



# CHILD CARE ANSWERS

## April 2015 Newsletter

### Important News to Know

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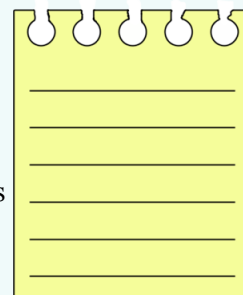
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#### A few notes from your monitors:

1. The Safety and Sanitation training was due at the end of March. Please make sure you have completed all parts and submitted the training.
2. Meals must be served during approved meal times and you may only claim children in attendance during the approved time.
3. Please notify your sponsor at least 15 minutes prior to meal service if you will not be serving a meal.
4. Make sure you submit a weekend form along with your claim if you are claiming weekends.
5. Your claim along with all documentation and enrollment forms need to be turned in by 5pm on the fifth of the month.
6. Please make sure you send us a copy of your child care license when it is renewed or changed. Without a current copy of your license we cannot process your claim.



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Spring is coming and that means Spring Break and vacations. Please notify us if you will be closed or have a change in your schedule!

# CACFP Policy Spotlight

## Approved Meal Times



When a provider signs on to the CACFP program meals, times and days of the week are set and approved. Providers are required to follow these times at all times. This not only helps us know what meals you are serving and when but helps you keep a schedule to make your day easier.

Any children not served during the approved time cannot be claimed for the meal. For instance, if you serve PM snack from 3pm till 3:30pm but have children come in at 4pm from school you CANNOT claim them for PM snack. If you wish to change you meal service time, add meals or days please notify your monitor in writing.

If you ever need to serve a meal early or running behind for a meal please just notify us so we know what is going on.

## What's In Season For Spring

Buying fruits and vegetables in season not only costs less but taste better. Here is a list of some foods in season during the Spring months:

- Asparagus
- Avocados
- Beans
- Berries
- Cabbage
- Cucumbers
- Lettuce
- Sweet oranges
- Sweet peppers
- Spinach



# Recipe of the Month

## Baked Oatmeal with fruit

- 2 cups old-fashioned rolled oats
- 2 tablespoons brown sugar
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- ½ teaspoon salt
- ½ cup walnuts, chopped
- 1 cup sliced strawberries
- ½ cup blueberries
- 2 cups skim or low-fat milk
- 1 egg
- 1 tablespoon honey

1. Preheat oven to 375°F and generously spray the inside of a 10-½ x 7 or a 9 x 9-inch baking dish with cooking spray and place on a baking sheet.

2. In a large bowl, mix together the oats, brown sugar, baking powder, cinnamon, salt, half the walnuts, half the strawberries and half the blueberries. (Save the other half of strawberries, walnuts and blueberries for the top of the oatmeal). In another large bowl, whisk together the milk, egg, honey and vanilla extract.

3. Add the oat mixture to prepared baking dish. Arrange the remaining strawberries, walnuts and blueberries on top. Add the banana slices to the top then pour the milk mixture over everything. Gently shimmy the baking dish to help the milk mixture go throughout the oats.

4. Place the baking dish on top of a baking sheet and bake for about 40 minutes or until the top is nicely golden brown and the milk mixture has set. For an extra tasty top, sprinkle a tablespoon or so of extra brown sugar on top then place back in the oven under the broiler and broil for 20-30 seconds. Serve warm with an extra sprinkle of sugar or drizzle of maple syrup, if desired.



## Nutritional Information

### Serving Juice on the CACFP Program

Serving juice on the CACFP program is allowed as a component for breakfast or snack when served as the fruit/vegetable component. The juice must be 100% fruit juice.



Although juice is allowable on the program, we recommend that juice be served no more than two times a week due to its sugar content. Twelve ounces of Apple juice has the same amount of sugar content as a can of soda. Twelve ounces of grape juice has MORE sugar than a can of soda. No matter which choice in juice you serve all of them have more calories than soda. Children get more nutrition out of a whole apple than a cup of juice. Not only does it contain all of the fiber needed but the sugar is natural. In place of juice try: apple slices, pineapple, bananas, pears or even a vegetable.



**CHILD CARE  
ANSWERS**

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**Child Care Answers  
CACFP**

“Where Healthy Eating Becomes a Habit”

Earth Day is April 22nd!

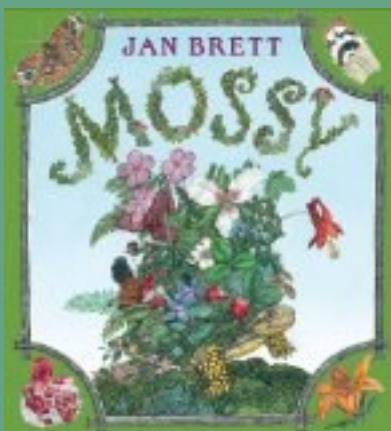
Celebrate Earth Day by recycling some fruit cups and making them into a Turtle herb planter. After painting the cup green, use pom-poms to glue on for legs and head. Then add on some squiggly eyes. It is a great way to talk about growing plants, using herbs to flavor food and keeping our earth clean by recycling.

## Kid Made Herb Planters



## Book Idea

*Mossy By Jan Brett*



While waiting for your herbs to sprout check out the book **Mossy** by Jan Brett. It’s about a turtle who grows a lovely garden on her shell. Dr. Carolina, a biologist, takes her to live in her Edwardian museum. Visitors flock to see Mossy, but it is Dr. Carolina's niece, Tory, who notices how sad Mossy is living in a viewing pavilion. She misses the outdoors and her friend, Scoot. Dr. Carolina finds a way to keep the spirit of Mossy alive at the museum, while allowing Mossy to have her freedom

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