



Delaware Parents Association

CACFP Newsletter

December 2012

DPA Holiday Office Closings:

Monday, December 24, 2012

Tuesday, December 25, 2012

Monday, December 31, 2012

Tuesday, January 1, 2013

The DPA office will resume regular business hours on:

Wednesday, January 2, 2013 @ 9:00 a.m.

Anyone who plans to close their day care and /or center during the holiday season, please notify the office and we ask that you submit all paperwork to the DPA office at the close of your last opened business day!

Happy Holidays & Welcome New Provider:

Jane Haman

Monthly Recipes

Red, White & Green Grilled Cheese

Ingredients:

¼ tsp ground black pepper

8 slices whole-wheat bread

**1 medium tomato, rinsed, cut into
4 slices**

1 C shredded part-skim mozzarella cheese Ingredients:

1 tsp garlic, minced (about ½ clove)

1 small onion, minced (about ½ cup)

**2 C frozen cut spinach, thawed and drained (or substitute 2 bags (10
oz each) fresh leaf spinach, rinsed)**

Nonstick cooking spray

Directions:

1. Preheat oven to 400 °F. Place a large baking sheet in the oven to preheat for about 10 minutes.
2. Heat garlic with cooking spray in a medium sauté pan over medium heat. Cook until soft, but not browned. Add onions, and continue to cook until the onions are soft, but not browned.
3. Add spinach, and toss gently. Cook until the spinach is heated throughout. Season with pepper, and set aside to cool.
4. When the spinach and onions are cool, assemble each sandwich with one slice of bread on the bottom, one tomato slice, ½ cup of spinach mixture, ¼ cup of cheese, and a second slice of bread on the top. (For picky eaters, see Healthy Eating Two Ways suggestion below.)
5. Spray the preheated nonstick baking sheet with cooking spray. Place the sandwiches on the baking sheet. Bake for 10 minutes, or until the bottom of each sandwich is browned.
6. Carefully flip sandwiches, and bake for an additional 5 minutes, or until both sides are browned. Serve immediately



F.Y.I

INFANT FEEDING

A child is considered an infant in the Delaware CACFP/*Delacare* meal pattern from birth through 11 months of age.

Delaware CACFP/*Delacare* Rules

- Infants under 12 months of age may not be served juice.
- Cheese products and cheese foods are not allowed. Only real cheese may be served.
- Processed meats are not allowed.
- Fried or pre-fried and then baked meats are not allowed.
- Fried or pre-fried and then baked fruits and vegetables are not allowed.
- Cereals must contain no more than 6 grams of sugar per serving.
- For infants 8 through 11 months, a whole grain product must be served at least one time each day (for those infants who have been introduced to bread or crackers).
- Sweet grains (e.g., cookies, cakes, donuts, Danishes, etc.) are not allowed.
- The CACFP meal pattern allows for gradual introduction to solid foods and requires breastfeeding or formula feeding up until an infant's first birthday.
- Cereal with mixed fruit, jarred desserts (medleys, puddings, custards and cobblers), combination foods or dinners are not allowed because it is difficult to determine the amount of each component per serving.
- Baby foods in a jar which are a mixture of 2 fruits, 2 vegetables or 1 fruit and 1 vegetable are allowed.
- Foods such as strained meat, fruit, vegetables, iron-fortified infant dry cereal and iron-fortified infant formula all provide the nutrients infants need for proper growth and development.
- Be sure to check current USDA guidance to ensure proper infant feeding.
- Infants should be fed when hungry. The meal patterns are to serve as guidance for feeding infants. As long as the meal pattern requirements are met throughout the day, meals may be counted (and reimbursed for those in the CACFP).
- Meals containing only breast milk or iron-fortified formula are allowed through 7 months of age. Whole milk is not allowed until a child's first birthday.
- Child care centers and homes must provide one CACFP approved iron-fortified formula. A parent may elect not to have their infant have the provided formula, in which case they may provide an alternative formula or breast milk.

Providers are advised to check with parents/guardians to be sure infants have been introduced to foods containing multiple fruits and vegetables or other ingredients (such as milk, soy, wheat, etc.) and have not had any adverse reactions before feeding. If an infant is allergic to ingredients, the parent must fill out the *Dietary and Religious/Cultural Food Restrictions* form and have it signed by a medical professional. Providers should communicate frequently with parents/guardians of infants about newly introduced foods.



Seasons Greetings



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.

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

Delaware Parents Association
101 W. Loockerman St. Suite 3A
Dover, Delaware 19904
Ph# (302) 678-9288 * Fax# (302)678-2730
www.delparents.org