

Delaware Parents Association
Child and Adult Care Food Program
Newsletter
March 2013

Friendly Reminders

Cookies, granola bars, cereal bars, muffins (not made from scratch) cakes, ice cream sandwiches, pop tarts, Danish, cinnamon rolls, etc are considered cookies and sweet treats and may only be served at snack and only once every two weeks.

Processed meats (bologna, deli meats, hot dogs etc) may only be served once every two weeks.

2% Milk is not creditable for meal service.

- ❖ 1%- children 2years and up.
- ❖ Whole milk to children between 1 and 2 years of age

If you email information including claims and enrollments make sure you email at least two (2) people.

You are required to attend at least one (1) CACFP supported annually.

djones@delparents.org Dawn Jones mparker@delparents.org Michele Parker

tcahall@delparents.org Tina Cahall twilson@delparents.org Tami Wilson

Recipe Of The Month

Ingredients

Healthy Picadillo

- 2 pounds ground round
- 1 tablespoon olive oil
- 1 1/2 cups thinly sliced onion
- 1 garlic clove, minced
- 1 1/2 cups (1/4-inch-thick) slices yellow bell pepper, each slice cut in half
- 1 1/2 cups (1/4-inch-thick) slices red bell pepper, each slice cut in half
- 1 cup finely chopped carrot
- 3/4 cup golden raisins
- 1/2 cup dry white wine
- 1/4 cup sliced pimento-stuffed manzanilla or [green olives](#) (about 15 olives)
- 2 tablespoons balsamic vinegar
- 1 1/2 teaspoons salt
- 1/8 teaspoon black pepper
- 2 bay leaves
- 1 (14.5-ounce) can no-salt-added stewed tomatoes, undrained
- 1 (8-ounce) can no-salt-added tomato sauce



Preparation

Cook beef in a large nonstick skillet over medium-high heat until browned; stir to crumble. Remove from pan; drain well. Add oil to pan. Add onion and garlic; sauté 3 minutes. Add bell peppers and carrot; sauté 3 minutes. Return beef to pan. Stir in raisins and remaining ingredients; bring to a boil. Reduce heat; simmer for 15 minutes, stirring occasionally. Discard bay leaves.

Additional Info

Deadlines

Enrollments/IE forms must be submitted to our office by the 25th of the month and renewed annually.

Claims are due in our office by the 5th of every month.

Updated licenses are due in our office before the 19th of the month.

UPCOMING CACFP WORKSHOP!

"Healthy Creditable Snacks"

Saturday: March 30, 2013

Kent County: DPA Office

8:30 am to 10:30 am

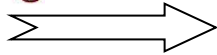
2 OCCL credit hours

Please Call DPA office to register (302) 678*9288

**HAPPY March 11th BIRTHDAY,
Dawn Jones
CACFP Program Manager**



Howdy



Welcome New Provider:

Laura Collins

Delaware Parents Association, Inc.

www.delparents.org



Children
Parents
Caregivers

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