

Delaware Parents Association, Inc.

Child and Adult Care Food Program

NEWSLETTER



August 2012

Here are some tips and ideas that maybe you can use to welcome the new school year so that all can go smoothly:

- Give your child a high confidence, praise her if she deserved it but don't give excessive praise and one important thing you shouldn't scare him as "your teacher will be angry if you're naughty ", but do "your teacher would love if you diligent"
 - Do not let them think that the new atmosphere at the new school or new surroundings, filled with strangers who are not friendly. Tell them that they will get new friends, new atmosphere of fun and people are very friendly.
 - Prepare everything necessary for school supplies such as books and stationery. If necessary, find their school purposes on the internet together with you. Make them feel special.
 - Select appropriate reading materials for children and give them encouragement so that they will be happy and motivated.
 - If you want to train your child more creative, you can choose a game to train her brain like a puzzle game because a puzzle game is a fun game and can make your child's mood more relaxed and they will be happy to be back in school..
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Monthly Recipe

Baked Eggrolls HEALTHIERCLASSICS

Phyllo dough makes these eggrolls easy to roll—try with a side of **Wiki (Fast) Rice**

- 1 Tbsp vegetable oil**
- 2 tsp sesame oil (optional)**
- 2 tsp ginger, minced (or ½ tsp dried)**
- 2 tsp garlic, minced (about 2 cloves)**
- 4 C cabbage (napa or Chinese), rinsed and shredded**
- 2 C carrots, peeled and sliced thinly on an angle (julienned)**
- 2 C grilled boneless, skinless chicken breast, cut into strips (about 4 small breast)**

1 tsp lite soy sauce

8 phyllo dough sheets

Nonstick cooking spray

1. Preheat oven to 400 °F.
2. Heat vegetable and sesame oils in a large wok or sauté pan over medium heat.
3. Add ginger and garlic. Stir fry quickly, about 30–45 seconds.
4. Add cabbage and carrots. Continue stir frying until the cabbage is soft, about 2–3 minutes.
5. Add chicken and soy sauce. Toss well and heat through.
6. Remove mixture from the pan, and place in a large colander to drain.
7. To assemble eggrolls, cover layers of phyllo with a damp cloth to stay moist. Place one sheet of phyllo dough on a cutting board. Spray it lightly with cooking spray. Top with another layer of phyllo dough, and spray again. Repeat for a total of four layers. Prepare a second stack with the remaining four layers.
8. Cut layered dough into four squares. Divide filling evenly (about 1 cup portions) into the center of each stack of squares. Fold one corner of the square into the middle (on top of the filling). Fold in the two sides, and roll the eggroll over so the folded parts are on the bottom.
9. Place the rolls on a nonstick baking sheet, and bake for 15–20 minutes, or until brown and crisp and chicken is reheated. Serve immediately.



FYI

Upcoming Trainings:

Menu Planning with New Crediting Food Books

Saturday, September 15, 2012

8:30 am to 10:30am

DPA office

101 W. Loockerman St.

Dover, De 19904

2 OCCL credit hours



Mandatory Center Training

Saturday, September 29, 2012

8:30 am to 11:30am

DPA office

101 W. Loockerman St.

Dover, De 19904

If you DO NOT attend these trainings, you will be found seriously deficient and will no longer be able to participate on the CACFP food program. Only providers who has not attended this class, should call the DPA office to register.

Helpful Hints:

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!!!!

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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
