

# Delaware Parents Association, Inc.

Child and Adult Care Food Program



## NEWSLETTER

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### Important Reminders:

**P.O.S (Point of Service)** – Please make sure it is filled in daily!

**Over Capacity-** You should only have the number of children your license states, otherwise, you are over your capacity.

**Attendance-** Make sure you include the age of the children on your attendance sheet.

**License & Enrollments-** Must be in our office before you submit your claim.

**Absence, Closed, etc.** – If you are closed for any reason such as vacations, holidays, etc. please contact the office to notify so that we do not show up to your daycare and NOBODY is there.

**Emails-** Please make sure that we have an accurate email address for you so that we may continue to send your monthly statements and your newsletters.

**Claim-** Your claim must reach our office or be postmarked on or before the 5<sup>th</sup> of each month. Any claims received/ postmarked after that date are considered late.



**JULY 2011**

# Monthly Recipe

## "Fruit Salad"



### Ingredients

- 1/4 cup freshly squeezed lime juice
- 1/4 cup sugar
- 1/2 [pineapple](#), peeled, cored, and cut into 1-inch pieces
- 1 [mango](#), peeled, pitted, and cut into 1-inch pieces
- 2 kiwis, peeled and sliced
- 1/2 pound grapes, picked off stems
- 1/2 small [melon](#), peeled, seeded, and cut into 1-inch pieces
- 1 pint any seasonal berries

### Directions

In a small bowl, [whisk](#) together the lime juice and the sugar. Place cut up fruit in a large salad bowl, pour [sugar lime](#) mixture over fruit. Taste and adjust seasonings with more lime or [sugar](#) as needed

# SNACK SMART

Choose most of your snacks from the bottom half of the Food Guide Pyramid.

## Snacks Can be Good Tasting & Good for You!

### Treats

choose low-fat

- Gelatin
- Licorice
- Sherbert
- Frozen fruit bar
- Animal crackers



Helps build strong bones & muscles.



### Dairy

choose low-fat

- Yogurt
- String cheese
- Smoothie (milk, fruit, yogurt blended)
- Yogurt dips for fruits or vegetables



### Meat

protein foods

- Trail mix
- Peanut butter on bread or fruit
- Sliced turkey or ham rolled over a bread or pretzel stick
- Scrambled egg in a tortilla wrap
- Nuts mixed with dried fruit



Helps you grow.

Helps keep every part of you healthy.



### Vegetables

- Celery sticks dipped in salsa
- Pita pockets filled with cottage cheese and shredded carrots
- Baked potato topped with broccoli and cheese
- Garden salad
- Veggies dipped in low-fat sour cream or ranch dressing
- Baby carrots dipped in salsa

### Fruit

- 100% fruit juice mixed with sparkling water
- Peel and eat a fuzzy kiwi fruit or mango
- Frozen banana
- Peanut butter on toast topped with sliced apples
- Berries mixed with graham cracker crumbs and a splash of skim milk
- Banana slices dipped in honey



Helps keep every part of you healthy.

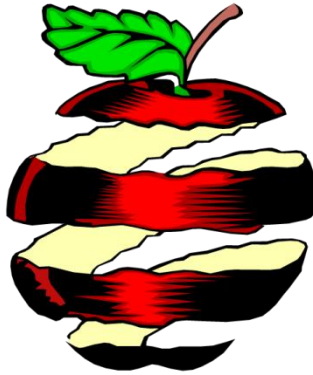
### Bread, Cereal, Rice & Pasta

- Instant hot cereal with raisins tossed on top
- Popcorn sprinkled with taco seasoning
- Whole-grain crackers topped with flavored cream cheese
- Soft pretzels with melted low-fat cheese
- Bagels cut in quarters and served with low-fat cream cheese
- Cold, cooked pasta sprinkled with parmesan cheese
- Bowl of low-fat, high-fiber cereal with fruit and skim milk
- Tortilla filled with veggies, salsa and low-fat cheese

Gives you energy.



**Delaware Parents Association, Inc.**  
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**Dover, Delaware 19904**



## **Important Websites:**

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

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

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

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