



Delaware Parents Association
CACFP Newsletter
Child and Adult Care Food Program
November 2012

The DPA office will be closed on the following dates:

Thursday, November 22, 2012

Friday, November 23, 2012

Monday, December 24, 2012

Tuesday, December 25, 2012

Monday, December 31, 2012

Tuesday, January 1, 2013

If you are going to be closed during the holidays, please notify the DPA office & please submit your claim at the close of your last open business day!

Monthly Recipes

Turkey Dumplings

Serves 6-8

Counts as: meat & bread at lunch, supper or snack

INGREDIENTS:

2 tablespoons vegetable oil 1 tablespoon minced fresh ginger 2 scallions, white and light green parts only, thinly sliced 1 small garlic clove, minced 2 cups shredded green cabbage 1/2 cup bean sprouts (optional) ¼ cup plus 2 tablespoons low-sodium soy sauce ½ pound ground turkey or chicken About 32 (3 ½-inch-diameter) wonton skins , rice vinegar and sesame oil



PREPARATION

- 1.** In a large nonstick skillet over moderate heat, warm 1 tablespoon vegetable oil. Add the ginger, scallions, and garlic, and sauté, stirring occasionally, until fragrant, about 2 minutes. Add the cabbage and sauté, stirring occasionally, until wilted, about 4 minutes. Stir in the bean sprouts, if using, then remove from the heat and stir in 2 tablespoons of soy sauce. Let cool, then transfer to a bowl, add the meat, and mix with hands until blended. Wash the skillet.
- 2.** Lay 4 wontons skins on a work surface. Add a scant tablespoon of the filling in the center of each. Brush around the edge of the wrappers with water and then fold the wrappers in half, pinching to seal. Place dumplings, pinched-edge-up, on a wax-paper-lined baking sheet and cover with a damp towel. Continue making dumplings with the remaining wonton skins and filling.
- 3.** Add ½ inch of water and the remaining 1 tablespoon vegetable oil to the same large skillet and bring to a simmer over moderately high heat. Add about half the dumplings, cover and cook until the wrappers are tender and the meat is cooked through, about 8 minutes. Repeat with the remaining dumplings, adding more water and oil as necessary.
- 4. SAUCE** In a small bowl, combine the remaining ¼ cup soy sauce with 1 tablespoon, a dash of rice vinegar, and sesame oil. Whisk together and serve with the dumplings

Friendly Reminders and Deadlines for CACFP

For Your Information:

Cookies, granola bars, cereal bars, muffins (not made from scratch) cakes, ice cream sandwiches, pop tarts, Danish, cinnamon rolls, etc are considered cookies and sweet treats and may only be served at snack and only once every two weeks.

Processed meats (bologna, deli meats, hot dogs etc) may only be served once every two weeks.

2% Milk is not creditable for meal service.

- ❖ 1% milk - children 2years and up.*
- ❖ Whole milk to children between 1 and 2 years of age*



If you email information including claims and enrollments make sure you email at least two (2) people.

You are required to attend at least one (1) CACFP supported training annually.

djones@delparents.org Dawn Jones mparker@delparents.org Michele Parker

tcahall@delparents.org Tina Cahall twilson@delparents.org Tami Wilson

Deadlines

Enrollments/IE forms must be submitted to our office by the 25th of the month and renewed annually.

Family Day Care Homes - Claims are due in our office by the 5th of every month.

Day Care Centers – Claims are due in our office by the 2nd of every month.

Updated licenses are due in our office before the 19th of the month.



*Welcome:
Jamie Morgan*

*New Center:
Lotus Blossom*

Tax Season: Tax season is quickly approaching. Anyone who prefers reporting their taxes under your business, please provide us with your EIN number as well as the Business Name. All questions, concerns, and required tax data, should be forwarded to Tara Walker, so that it can be printed on your 1099 correctly.
twalker@delparents.org

Call the DPA for additional instructions if you do not have a computer.

Disclaimer:

In accordance with Federal Law and U.S. Department of Agriculture policy, this Institution 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 user

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