

# CACFP NEWSLETTER

November 2011



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## Delaware Parents Association, Inc.

101 W. Loockerman St. Suite 3B  
Dover, Delaware 19904  
Phone # (302) 678-9288 Fax# (302) 678-2730



## FUN SNACK FOR KIDS !

Tasty Play Dough with 8 oz. Cup of Milk

**Ingredients:**

- 1 1/3 cup peanut butter
- 4 tbsp. corn syrup
- ½ cup powdered milk
- raisins and finely chopped nuts

**Directions:** Wash hands, place peanut butter, corn syrup, and powdered milk in a bowl. Mix with fingers. Add extra powdered milk if play dough is too sticky. Divide mixture into 8 servings. With each serving, make different shapes, adding raisins and nuts for decorations. To clean up work area, eat final play dough design.

**Healthy snack ideas:** Use applesauce in place of oils and shortenings in baked goods. Don't serve items that contain too much sugar.

## DUMPLINGS

Submitted by: Susan D.

Smith

**Ingredients:** 2 cups flour \* ¼ tsp. baking powder \* water \* 1 tsp. Salt \* shortening ( the size of a walnut)

**Directions:** In a large bowl, combine all ingredients using enough water to make a soft dough. Divide dough into thirds. Roll out dough paper thin. With a knife, cut dumplings the size of a wide flat noodle, about 2x3 inches. Do not stack or they will stick together. Place dumplings in boiling broth. Cover and boil 5 minutes, stirring occasionally. Add chicken. **Hints:** whole wheat can be used and nonfat milk can be used instead of water.

## Upcoming CACFP Trainings

Dear Providers,

Thank you for participating in the CACFP. As you know you are required to have CACFP training every year and we are offering a mandatory training that will not only satisfy the CACFP requirement but will also give you OCCL credit hours. The training will be offered in all three counties in January 2012. The dates are listed below. Please indicate which training you will be attending and complete the registration form and return it to our office no later than the week before the scheduled class.

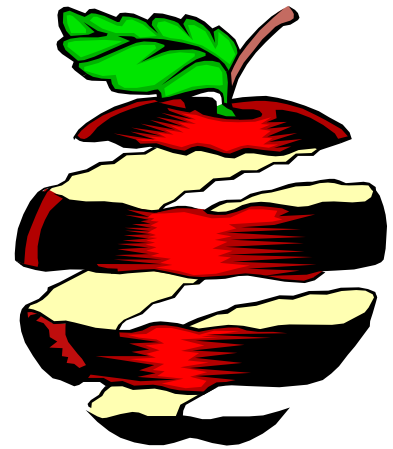
### **Training: “Menu Planning with the New Crediting Foods Book”**

Provider Name: \_\_\_\_\_

Contact Phone # \_\_\_\_\_

\*Do you have a computer? \_\_\_\_ Yes or \_\_\_\_ No

- [ ] New Castle County: Kirkwood Library  
January 14, 2012 10:30AM-12:30AM
- [ ] Sussex County: Seaford Library  
January 21, 2012 9:30AM-11:30AM
- [ ] Kent County: Delaware Parents Assn.  
January 31, 2012 6:00PM-8:00PM



## 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.



**JOAN JOSEPH**



**India Street**