaimer:

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). TDD users

The Food and Nutrition Service is an agency of the Department of Agriculture An Equal Opportunity Provider and Employer!

School Bus Safety Tips for Parents



Getting Ready for School

- * Have your children put everything they carry in a backpack or school bag so that they won't drop things along the way.
- * Have them wear bright, contrasting colors so they will be more easily seen by drivers.
- * Make sure they leave home on time so they can walk to the bus stop and arrive before the bus is due. Running can be dangerous.

Walking to the Bus Stop

- * Walk your young child to the bus stop and have older children walk in groups. There is safety in numbers; groups are easier for drivers to see.
- * Practice good pedestrian behavior: walk on the sidewalk, if there is no sidewalk, stay out of the street.
- * If you must walk in the street, walk single file, face traffic and stay as close to the edge of the road as you can.
- * Stop and look left, right and then left again if you must cross the street. Do the same thing at driveways and alleys.

Exaggerate your head turns and narrate your actions so your child knows you are looking left, right and left.

Waiting at the Bus Stop

- * Don't let your child play running games or push and shove at the bus stop. It is dangerous near traffic.
- * Make sure your child stands at least 10 feet (5 giant steps) from the road while waiting for the bus. The child will then be out of the way of traffic. Have younger children practice taking 5 giant steps to become familiar with 10 feet.

Getting On and Off the Bus

- * Warn children that, if they drop something, they should never pick it up. Instead, they should tell the driver and follow the driver's instructions. If they bend over to pick up a dropped object, they might not be seen by the driver and could be hurt.
- * If the driver pulls away from the stop Remind children to look to the right before they step off the bus. Drivers in a hurry sometimes try to sneak by busses on the right.
- * Teach your children to secure loose drawstrings and other objects that may get caught in the handrail or door of the bus as they are exiting.
- * Give your child a note or follow your school's procedures if you would like for the child to get off at a stop other than the one they are assigned. The driver isn't allowed to let a child off at another stop without written permission.