

The Edible Editorial

September 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

Quiche Florentine— Recipe for Homes

CACFP Crediting Information: Makes 10 servings. One serving provides 1 oz. meat/meat alternate, 1/2 oz. grains and 1/4 cup vegetable.

Ingredients:

- 1 (200 g) enriched pie crust
- 6 cups fresh spinach, chopped
- 1/2 Tbsp. butter
- 3 large whole eggs
- 1 cup milk
- 1 cup shredded cheese
- 1 tsp. onion powder
- 1 tsp. garlic powder



Directions:

1. Preheat oven to 425 degrees F. Bake pie crust for 8-9 minutes. Then allow to cool. Lower oven temperature to 350 degrees F.
2. Sauté the spinach with butter over medium heat until spinach has wilted. Set aside and allow to cool.
3. In a medium bowl, mix all ingredients together including the spinach. Salt and pepper to taste. Pour mixture into pie crust and bake for 50 to 55 minutes.
4. Cut into 10 even slices and serve warm.

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

This institution is an equal opportunity provider.

CACFP Training for CENTERS: Household Income Applications

If you are applying for foster child(ren) only, follow these instructions:

Part 1: Do not complete.

Part 2: List name, age, and birth date of foster child(ren); check the box for foster child.

Part 3: Sign and date the form. The last four digits of a social security number are not necessary.

If your household receives **Food Assistance Program (FAP), Family Independence Program (FIP), or Food Distribution Program on Indian Reservations (FDPIR) benefits**, follow these instructions:

Part 1: List the name and case number for any household member (including adults) receiving FAP, FIP, or FDPIR.

Part 2: List the name, age, and birth date for all children enrolled in day care.

Part 3: Sign and date the form. A Social Security Number is not necessary.

Note: Benefits received under WIC, Medicaid, or Department of Health and Human Services (DHHS) Child Care Assistance Program (where DHHS pays a portion of your child care expense) does not automatically qualify for Category A (free) meals.

All other households, including households where some of the children are foster children, follow these instructions (not required if household is over the income limits and don't have any foster children):

Part 1: Do not complete.

Part 2: List the names and ages of everyone (related or not related) living in your household, including you, other adults and children (If you need more space, use a separate sheet of paper.)

Place a ✓ in the column for all children enrolled in child care

List household members' ages and dates of birth

Place a ✓ in the next column if children in the household are foster children

If no case number is indicated in Part 1, list (by person) the amount and source of income received last month. List monthly earnings **before** deductions, monthly welfare, child support or alimony or any other income including retirement, Social Security, Supplemental Security Income (SSI), Veteran's (VA) benefits, disability benefits, Worker's Compensation, unemployment, strike benefits, regular contributions of people who do not live in your household or any other income

Place a ✓ in the box for those listed who do not have income

If you are in the Military Housing Privatization Initiative or receive Combat Pay, do not include the housing allowance as income



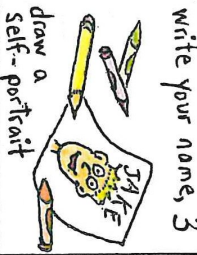
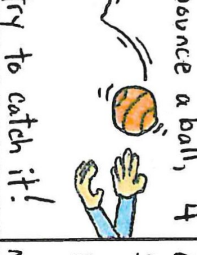

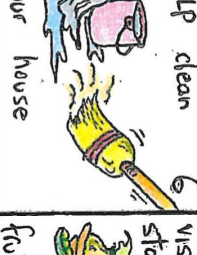




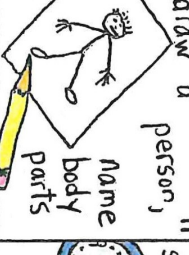

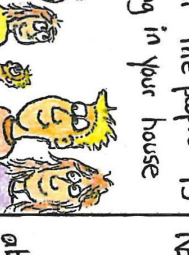









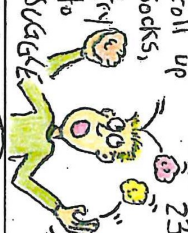


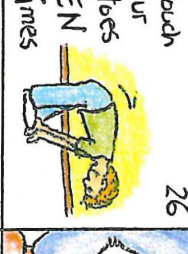



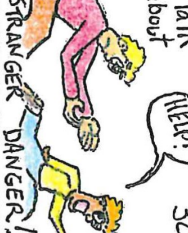
Foster child payments received by the family from the placement agency are not considered income and do not have to be reported. The presence of a foster child in a family does not make all children in the household automatically eligible for free meals

If you are a farmer or self-employed, monthly income is gross farm or business income received in the month prior to application minus farm or business expenses. Gross wages from other jobs or income from other sources must also be listed as income. A loss from self-employment must be listed as zero income and cannot reduce other income

Part 3: Sign and date the form and list the last four digits of your Social Security Number or check the box indicating "I do not have a Social Security Number."

September

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>work on a puzzle together 1</p> 	<p>LABOR DAY 2</p> 	<p>write your name, 3</p> 	<p>bounce a ball, 4</p> 	<p>MARCH, skip or hop to music 5</p> 	<p>HELP clean your house 6</p> 	<p>visit a grocery store, name fruits and vegetables 7</p> 
<p>CELEBRATE Grandparents' Day 8</p> 	<p>count 5 raisins, eat them up! 9</p> 	<p>what can you make with tape and paper towel tubes? 10</p> 	<p>draw a person, name body parts 11</p> 	<p>find something blue in each room of your house 12</p> 	<p>count the people living in your house 13</p> 	<p>READ a book about LEAVES 14</p> 
<p>Tear paper scraps, glue into a collage 15</p> 	<p>sip milk through a straw, where does milk come from? 16</p> 	<p>visit the LIBRARY and READ! 17</p> 	<p>EAT ANTS on a log: celery, raisins, peanut butter 18</p> 	<p>what did you do YESTERDAY? 19</p> 	<p>help a neighbor with a chore 20</p> 	<p>visit a park, swinging and sliding 21</p> 
<p>FIRST DAY of FALL! 22</p> 	<p>roll up socks, try to SUGGLE 23</p> 	<p>talk like an animal 24</p> 	<p>look in books, papers and magazines for letters in your name 25</p> 	<p>touch your toes TEN times 26</p> 	<p>Run as fast as you can! 27</p> 	<p>take a WALK 28</p> 
<p>put stuff in a bag, guess what it is by how it feels 29</p> 	<p>talk about STRANGER DANGER! 30</p> 					



United States Department of Agriculture

Growing a Healthier Future With the CACFP

Every day, more than 4 million children get meals and snacks through USDA's Child and Adult Care Food Program (CACFP). Thanks to recent updates to the CACFP meal patterns, you now have even more opportunities to help kids get the nutrition they need to **learn, grow, and play**.



Fueling Up With Veggies

Fewer than 10% of 4- to 8-year-olds eat enough vegetables.



Vegetables and fruits are now two separate components at lunch, supper, and snack. This means you can serve vegetables and fruits more often and help kids develop a taste for healthy foods from the start.

Starting Kids Early With Whole Grains

Kids ages 1 to 13 years old eat up to **twice the amount of** refined grains that they should, but not enough whole grains.



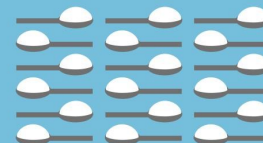
Whole Grains



Refined Grains

Now kids are more likely to get whole grain-rich* foods at least **once a day**. Whole grains give kids vitamins, minerals, and fiber to help them be strong and healthy.

Lowering Added Sugars



On average, kids 9 to 13 years old eat between 17 to 22 teaspoons of added sugars every day.

By limiting sugar in yogurts and cereals, and not counting cookies, cakes and other grain-based desserts toward the grains requirements, meals served in CACFP will give kids the chance to try—and like—new, healthy foods.



Baby Talk: Updates to the Infant Meal Patterns

The updated infant meal patterns support the health of CACFP's youngest participants by:

- Reimbursing meals when moms breastfeed onsite
- Including a wider variety of foods for babies to try during their first year of life



*Whole grain-rich foods are foods containing 100% whole grains or that contain at least 50% whole grains and the remaining grains in the food are enriched.

Sources:

<https://health.gov/dietaryguidelines/2015/>

https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a06.html

https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a40.html



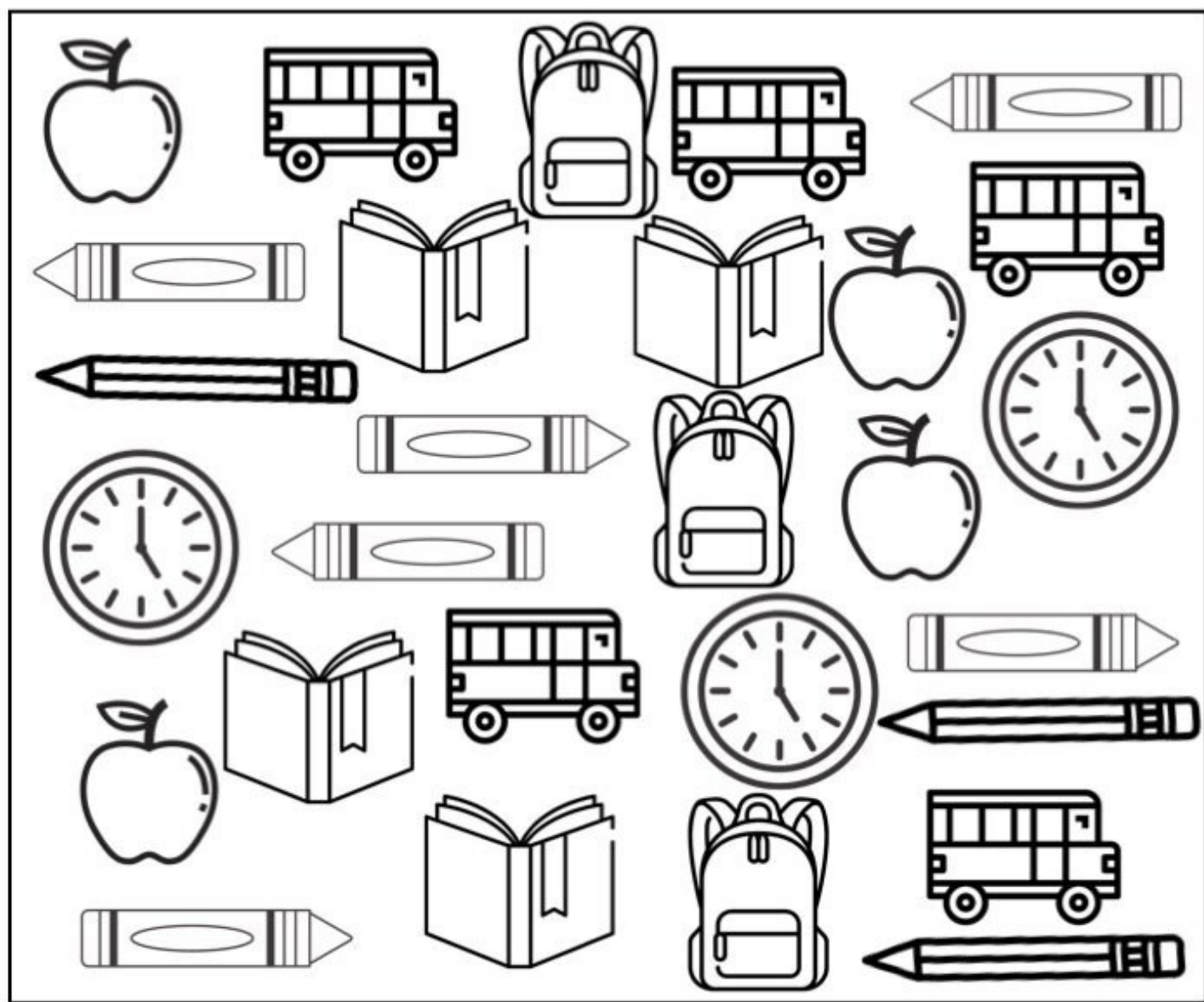
Food and Nutrition Service
FNS-651

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<https://teamnutrition.usda.gov>

USDA is an equal opportunity provider, employer, and lender.

Back to School



Count the objects. Write how many you see in the boxes.

I see apples.

I see crayons.

I see buses

I see pencils.

I see books.

I see clocks.