

Delaware Parents Association, Inc.

Child and Adult Care Food Program

NEWSLETTER



April 2012

Important Reminders:

P.O.S (Point of Service) – Please make sure it is filled in daily!

Over Capacity- You should only have the number of children your license states, otherwise, you are over your capacity and can be reported to OCCL. (Office of Child Care License)

Attendance- Make sure you include the age of the children on your attendance sheet. The infant(s) letter(s) should only appear on the infant(s) menu and the attendance sheet. Please do not include your infant(s) letter(s) on the regular menus.

License, Enrollments, etc. - Must be in our office before you submit your claim. To be courteous, we sometimes remind you when documentation is due but, it is YOUR responsibility to remember and submit the information on time.

Meal Times – The latest you can begin serving a meal is 8:00P.M.

Whole Grains- Please make sure that you are serving a whole grain during the course of the day and please indicated your whole grain product.

Claim- Your claim must reach our office or be postmarked on or before the 5th of each month. Any claims received/ postmarked after that date are considered late. This rule also includes holidays!!!!

Monthly Recipe

Veggie Burgers

1 Can of Black beans-rinsed

½ onion

½ green and/or red peppers

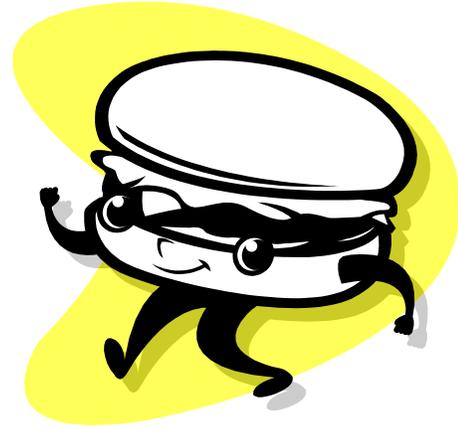
1 teaspoon garlic

1teaspoon salt and pepper

1egg

1tblespoon olive oil

½ cup bread crumbs



Place all ingredients in order except eggs and bread crumbs in food processor. Once all ingredients are combined and chopped in processor add egg. Once combined remove from processor and stir in bread crumbs. Let mixture sit for 30 minutes. If mixture is too loose add additional bread crumbs a tablespoon at a time. This mixture will seem tacky or sticky. Dampen hands before you shape mixture. Once mixture is at the desired consistency place shapes on olive oiled cookie sheet. Bake 35 minutes or until firm.

These burgers can be enhanced with your own flavors. Whatever you add to regular burgers to make them yours you can add to these (Ketchup, BBQ sauce, etc). **These burgers can be counted as a meat/alternate or a vegetable.**

Clean The Kitchen In 15 Minutes

Grab all of your needed supplies together (listed below.)

Don't underestimate the value of this step. Trying to find cleansers, dishcloths, sponges, etc. not only eats up time, but increases the risks of distractions that let you forget what you were working on in the first place. Gather all supplies together before you begin.

Run a sink of hot, soapy water.

If you have a double sink with a garbage disposal on one side, make sure to use the disposal-free side. Keeping the disposal side free will allow you to scrape leftovers down the drain quickly while you work.

Scrape off all the dishes into the trash or garbage disposal.

If step 2 has blocked your disposal, scrape the dishes off onto a dirty plate.

Place dishes that need to soak into the water.

Try to choose the dishes that are going to give you or your dishwasher the most trouble to get clean. Put the heavily soiled dishes on the bottom. Large dishes like pans and bowls can be filled with hot soapy water and set on the counter to soak.

While the dishes are soaking, go through the kitchen clearing out trash from your floor, countertop, cupboards, etc. Don't worry about things that are out of place, or don't belong in the kitchen. Worry only about trash.

Move on to gathering all the items that do not belong in the kitchen. Put all these items into a basket (see supplies).

If you have a helper (willing or unwilling) send them off to put away these items. Do not stop working on the kitchen to take these misplaced items to their homes.

Put away all of the items that belong in the kitchen but are not in their proper places.

Don't allow yourself to get distracted by rearranging cabinets, drawers, etc. Simply place the items that are out back where they belong.

Load the dishwasher or wash by hand.

If you do not have a dishwasher or don't like to use one, this process of cleaning the dishes may take more time. If possible grab a couple of other people and form a wash, rinse, dry and put away assembly line. This is a great way to catch up with family members. Empty the dirty water and scrape the plate of food off into the disposal if it was previously blocked. Add the plate to the dishwasher.

Wash down your countertop, appliances, and sink.

Rinse out sponges and rags. If needed put them in the dirty clothes. We're not heavy duty cleaning here. I literally mean wash down the visible surfaces. Don't open the microwave and scrub it out. We're not cleaning the crumbs out of the toaster. Quickly wipe it down.

Sweep and mop, or vacuum.

Take out the trash

If the trash is full, or tomorrow is trash day, take the trash outside and reline the trash container so that it is ready for tomorrow's trash.



Disclaimer:

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is 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 users

Welcome New Provider:

Linda Roane

Welcome Back:

Marcia Dorsey-Wright
