

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

Hello everyone!

As we come to the end of the program I want to thank everyone for their participation in Delaware Parents Association. I will miss those of you who have decided to close and pursue adventure outside of day care. I wish you joy and hope you enjoy this next stage of life.

**HOME VISITS:**

We will be out visiting this month to ensure we have seen you the required number of times during the year. Please make sure you are home. If you must leave or have a scheduled outing please notify the office as soon as possible. If your home visitor comes for your visit and there is no response you will be disallowed.

**TRAINING:**

The final training for "Menu Planning with the New Crediting Foods

Book" will be held September 15<sup>th</sup> from 12:30-2:30. If you are scheduled to attend this class please try not to be late. There is a parade on the same day as the class. While the parade route does not come down Bradford Street it can slow traffic on adjacent streets.

**DAY CARE CENTERS ONLY:**

If you are not a day care center just skip this reminder: All centers that have not taken their mandatory training must attend the training scheduled for September 29<sup>th</sup> from 8:30AM-12:30PM.

**CLAIMS:**

When processing your claims we often find things that need to be reviewed and listed below are just a few reminders:

Cookies, granola bars, cereal bars, muffins (not

made from scratch) donuts, pop tarts, danishes, cakes, etc. are considered "Sweet Treats" may only be claimed once every two weeks. You will be disallowed if you serve them more frequently than permissible.

**Ex: of Process Meats:**

Hot dogs, bologna, sausage, processed deli meat, etc are considered "Processed Meat" and may only be claimed once every two weeks. You will be disallowed if you serve them more often.

**UPDATED FORMS:**

Enrollments and /or Income Eligibility forms must be updated annually. Failure to update these forms annually will result in disallowances.

**THANK YOU!**

Thank you so much and enjoy the rest of the summer!

*Dawn*

# Monthly Recipes



## Terrific Trail Mix

**1 cup combination diced dried fruit, such as prunes, apricots, pears and apples**  
**1/2 cup raisins and/or dried cherries or Cranberries**

**1 1/2 cups unsalted sunflower seeds**  
**1 cup unsalted dry-roasted peanuts (or honey-roasted peanuts, chopped walnuts or unsalted almonds)**

**Mix all ingredients. Makes 4 cups**

Offer a glass of milk or pretzels to complete this snack.

Always be careful when offering seeds and nuts to children. These could present a choking hazard or the child may have allergies.

## Nutritional Information

Servings Per Recipe: 16

### Amount Per Serving

Calories: **96**

### Total Fat:

Cholesterol: 0mg

Sodium: 3mg

### Total Carbs: 13.2g

Dietary Fiber: 0.9g

Protein: 2.6g



## Watermelon & Tomato Salsa

(Chill all Fruits & Vegetables before dicing) (remove any watermelon seeds)

4- ripened tomatoes

2- lg watermelon (wedged)

¼ -lite raspberry vinaigrette

Dry Italian seasoning (optional)

cube tomatoes and watermelon in bite- size pieces in a bowl. Add all ingredients except vinaigrette & salt. Chill for 1-hr. or more. Add remaining ingredients before serving. Toss lightly. Serve over lettuce, crisp crackers or just by itself. Can be served at breakfast, lunch, snack or dinner.

Submitted by: Royals Learning Center

## New Providers:



**Lita Smallwood**

**Chasity Washington**

**Barbara Thomas**

**LaBrina Ringgold**

## September Claim:

Due to our deadline changing for the month of **October**, it is very **IMPORTANT** that all claims are received on or before their due date. We will not be able to extend the **courtesy** of processing your claim if it is received after the following dates:

Day care Centers : **due 2<sup>nd</sup> of Month**

Day care Homes: **due 5<sup>th</sup> of Month**

**NO EXCEPTIONS !!!!!**



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