

# The Edible Editorial

April 2019

## IN THIS EDITION

- Pg 2 Nutritious Nibbles
- Pg 3 Provider Spotlights
- Pg 3 Contributor Credits
- Pg 3 Staying Connected
- Pg 3 Condolences
- Pg 4 April Activity Calendar

### Hidden License Number

*Look for your license number or relative care billing number in each edition. Every month, there are two numbers hidden. If you find your number, call or email our office to receive special materials that will be beneficial to your day care.*

## Provider Training Opportunities

Join the USDA Team Nutrition for monthly training webinars on hot topics related to the CACFP Meal Pattern requirements.

Webinars will be held on Thursdays, in English from 2:00 to 2:30 PM ET and in Spanish from 3:00 to 3:30 PM ET.

Practice what you've learned, answer scenario-based questions for a certificate of completion and continuing education credit toward your CACFP Professionals Certification.

Topics include: Identifying Whole Grain Rich Foods, Grain Based Desserts, Feeding Infants, How to Support Breastfeeding, Adding Whole Grains to Your Menu, Methods for Healthy Cooking and more!

<https://www.cacfp.org/resources/thirty-thursdays/>



**CACFP Halftime: Thirty on Thursdays Training**

The Edible Editorial is a monthly publication for child care professionals sponsored by Mid Michigan Child Care Centers, Inc. (a Child Care Food Program Sponsor) established in 1981.

Suggestions, Comments or Ideas for future editions of The Edible Editorial?

Please email Allison at [allison@midmichigancc.com](mailto:allison@midmichigancc.com)

# Nutritious Nibbles

## recipe *Baked Eggplant Sticks*



### ingredients

- 10 ounce Eggplant
- 1/2 cup Italian seasoned breadcrumbs
- 2 tablespoons Parmesan cheese, grated
- 2 large egg whites, whipped

### directions

Cut off the eggplant ends and cut in half lengthwise. Cut 1/4 inch slices and then from those, cut 1/4 inch sticks. Mix breadcrumbs and cheese in a bowl. In another, whip the egg whites. Dip the eggplant sticks into the egg whites and then roll in the breadcrumb mixture. Lay on large baking sheet lined with parchment paper and bake in 450 degree oven for 10 minutes. Turn over and bake another 5 minutes. Makes 32 sticks. Six sticks equals 1/2 cup baked eggplant.



Snack Crediting: 5 Servings for ages 3-5

**CREDITABLE**  
cacfp.org

*Sneak Peak of some other recipes available at the link below...*



samurai banana sushi roll



strawberry yogurt parfait



zoe's roasted sweet potato sticks



fruit salsa with abby cadabby



Lots of great CACFP Creditable recipes and resources are available to you, including around the world recipes and nutrition information for you to use in your day cares. Simply visit the link provided below for more...

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<https://www.cacfp.org/resources/cacfp-creditable/recipes-and-menus/>

# Provider/Center Spotlight

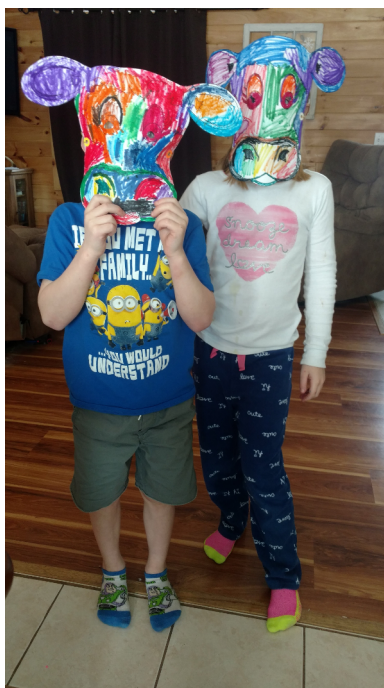


Schaun Cage and Melony Mitchell of Smart Start Daycare in Saginaw.

One of the most pleasurable and rewarding parts of working at Mid Michigan Child Care Food Program is when our providers and daycare centers share photos of the activities we offer or happenings in their daycares. Thank you to Smart Start Daycare and Ellen Rozema for your newsletter submissions.

Wishing to be featured? Simply email [allison@midmichiganccc.com](mailto:allison@midmichiganccc.com)

Note: Press/Photo Release permissions were granted for the photos enclosed



Kade and Tenley Nielsen of Ellen Rozema's daycare in McBain.



**Recommend a Provider receive a special prize.**

**We cover the entire state of Michigan.**



## Condolences to...

- *Penny Speer, Eaton county provider, husband passed away.*
- *Sherry Dykhouse, Missaukee county provider, mother passed away.*
- *Patty O'Farrell, Bay county provider, father passed away.*
- *Kate Lake, Gladwin county provider, mother passed away*

## Contributors

**ALLISON**

Editor & Publisher

**BILLY PIERCE**

Illustrator of Activities

## Stay Connected



Follow us on Pinterest for craft ideas, recipes, articles and much more related to child care.

[www.pinterest.com/midmichiganccc](http://www.pinterest.com/midmichiganccc)








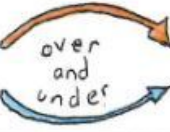
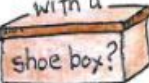
















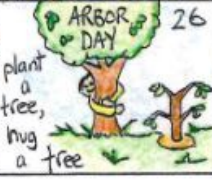







Like us on Facebook as another means of communication with us. Also a great way to connect with other childcare providers like yourself!

[www.facebook.com/midmichiganccc](http://www.facebook.com/midmichiganccc)



ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	APRIL FOOL'S day - give a hug!  1	draw a  2 and cut it out	name foods  3 that come from plants	find some rectangles  4 in your house	practice writing  5 and drawing	go fly a kite!  6
plant flower seeds in dirt, see what sprouts  7	talk about  8 over and under	what can you make with a  9 shoe box?	count to three in SPANISH!  10 uno dos tres	make up a song about SPRING!  11	make playdough: 12 1 cup flour 2 spoons salt a little water 	turn over a rock - what's under it?  13
go on a  14 BUG HUNT	READ a book about...  15	draw a bug... make up a bug story  16	make someone  17 SMILE	visit the LIBRARY  18 I LOVE BOOKS!	talk about plant parts:  19 flower leaf stem roots	go outside and hop  20 like a bunny
what is behind  21 and in front of your house?	EARTH DAY!  22 reduce, reuse, recycle!	walk through  23 your neighborhood, pick up litter	How  24 does rain help plants?	wash your toes and count them ALL  25	plant a tree, hug a tree  26	blow bubbles  27 OUTSIDE
have a family picnic -  28 Count ants 	wiggle, open, bend and name body parts  29 hand	 30 see what shapes clouds can make		<b>APRIL</b> the young special	is MONTH of child - look for activities in your community	



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