



Welcome Aboard:

Open Hearts Learning Center

Important Websites:

USDA : usda.gov

Nemours: nemours.org

OCCL: kids.delaware.gov/occl

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Delaware Parents Association, Inc.

101 W. Lookerman Street STE 3A & 3B

Dover, Delaware 19904

CACFP NEWSLETTER

April 2011

Training:

If you have not registered or attended the class for the mandatory CACFP Nemours training you have one more opportunity to do so. If you do not attend this training you could be declared Seriously Deficient. If you are declared seriously deficient you will not be able to participate in the CACFP. The final training will be held on April 30, 2011 from 8:30 AM until 4:00 PM at the Sheraton in Dover. Class space is limited and you will need to register for this class as soon as possible.



Friendly Reminders

- If you have not taken the NEMOURS class or you are not registered, please contact the DPA office ASAP. Failure to comply could cause Serious Deficiency.
- Parents **MUST** initial each infant menu.
- All children's ages **MUST** be on the daily attendance sheet or you could be disallowed.

- Please get your claims to us on time and as soon as possible. Remember, **DO NOT FAX** any of your paperwork without permission but, a scanned signed copy attached and sent via email is accepted as an original which alleviates you from having to mail a backup copy. **Always email at least (2) DPA staff personnel.**
- You participate in a Federally Funded Program (CACFP). To ensure Government standards are met, you could be visited unannounced by someone from **USDA, DOE, or DPA.** If this should occur, please make sure all paperwork is at your daycare location, up to date, and completed correctly.
- Enrollments **MUST** be in the office before your claim is received in order for you to get credit for that child/children.
- All license **MUST** reach the DPA office before the 20th of each month. Should your license reach us after the 20th, we cannot guarantee that your claim will be processed (as on time).
- It is **YOUR** responsibility to make sure all of your paperwork reaches the DPA office on or before the scheduled dates.



Recipes of the Month

Black Bean Salsa

- 2 cups chopped vine-ripened tomatoes
- 1 cups dried black beans, cooked in salted water until tender, cooled (about 1 cups)
- 1 cups)
- ½ cup corn
- 1/2 cup small diced red onions
- 1 fresh jalapeno, seed and cut into small dice or green pepper or any mild pepper
- 1/2 cup loosely packed chopped fresh cilantro leaves
- 1 tablespoon chopped fresh parsley leaves
- 1 tablespoon chopped garlic
- Salt
- Freshly ground black pepper
- 6 tablespoons fresh lime juice
- 1 tablespoon extra-virgin olive oil

Directions

Combine the first seven ingredients in a mixing bowl. Season with salt and pepper. Add the lime juice and olive oil. Mix well. Spoon into a serving bowl and serve with the chips.

*This will serve as one serving of a fruit/vegetable alone. Add low fat low salt tortilla chips or wheat crackers and you will have a great snack.

**Remember to adjust the stronger flavors to suit the tastes of the children in your care.

We are very encouraged that most of our providers have attended the CACFP Nemours class. We are also happy to see the recipes offered in the training books incorporated in your menus. When using the recipes from your training please write out the components instead of the name of the recipe.

Example:

“GOBBLE UP BURGERS”



Milk	Add Milk
Meat	Turkey
Fruit/Veg	Black Beans
Fruit/Veg	Add a Fruit /Veg
Bread	WW Bun
Children served	

Ingredients for this recipe are: Ground turkey, black beans, ketchup, Worcestershire sauce, pepper, and whole wheat buns. As you can see it includes all components except the milk and an additional fruit/vegetable.

10 tips
MyPyramid
Nutrition Education Series

be a healthy role model for children

10 tips for setting good examples



You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1 show by example

Eat fruits, vegetables, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where fruits, vegetables, grains, milk, and meats come from. Let your children make healthy choices.

3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4 offer the same foods for everyone

Stop being a "short-order cook" by making different dishes to please children. It's easier to plan family meals when everyone eats the same foods.



5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "extras"—such as candy or cookies—as replacement foods.

6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make meals a stress-free time.

7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"

8 limit screen time

Allow no more than 2 hours of TV a day, as recommended by the American Academy of Pediatrics. Get up and move during commercials. Get some physical activity and avoid the marketing.

9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.