



Delaware Parents Association, Inc.

**CHILD AND ADULT CARE
FOOD PROGRAM (CACFP)**

NEWSLETTER

February 2012

THANK YOU!

A note from the desk of Dawn

I would like to thank all the providers who attended the first round of mandatory classes for the CACFP entitled; "Menu Planning with the New Crediting Foods Book". The training was offered in every county and the Kent County Training had the highest number of providers attending the class in Dover. Sussex County had the second highest number of providers attending their class in Seaford. An additional training will be offered in each county again. Since this is a mandatory training, failure to complete the training could result in suspension from the food program.

Do you know providers who don't participate in the CACFP? If you do, please refer them to DPA. We would like to welcome new providers and help them receive the benefits from participating in the food program.

PLEASE NOTE: ALL 1099'S HAVE BEEN MAILED OUT!

Recipe of the Month

Buttons and Bows Pasta



2 C dry whole-wheat bowtie pasta (farfalle) (8 oz)

1 Tbsp olive oil

1 tsp garlic, minced (about 1 clove)

1 bag (16 oz) frozen peas and carrots

2 C low-sodium chicken broth

2 Tbsp cornstarch

1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)

1 medium lemon, rinsed, for 1 tsp zest (*use a grater to take a thin layer of skin off the lemon*)

¼ tsp ground black pepper

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add pasta, and cook according to package directions. Drain.
3. Meanwhile, heat olive oil and garlic over medium heat in a large sauté pan. Cook until soft, but not browned.
4. Add peas and carrots. Cook gently until the vegetables are heated through.
5. In a bowl, combine chicken broth and cornstarch. Mix well. Add to pan with vegetables, and bring to a boil. Simmer gently for 1 minute.
6. Add parsley, pasta, lemon zest, and pepper. Toss gently, and cook until the pasta is hot.
7. Serve 2 cups of pasta and vegetables per portion.

Note: Substitute cooking spray for olive oil and save

Office Closed Monday, February 20, 2012

Friendly Reminders

- ✓ Claims are due on or before the 5th of each month.
- ✓ Enrollments are due on or before the 25th of each month.
- ✓ Children over the age of 12 cannot be claimed unless they are classified as special needs. You must submit professional documentation.
- ✓ Special dietary forms need to be filled out for children who are allergic to essential foods such as: dairy or wheat products. Must be completed by a health professional.
- ✓ Milk: 1% = children 2yrs or older
Whole Milk = 1yr to 2yrs of age

****ANYONE USING 2% MILK WILL BE DISALLOWED!**

- ✓ Muffins, cookies, brownies, granola bars, etc. can only be served once every 2 weeks and ONLY AT SNACK TIME!
- ✓ Processed meats can only be served once every 2 weeks.



DeAndra Rose

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If you would like to leave a message please ask for the person's extension.

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