

The Edible Editorial

March 2024

National CACFP Week: March 10-16, 2024

The purpose of National CACFP Week is:

1. To educate parents and the community about how the CACFP helps child care providers serve well balanced, nutritious meals.,
2. To promote proper nutrition for growing children,
3. To ensure long-term health benefits by creating healthy eating habits.

Celebrate and promote National CACFP Week in your home or center together with the children you serve!

Here is a list of activities to promote community awareness of the CACFP and its importance to the quality of available child care:

- * Plan an activity with children. Take a picture of the children doing the activity. Send the picture to your U.S. Congressperson and Senators along with a short note about how the CACFP helps promote lifelong healthy eating habits in young children. Better yet, invite someone from your TV, radio, newspaper or legislature to be a part of the activity.
- * Host an open house for families celebrating the CACFP. Serve a few of the children's favorite recipes. Display any crafts you may have done with the children. Invite your legislative representative to join you and your guests. Try to get media coverage.
- * Encourage the children to complete their activity flyer throughout the week.
- * Involve the parents and children in planning this week's meals and snacks.
- * Send an activity flyer home with children so

their families can review how the CACFP supports good nutrition and physical activity in child care.

- * Plan at least one nutrition activity this week and inform the parents. Need ideas? Check out www.facebook.com/NationalCACFP
- * Talk about the menu each day in relation to MyPlate. Did you meet the recommended number of servings?
- * Talk with the children about how eating nutritious foods now will help them to be healthier adults later. Example: Eating foods that are good for you will help you stay healthy and strong.
- * Try a new recipe. Ask parents if they have a recipe they would like to share.
- * Make a commitment to improve menus during March, also National Nutrition Month, by:

Using more fresh fruits and vegetables.

Evaluating menus for plate appeal.

Adding new vegetables to the menu.

Make healthy eating fun.

Increasing the use of whole grain products.

National CACFP Association. cacfp.org

CACFP Training

You must call Mid Michigan in advance to report an absence, closure or inactivity. This is a Federal USDA regulation. Examples of when to call:

- You have no children at all coming to the home for one day or an extended period, such as vacations, days off, etc.
- You have decided to take the children out of the home/center with you at a meal service time.
- You have chosen to be inactive for any amount of time.
- You are not providing care due to a personal appointments.
- Your hours of operation have changed.

Daily sign in/out sheets must be accurately completed upon arrival and departure of each child.

HOME Based Child Care: You must keep your Meal Attendance Sheets, menus (infant and/or regular) up to date each day, when less than 13 children are in care that day. This means before you go to bed at night you must be sure all information is complete and correct for that day. Meal Attendance must be done at point-of-service, when there are 13 or more children present during the day or if the provider has been previously found seriously deficient.

CENTER Based Child Care: Meal Attendance MUST be taken at point-of-service (when the participants are seated at the table). This is extremely important to ensure accurate attendance. Meal attendance is not the same as daily attendance (sign in/out). Do not record meal attendance based on sign in/out forms. Meal attendance must include B, A, L, P, D, E. You cannot mark in meal attendance before or after the meal has been served. Double check with a head count to be sure it matches the number of participants. Do not record meal attendance based on the number of children expected.

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

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CERTIFICATE OF

AWESOMENESS



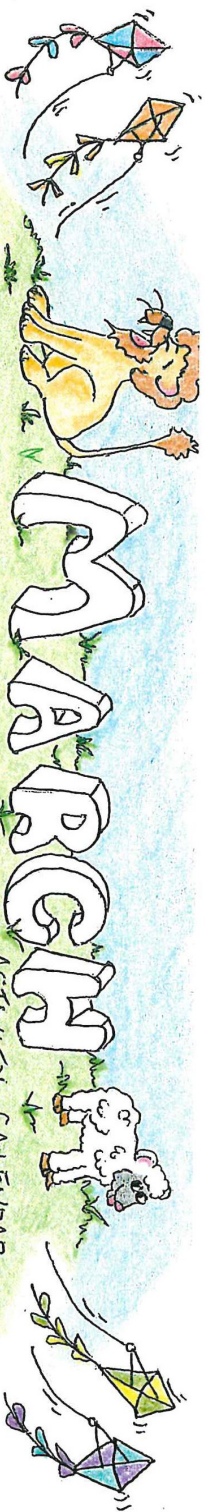
Thank you for your commitment to the **Child and Adult Care Food Program**
and to the health and well-being of the children in your care.
CACFP is an indicator of **quality child care**.

Presented to

Mid Michigan Child Care Food Program


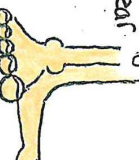





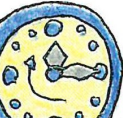




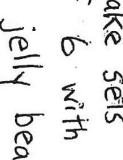
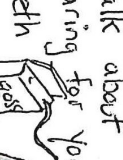










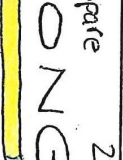

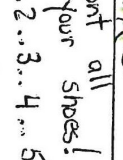


Presented by





MARCH

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>decorate a cup, 3 add seeds and dirt- make a crazy grass head</p> 	<p>name things you wear on your feet</p> 	<p>visit the LIBRARY</p> 	<p>draw some triangles</p> 	<p>how TALL are you?</p> 	<p>make up a story about dinosaurs</p> 	<p>DR. SEUSS' birthday, read your favorite book</p> 
<p>daylight savings begins - set clocks ahead one hour!</p> 	<p>dance or exercise to music</p> 	<p>cut and glue... ...create a masterpiece</p> 	<p>match numbers, 13 or shapes colors in a deck of cards</p> 	<p>how much do you weigh?</p> 	<p>make sets of 6 with jelly beans!</p> 	<p>talk about caring for your teeth</p> 
<p>HAPPY St. Patrick's Day!</p> 	<p>which foods are good for your teeth?</p> 	<p>FIRST day of SPRING!</p> 	<p>what did you do 20 at the beginning, middle and end of the day?</p> 	<p>READ a book about SPRING</p> 	<p>decorate and count EASTER EGGS</p> 	<p>look for signs of SPRING</p> 
<p>24 play ball outside!</p> 	<p>draw a picture of SPRING flowers</p> 	<p>visit a park</p> 	<p>compare LONG and SHORT</p> 	<p>help wash the windows</p> 	<p>count all your shoes! 29 1..2..3..4...5..6</p> 	<p>take parents to the play- ground day</p> 
<p>HAPPY EASTER 31</p> 						



Attention Parents!

Did you know we are a CACFP Provider?

We participate in the USDA Child and Adult Care Food Program (CACFP) which means your children get daily access to healthy and nutritious foods at no extra cost to you!

Celebrating CACFP Week March 10-16, 2024

Time to Celebrate

Dear Parents,

As we celebrate CACFP Week, you should know one of the most important lessons a child will learn are healthy eating habits. Did you know your child is learning these habits in an environment that recognizes the importance of participating in the Child and Adult Care Food Program as a way to help children grow and develop to their fullest potential?

Together, with caregivers and parents, we can work to establish and encourage healthy eating habits. Receiving nutritious meals early in life, as well as being physically active, is critical to the establishment of positive lifelong habits.

Questions? Contact us at anytime!



Mid Michigan Child Care Food Program

1-800-742-3663

www.midmichigancc.com



What does CACFP mean for you and your children?

Research shows that child care providers, like yours, who participate in the CACFP offer more fruits, vegetables, whole grains, and lean meats than providers who do not participate in the CACFP.



These high quality meals mean children are getting many of the nutrients needed to stay healthy and active. This helps build a strong immune system.

Children served a nutritious diet, as regulated by the program, are also more likely to be healthy, happy and develop at a normal physical, emotional, and intellectual pace.

CACFP providers create an atmosphere that instills a positive, curious attitude about food from the earliest years.

Participation means that not only are well-balanced meals and snacks served, but that other requirements such as safety regulations, child-to-staff ratios, and other health guidelines are being followed.

To remain in the program, homes and centers are continually monitored and held to the highest health and nutrition standards.



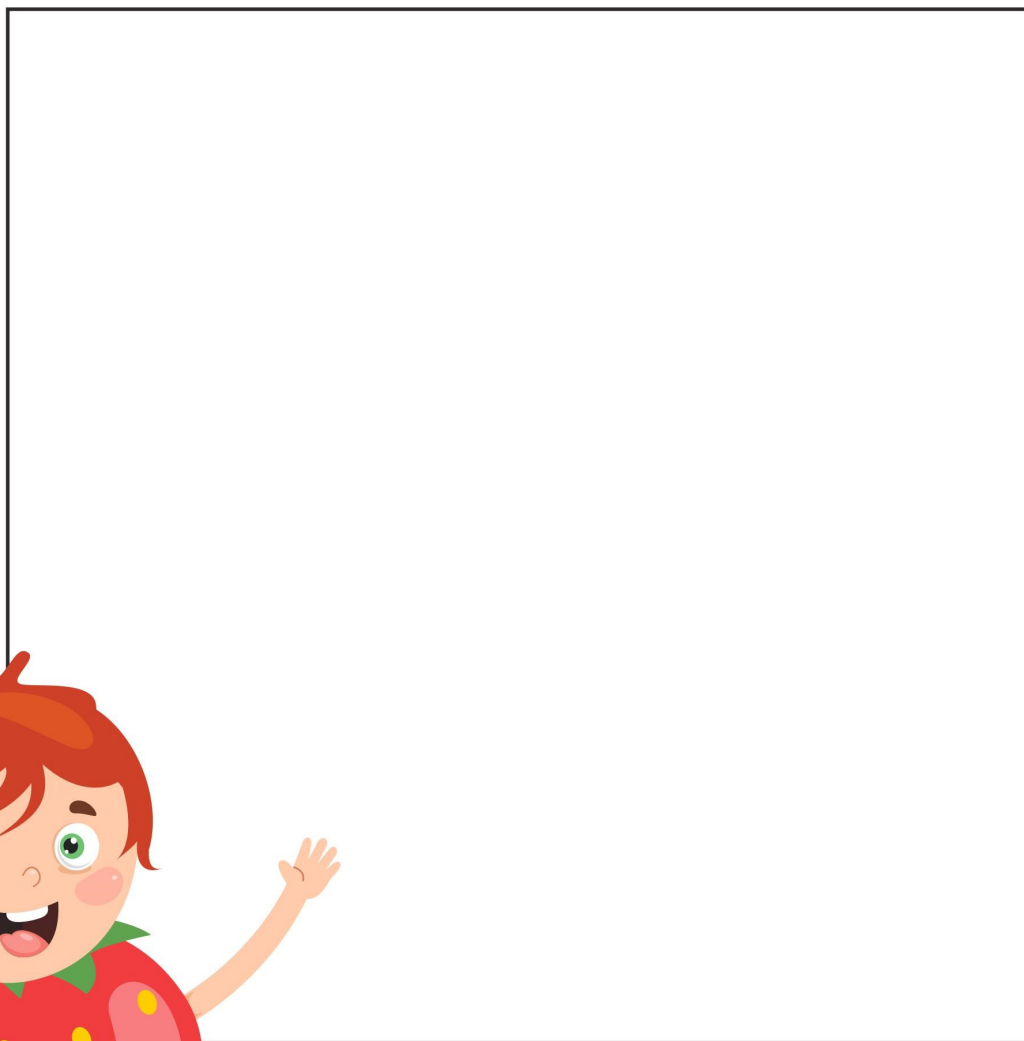
www.CACFPWEEK.org

CACFP is an indicator of quality Child Care.
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WHAT'S YOUR FAVORITE?

Use the square to draw a picture of your favorite snack.

CACFP
WEEK 2024



A IS FOR AWARENESS

Together we can raise awareness of how the CACFP works to combat hunger.

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ASSOCIATION
cacfp.org

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