

# CACFP Newsletter

(Child and Adult Care Food Program)



Delaware Parents Association, Inc.  
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## MANDATORY “NEMOURS” TRAINING

### FREE Training

For Delaware Child Care Professionals on Delaware CACFP Nutrition Guidelines

***\*Mandatory for centers and daycare homes participating in CACFP!***

***Each center/home is limited to two participants.***

Open to child care center directors/administrators, teachers, assistants, cooks/foodservice personnel, and family daycare home providers.

***Priority will be given to CACFP participants. Trainings will open to non-CACFP centers and homes two weeks before each training.***

All trainings will take place from **8:30am to 4:00pm**. Breakfast and lunch will be served. Participants will receive **6.5 credit hours** of continuing professional education to count toward annual licensing requirements.

All participants will receive a guide to DE CACFP & Delaware rules on nutrition, physical activity and screen time including:

- 8 weeks of menus, 120 recipes and shopping lists
- Information on budgeting, food safety, and appropriate serving sizes
- Resources for engaging children, families, and staff in healthy eating and physical activity
- And much more!



Space is limited! Please visit <http://www.dieec.udel.edu/> or call (302) 831-3239 for more information and to register.

# Recipe of the Month

## No-Bake Apple Bars

- 1 - 1 1/2 cups dried apples, finely chopped
- 1- 1/2 cup chopped pecans
- 3 - cups Whole Grain Total® cereal
- 1 - 1/3 cup honey
  - 1/4 cup golden raisins
- 1- tablespoon packed brown sugar
  - 1/3 cup peanut butter
  - 1/4 cup apple butter
  - 1/2 teaspoon ground cinnamon
- 1- 1/2 cup quick-cooking oats



1. Line bottom and sides of 8-inch square pan with foil; spray foil with cooking spray. Sprinkle 1/2 cup of the apples and 1/4 cup of the pecans over bottom of pan. Place cereal in re-sealable food-storage plastic bag; seal bag and coarsely crush with rolling pin or meat mallet. Set aside.
2. In 4-quart Dutch oven, heat 1/2 cup of the apples, the honey, raisins and brown sugar to boiling over medium-high heat, stirring occasionally. Reduce heat to medium. Cook uncovered about 1 minute, stirring constantly, until hot and bubbly; remove from heat.
3. Stir peanut butter into cooked mixture until melted. Stir in apple butter and cinnamon. Stir in oats and sunflower nuts until well mixed. Stir in crushed cereal.
4. Press mixture very firmly (or bars will crumble) and evenly onto apples and pecans in pan. Sprinkle with remaining 1/2 cup apples and 1/4 cup pecans; press lightly into bars. Refrigerate about 2 hours or until set. For bars, cut into 4 rows by 3 rows. Store covered in refrigerator.

# Important Information

## **Claiming Major Holidays:**

- If you are claiming a major holiday, you must send in a sign in/ sign out sheet in order to receive reimbursement.

## **Seriously Deficient:**

All CACFP participants must adhere to the rules & regulations of the CACFP program or you could be declared seriously deficient. They include:

- Meal Service Times must be accurate
- Enrollments must be completed correctly and updated yearly.
- All paperwork completed correctly & submitted on time.
- Updated license, application changes, and income information **MUST BE** submitted on or before the 19th of each month. Exceeding this time frame
- You **MUST** provide the DPA office with a working telephone number and any changes of address.
- You **MUST** complete a CACFP yearly training.
- You or your assistant **MUST** be present at the time your monitor comes for a visit. If your assistant is present they must be able to provide all paperwork, etc. in your absence. Please **NOTIFY** the DPA office or leave a note if you are closed for the day, plan to run an errand, etc. so we are aware of your status. Not doing so could cause a disallowance.

## **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 transaction. Please understand that you may withdraw from the “*Direct Deposit*” program at any time as long as you give the required notification. You will then receive a paper check in its place.

This process should begin during the month of January 2011.

If any additional changes should occur, we will notify you as soon as possible.

**This form can be obtained on our website**

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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

**Important Websites:**

USDA : [usda.gov](http://usda.gov)

Nemours: [nemours.org](http://nemours.org)

OCCL: [kids.delaware.gov/occl](http://kids.delaware.gov/occl)

