

# The Edible Editorial

August 2024

## New Reimbursement Rates

*These reimbursement rates are in effect from July 1, 2024 through June 30, 2025. Rates payable for each meal may be adjusted by USDA each July. July claims are paid out during the month of August.*

### DAY CARE HOME REIMBURSEMENT RATES

Whether you will qualify for Tier I or Tier II rates will depend on a number of factors, such as the location of your child care home, your household income or the income of the families enrolled in the program. In addition, if your household income falls within USDA income guidelines, you may be eligible for reimbursement for your own children ages 12 and younger. For more information on the two-tier system, income guidelines or anything regarding reimbursement call us at 1-800-742-3663.

HOME Based Day Care		
	Tier I	Tier II
Breakfast	\$1.66	\$0.60
Lunch/Supper	\$3.15	\$1.90
Snacks	\$0.93	\$0.26

### DAY CARE CENTER REIMBURSEMENT RATES

An additional \$0.30 cents cash-in-lieu of commodities is paid for each lunch and supper served.

Mid Michigan Child Care Centers, Inc. will automatically deduct an administrative fee of 15% from the monthly meal reimbursement for centers.

CENTER Based Day Care			
	Free (A)	Reduced (B)	Paid (C)
Breakfast	\$2.37	\$2.07	\$0.39
Lunch/Supper	\$4.43	\$4.03	\$0.42
Snacks	\$1.21	\$0.60	\$0.11

# Strawberry Smoothie Bowl— Recipe for Homes

**CACFP Home Child Care Crediting Information:** One smoothie bowl (1/2 cup measuring cup and 1/4 cup measuring cup) provides 1/2 cup fruit and 1 oz. equivalent meat alternate. Makes 6 servings.

## Ingredients:

3 cups or 1 lb. 8 oz. Low-fat Greek yogurt  
1 qt. 2 cups or 1 lb. 11 oz. Frozen strawberries, diced  
1/4 cup or 3 oz. Agave syrup  
1 1/2 tsp. Vanilla extract



*Recipe from: <https://www.fns.usda.gov/tn/breakfast-recipes-cacfp>*

## Directions:

1. Place yogurt in a large bowl. Place yogurt in refrigerator to be set aside for step 4.
2. Pour strawberries into a high-speed blender.
3. Puree strawberries on medium speed until strawberries have a smooth consistency. Do Not Overmix.
4. Pour strawberry puree over yogurt. Stir well.
5. Add agave syrup and vanilla extract. Stir well.
6. Pour smoothie mixture into a serving bowl.
7. Hold at 40 degrees F or below until served.
8. Serve 3/4 cup (portion with 1/2 cup measuring cup and 1/4 cup measuring cup) in smoothie bowl.



# CACFP Training

When submitting paperwork through email or fax:

- Be sure the ink is copied dark enough that it will come through visible enough for us to read. Many times light colored ink (pink, gel pen, pencil, etc.) will not come through the fax clearly. Sometimes we can't even tell which provider it is coming from.
- As a home based provider be sure to include your name (not the daycare name) and provider food program ID# on all pages you are sending through fax or email.
- As a center based provider be sure to include the site name (not your personal name) and site food program ID# on all pages you are sending through fax or email.
- Forms can be emailed to [rachel@midmichigancc.com](mailto:rachel@midmichigancc.com) or [dongow@midmichigancc.com](mailto:dongow@midmichigancc.com).
- It is important that any new or updated Child Registration Letters and/or Household Income Applications are received in our office either with your claim or prior to you submitting the claim.

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In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
  2. **fax:** (833) 256-1665 or (202) 690-7442; or
- email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Jump and shake to music 4</p>	<p>use spoons, cups and funnels to play in the sink 5</p>	<p>ENJOY a family sing-a-long 6</p>	<p>Look for purple flowers 7</p>	<p>Spiderman Day - what do you know about spiders? 1</p>	<p>how many times can you bounce a ball? 2</p>	<p>Trace a square, color and cut it out 3</p>
<p>make up a story about FROGS 11</p>	<p>name and move four body parts 12</p>	<p>HELP clean your house! 13</p>	<p>climb UP a hill and roll back DOWN 14</p>	<p>practice drawing and naming shapes 15</p>	<p>find something purple to wear today 16</p>	<p>Visit the LIBRARY 17</p>
<p>finger paint with shaving cream 18</p>	<p>go on a number hunt... look for numbers everywhere! 19</p>	<p>play hide and seek outside 20</p>	<p>Paint on the sidewalk with water, watch it DISAPPEAR! 21</p>	<p>talk about FULL and EMPTY 22</p>	<p>walk with a bean bag on your head 23</p>	<p>match shapes, colors or numbers from a deck of cards 24</p>
<p>ICE CUBE RACE! 25</p>	<p>have milk and cereal for a snack 26</p>	<p>count the cars parked on your street 27</p>	<p>Sketch a rope 28</p>	<p>create art with food coloring and spray bottles 29</p>	<p>form a marching band with kitchen stuff! 30</p>	<p>READ a book TOGETHER! 31</p>

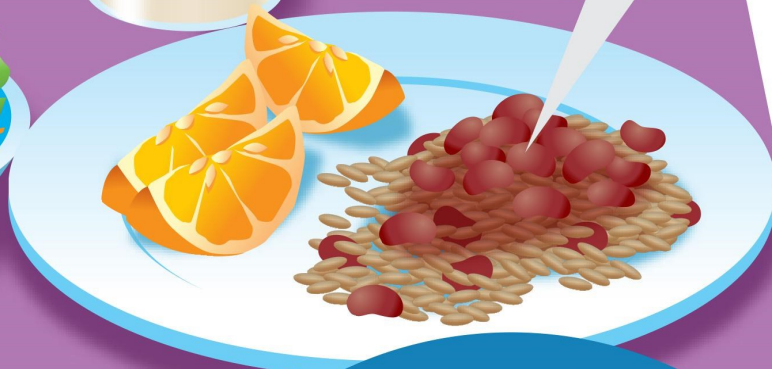
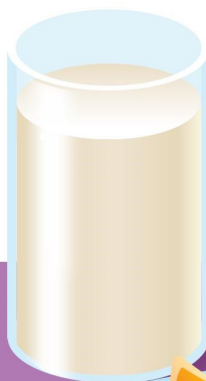
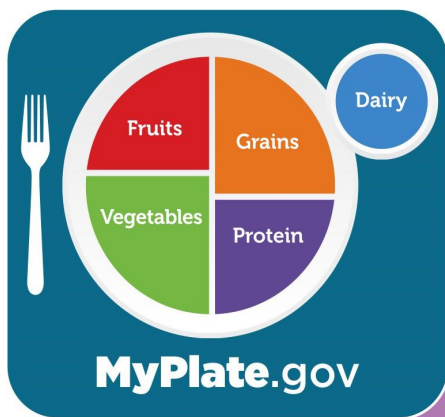


# Meet MyPlate

The **MyPlate** icon reminds us that we need to eat and drink foods from the five food groups. **Fruits**, **Vegetables**, **Dairy**, **Grains**, and **Protein Foods** are important for good health. **MyPlate** shows the food groups in different sections of the plate. Does this mean that foods need to be separate on your plate? No way! Some of our favorite healthy foods are a mix of food groups. What food groups are in your sandwich or taco?

## MyPlate Matching Game

Draw a line from each section of MyPlate to the correct foods below.



### Did You Know?

Beans belong to both the Vegetable and Protein Food Groups. Some favorite ways kids like to eat beans are in burritos, tacos, chili, dips, and quesadillas.

### Parents

Make half your plate fruits and vegetables. It is an easy way to make sure you (and your family) are getting enough. More information on MyPlate can be found at [MyPlate.gov](https://www.MyPlate.gov).

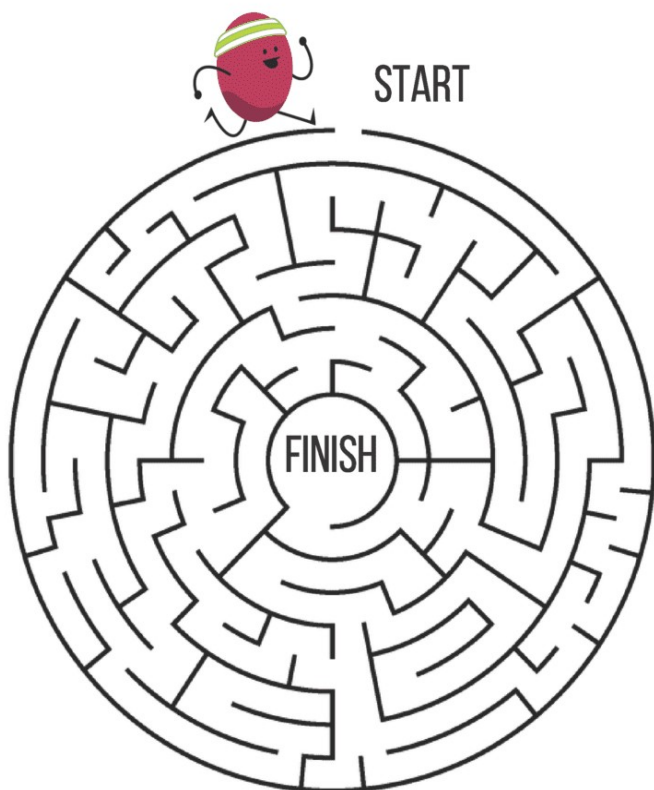


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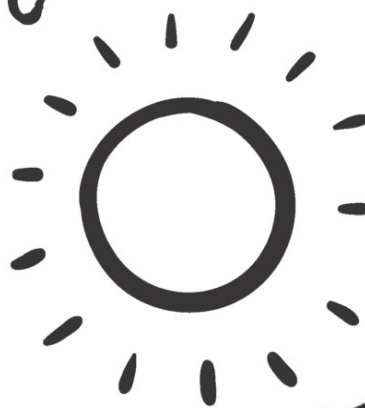
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[TeamNutrition.USDA.gov](https://www.TeamNutrition.USDA.gov)

**Answers:** FRUIT: orange, VEGETABLE: garden salad, PROTEIN FOOD: beans, GRAIN: rice, DAIRY: milk.

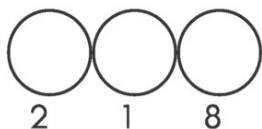


celebrate  
summer  
with  
grapes!



### DECODE THE MESSAGE

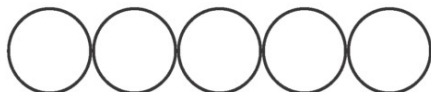
use the key to fill in the grapes below to  
reveal a secret message



2 1 8



5 6 7 2



3 7 9 4 8

1 - A	6 - O
2 - E	7 - R
3 - F	8 - T
4 - I	9 - U
5 - M	



NAME: \_\_\_\_\_

