



March 2012

## **Child and Adult Care Food Program (CACFP) Newsletter**

### **CACFP REMINDERS:**

#### **Children Reaching Age 13**

Once a child reaches the age of 13 they can NO longer be claimed by you unless you have the proper documentation. NO EXCEPTIONS!

#### **Claim Due Date**

Your claim is due on the 5<sup>th</sup> of each month. If we DO NOT receive it by the 5<sup>th</sup>, your claim is considered late and will be processed during the following month.

#### **Scanning Your Claim**

If you scan your claim, you DO NOT need to send a copy in the mail. Your scanned copies (enrollments, claims, license, etc.,) acts as an original. Please be sure to send your scanned documents to two (2) DPA staff email addresses.



#### **Updating Paperwork**

Sometimes as a courtesy we will remind you when certain documents need to be updated but, please keep in mind that it is NOT the responsibility of the DPA staff to do so. You, the provider, must remember when documentation needs to be updated and submitted to the DPA office.

# Recipes of the Month

## Banana Nut Muffins

### Ingredients:

1 ½ medium [bananas](#) , mashed  
½ cup [sugar](#)  
1 [egg](#)  
1 cup [self-rising flour](#)  
½ teaspoon [baking soda](#)  
¼ cup oil  
1 tablespoon [water](#)



<http://www.food.com>

### Directions:

Grease or line 12 muffin cups. In large bowl, combine all ingredients, stirring until just moistened. Pour batter into muffin cups, then bake at 375 degrees for 10-12 minutes, or until done.

**REMEMBER: UNLESS MUFFINS ARE HOMEMADE FROM SCRATCH, THEY CAN ONLY BE SERVED AT SNACK, AND THEY COUNT AS A SWEET TREAT TO BE SERVED ONCE EVERY 2 WEEKS**

# Shamrock Smoothie

## Ingredients:

Large banana, peeled, sliced, and frozen \* 2 cups honeydew  
melon chunks

1 cup frozen vanilla yogurt \* 2 kiwifruits, peeled and cut into  
chunks \*  $\frac{3}{4}$  cup parsley leaves



**Directions:** Combine all of the ingredients in a blender and puree them until smooth. Serve immediately.

Submitted by: Gwen Rash

## Helping to Build A Healthy Future

This day care participates in the Child and Adult Care Food Program (CACFP), a Federal program that provides reimbursement for healthy meals and snacks served to children in participating day cares.

Each day more than 2 million children participate in the CACFP at day care centers and homes across the country. Child care facilities are reimbursed for serving nutritious meals and snacks, which meet USDA requirements. The CACFP plays a vital role in improving the quality of care.

### Homes participating in a CACFP follow requirements established by the USDA.

Breakfast	Lunch or Supper	Snacks 2 different components
<ul style="list-style-type: none"> <li>➤ Milk</li> <li>➤ Fruit/Vegetable/100% juice</li> <li>➤ Whole Grains</li> </ul>	<ul style="list-style-type: none"> <li>➤ Milk</li> <li>➤ Meat or Alternates</li> <li>➤ Whole Grains</li> <li>➤ Two different Servings of fruits and/or vegetables</li> </ul>	<ul style="list-style-type: none"> <li>➤ Milk</li> <li>➤ Meat or alternates</li> <li>➤ Whole grains</li> <li>➤ Two different servings of fruits and/or vegetables</li> </ul>

### Requirements:

This center/home has met the requirements to participate in this program. All you have to do is complete an enrollment form and return it to your provider before the 25<sup>th</sup> of the month.

### All children participating in the program must be:

- Age 12 and under
- Migrant children age 15 and younger
- Youths through age 18 in after school care programs for special needs

If you have questions about the CACFP please contact:

### Delaware Parents Association Inc

101 W. Loockerman St. Suite 3B

Dover, DE 19904

302\*678\*9288

Website: [www.delparents.org](http://www.delparents.org)



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# Additional Information

## Change of Weather



With warmer weather slowly approaching, please let us know if you are not going to be home. You may contact us via email or by phone. If an emergency should occur whereas you need to leave suddenly, we would greatly appreciate it if you left us a note on the door. By doing so, if your monitor comes for a visit, you will not be disallowed.

## CACFP Upcoming Trainings:

### **Center Annual Training**

Friday, March 30, 2012

5:00 p.m. to 8:00 p.m.

DPA office



### **Menu Planning with New Crediting**

#### **Foods Book**

Friday, April 13, 2012

6:00 p.m. to 8:00 p.m.

DPA office

2 - Credit Hours

**PLEASE MAKE SURE YOUR ORIGINAL DAY CARE / CENTER LICENSE IS  
POSTED AT ALL TIMES!**