

CACFP NEWSLETTER
Child and Adult Care Food Program
October 2011

Deadlines and Responsibilities

FRIENDLY REMINDERS

- + If you haven't already, please submit your email address so that we can send your newsletter and cover sheet to you. If your email has changed, please send us the updated email address.
- + If you are over your license capacity, we are required to contact OCCL as soon as possible. Be sure you are within your capacity every day.
- + Faxed documents will not be accepted unless approved by a DPA staff person. Fax copies are sometimes difficult to read, and if unable to read, you will not receive credit for the document you are attempting to send.
- + Infant menus must be initialed by a parent. Unless you have twins, each infant must have his/her own menu.



As a daycare provider you have many responsibilities. You care for others as if they are your own. You also take care of the paper work for your business. CACFP paperwork is included in your daily, monthly and annual responsibilities. We try to notify you when your enrollments, income eligibility forms and license are about to expire. Sometimes, we fail to notify or remind you before their expiration dates but, it is your responsibility to check these dates and send in the appropriate updates. Failure to submit updates can affect your reimbursement.

CHECK YOUR FILES FOR:

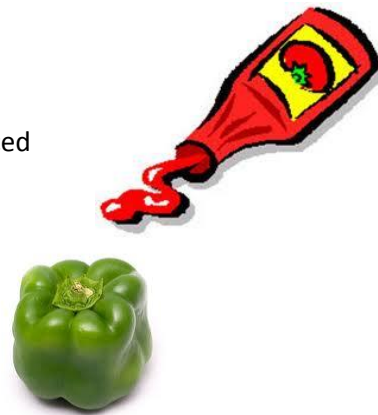
- Enrollment – updated annually, filled out correctly. Due by
- IQ updates (own household) Updated annually with supporting documentation.
- Meal service times – updated with a change in service and or operating hours, license capacity, address and/or phone number.
- Licenses – as needed, due on or before 20th of each month.
- Application- annually
- Workshops- once per year
- Monthly claims- due on or before 5th of each month. They can be scanned as an original, mailed, hand delivered, or dropped off in the DPA mailbox.

Organization is Responsibility!

RECIPE OF THE MONTH

TURKEY MEATLOAF (English version)

- 1 Pound lean (7% fat) ground turkey
- ½ cup regular oats, dry
- 1 large egg
- 1 tablespoon onion, dehydrated, or 1 small onion, minced
- ¼ cup ketchup
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- ½ green pepper, seeded and diced



1. Preheat oven to 350 F
2. Combine all ingredients and mix well.
3. Bake in loaf pan for 25 minutes to an internal temperature of 165 F.
4. Cut into five slices and serve.

Rollo de pavo (Spanish version)

- 1 libra de carne molida de pavo con poca grasa (7% de grasa)
- ½ taza de avena regular, seca
- 1 huevo grande
- 1 cucharada de cebolla en polvo o 1 cebolla pequeña cortada en trocitos
- ¼ taza de salsa de tomate (ketchup)
- 2 tallos de apio, cortados finamente
- 2 dientes de ajo, picados finamente
- ½ pimiento verde, sin semilla y cortado en cuadritos



1. Precaliente el horno a 175 C.
 2. Mezcle bien todos los ingredientes.
 3. Hornee en un molde por 25 minutos, hasta que llegue a una temperatura interna de 75 C.
 4. Corte en cinco rebanadas y sirva.
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For Your Information

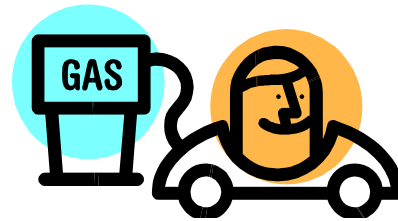


Welcome New Providers

Learning All Hours
Marquita Reid

Coming Soon !!!!

Gas To Go "Fundraiser"



More Information to follow in next month's newsletter or by email!

Masquerade Ball "Fundraiser"

Hosted by: Delaware Parents Association
Saturday, November 5, 2011
Sheraton Hotel
Dover, Delaware

Chat & Chew: 6pm to 7pm
Dinner: 7pm

Tickets:

\$35 single \$60/couple

For more Information or to obtain tickets:
call DPA @ 302-678-9288



10 ways to winterize your home

1. Clean those gutters - Once the leaves fall, remove them and other debris from your home's gutters. Also, make sure the downspouts are carrying water away from the house's foundation, where it could cause flooding or other water damage.

2. Block those leaks - One of the best ways to winterize your home is to simply block obvious leaks around your house, both inside and out. The average American home has leaks that amount to a nine-square-foot hole in the wall.

3. Insulate yourself - Another thing that does cost a little money -- but boy, you do get the money back quick -- is adding insulation to the existing insulation in the attic. You need a minimum of 12 inches of insulation in your attic.

4. Check the furnace - First, turn your furnace on now, to make sure it's even working, before the coldest weather descends. A strong, odd, short-lasting smell is natural when firing up the furnace in the autumn; simply open windows to dissipate it. But if the smell lasts a long time, shut down the furnace and call a professional.

5. Get your ducts in a row - A home with central heating can lose up to 60% of its heated air before that air reaches the vents if ductwork is not well-connected and insulated.

6. Face your windows - Now, of course, is the time to take down the window screens and put up storm windows, which provide an extra layer of protection and warmth for the home.

7. Don't forget the chimney - Don't put off your chimney needs before using your fireplace. A common myth is that a chimney needs to be swept every year, Not true. But a chimney should at least be inspected before use each year.

8. Reverse that fan - Reversing your ceiling fan is a small tip that people don't often think of. By reversing its direction from the summer operation, the fan will push warm air downward and force it to re-circulate, keeping you more comfortable.

9. Wrap those pipes - Before freezing nights hit, make certain that the water to your hose bibs is shut off inside your house (via a turnoff valve), and that the lines are drained.

10. Finally, check those alarms - This is a great time to check the operation -- and change the batteries -- on your home's smoke detectors. Detectors should be replaced every 10 years, fire officials say. Test them -- older ones in particular -- with a small bit of actual smoke, and not just by pressing the "test" button. Check to see that your fire extinguisher is still where it should be, and still works.

Courtesy of: MSN Real Estate

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