

CACFP NEWSLETTER

Child and Adult Care Food Program

Menu Planning with the New Credit- ing Foods Book

TRAININGS

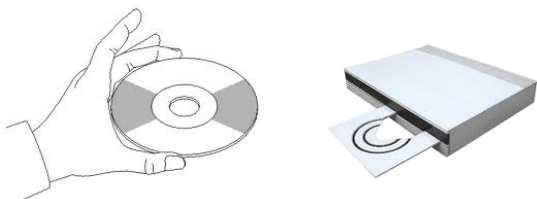
Delaware Parents Association will be hosting trainings in Kent, Sussex, and New Castle Counties. The **KENT COUNTY** class is **FULL**. You will be notified in the newsletter if/when additional classes are scheduled.

Monthly Updates

All license, application changes, enrollments, etc. must be in the DPA office by the 19th of each month. All information submitted after this deadline will not be updated until the following month. If you should miss this deadline, your claim could be affected.

2012 Calendar Keepers

The 2012 electronic calendar keepers have been completed and are ready for distribution. The cost of the calendar keeper is \$12 and if you are interested in purchasing one, please contact the office.



This year, the calendar keepers are on disc rather than printed copy. If you do not have a computer and would still like to purchase the 2012 calendar keeper, please contact a DPA staff person.

Claim (No—No's)

White-out is NOT PERMITTED!!!!

Please do not write extra information on your attendance sheet.

And please indicate child/children's full name as it appears on the enrollment we have on file otherwise, you could be disallowed.



Mailing Your Claim, Forms, etc.

Please note: **YOUR CLAIM IS DUE BY THE 5th OF EACH MONTH!** The claim must be post-marked on or before the 5th of that claiming month. Enrollments should reach the office before your claim on or before the 25th of each month.

The claim must reach our office before DPA submits all information to the Department of Education. Once we submit the information to the Department of Education, any claims received after, will be considered late and processed as a late claim.

Please **DISCARD, THROW AWAY, etc.** any old forms you may be using. New forms will be distributed when needed. Don't forget, when mailing any paperwork to the office, the address has changed. All claims, license, enrollments, etc. should be mailed to 101 W. Loockerman Street Suite 3B, Dover, Delaware, 19904.

All forms can also be obtained from our website:
www.delparents.org

M
O
N
T
H
Y
F
L
Y
C
O
M
P
S

Make-your-own Turkey Burger

HEALTHIERCLASSICS

Let family members help prepare the meal by choosing their own burger ingredients



12 oz 99 percent lean ground turkey
2 Tbsp fresh parsley, rinsed, dried, and chopped (or 2 tsp dried)
4 whole-wheat hamburger buns
Nonstick cooking spray

Burger ingredients:

1 C fresh tomatoes, rinsed and diced (or canned no-salt-added diced tomatoes)
1 C red onions, diced
1 C white mushrooms, rinsed and sliced
1 C part-skim shredded mozzarella cheese

1. Preheat oven to 350 °F.
2. Arrange burger ingredients (tomatoes, red onions, mushrooms, and mozzarella cheese) in separate bowls.
3. Ask each person to select $\frac{1}{4}$ cup total of his or her choice of ingredients. *(You may have leftover ingredients after this step—keep or freeze for use in other recipes!)*
4. Divide ground turkey into four parts on a plate.
5. Ask each person to combine his or her $\frac{1}{4}$ cup of burger ingredients with one portion of ground turkey and mix well to form a patty $\frac{1}{2}$ -inch to $\frac{3}{4}$ -inch thick.
6. Brown burgers on a nonstick pan coated with cooking spray for 2–3 minutes on each side. Then, transfer burgers to a baking sheet coated with cooking spray and place in the preheated oven for about 10 minutes (to a minimum internal temperature of 165 °F).
7. Assemble burgers on buns, and serve



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, 1417 Independence Avenue, SW, Washington, D.C. 20250-4302. Call toll free (866) 632-9992 (Voice) or (800) 795-3889 (TDD).

The Food and Nutrition Service is an agency of the Department of Agriculture. An Equal Opportunity Provider and Employer!

