

The Edible Editorial

June 2023

Giving Vegetables Credit: How Vegetables Count in the CACFP

- ◇ Vegetables in amounts smaller than 1/8 cup do not credit toward a reimbursable lunch, supper, or snack.
- ◇ Raw leafy green vegetables (spinach, kale, collards, and lettuce) credit for half of the amount served. For example, one cup of raw leafy greens credits as 1/2 cup of vegetables.
1 cup raw spinach = 1/2 cup vegetables.
- ◇ Cooked leafy green vegetables credit for the entire amount served. **1 cup steamed spinach = 1 cup of vegetables.**
- ◇ Dried vegetables credit for twice the amount served. For example: **1/4 cup sun-dried tomatoes = 1/2 cup of vegetables.**
- ◇ Dry beans and peas (legumes), including black beans, split peas, and lentils, can credit as vegetable or as meat alternates, but cannot credit toward both components in the same meal.
- ◇ Pureed vegetables used in smoothies credit as 100% vegetable juice. Juice may only be served once per day in the CACFP.
- ◇ A second, different vegetable can be served in place of the fruit component at lunch and supper.



 Spring	 Summer	 Fall	 Winter
Asparagus	Bell Peppers	Brussels Sprouts	Beets
Broccoli	Corn	Cauliflower	Cabbage
Lettuce	Crookneck Squash	Pumpkins	Kale
Spinach	Tomatoes	Sweet Potatoes	Winter Squash

Collard Greens —USDA Recipe for Child Care Centers

CACFP Crediting Information (25 servings):

1/3 cup provides 1/4 vegetable.

Ingredients:

Nonstick cooking spray

4 slices (2 oz.) Turkey bacon, cooked, chopped

2 cups Onions, fresh, peeled, diced

2 lbs. 1 oz. Collard greens, fresh, leaves only, chopped

1 qt. Water

1 tsp. Liquid smoke (optional)



Directions:

1. Coat a large stockpot or tilting kettle with nonstick cooking spray and heat over medium heat.
2. Heat bacon for 3-4 minutes, until lightly brown, stirring frequently.
3. Increase heat to medium-high. Add onion and sauté until soft.
4. Add collard greens and sauté for 1-2 minutes, stirring continuously. Sauté until greens begin to wilt.
5. Add water to stockpot or kettle, cover, and bring to a boil. Reduce heat to medium. Simmer for 10-12 minutes, stirring occasionally. Stir in liquid smoke (optional). Remove from heat when greens are tender.
6. Serve 1/3 cup. Hold at 140 degrees F or higher.



**Enjoy the warm
weather!**

**Have a picnic with
the kids outside.**

Home & Center Based Day Care—Training

- HOMES & CENTERS: Child Registration Letters need to be completed by the parents. You may help the parents if they have questions.
- HOMES & CENTERS: Parents must sign and date the form.
- CENTERS: Household Income Applications must be completed by the parents. You may help the parents if they have questions. Page three of the Income Packet has detailed instructions on completing this form.
- HOMES: If printing Enrollment Forms from KidKare, all information must be reviewed and updated annually. Address must be accurate at time of signature.
- Be sure that all Child Registration Letters and/or Household Income Applications are updated annually.
- We cannot reimburse for a child's meals, if the Child Registration Letter we have on file has expired.
- Child Registration Letters and Household Income Applications expire one year from the date the parent signs the form.

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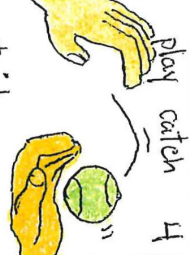


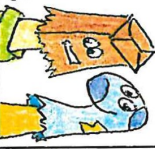




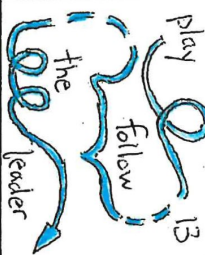


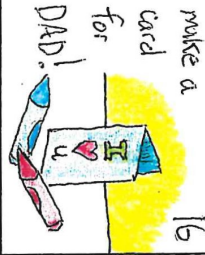
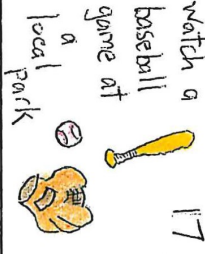

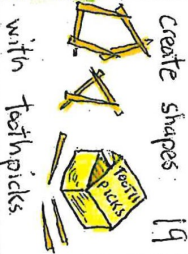









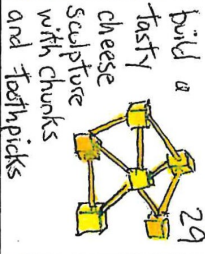

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, 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












 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>play catch 4</p>  <p>outside</p>	<p>name things 5 that are</p> <p>TALL and SHORT</p>	<p>match socks, 6</p> <p>count the pairs and put them away</p> 	<p>imitate bird 7</p> <p>quack, tweet, gobble</p> <p>sounds</p> 	<p>make 1</p> <p>puppets from old socks or paper bags</p> 	<p>draw your 2</p> <p>family</p> 	<p>help pull 3</p> <p>weeds from your yard</p> 
<p>move to 11</p> <p>Some music</p> 	<p>eat your 12</p> <p>favorite fruit for a snack</p> 	<p>play 13</p> <p>the follow leader</p> 	<p>FLAG DAY! 14</p> <p>make a paper flag</p> 	<p>write some 8</p> <p>letters that you know</p> <p>S A M N</p> 	<p>make a 16</p> <p>card for DAD!</p> 	<p>watch a 17</p> <p>baseball game at a local park</p> 
<p>FATHER'S DAY- 18</p> <p>give a hug!</p> 	<p>create shapes 19</p> <p>with toothpicks</p> 	<p>look in a 20</p> <p>newspaper for animal pictures</p> 	<p>go 21</p> <p>outside, collect green things in a bag</p> 	<p>visit the 22</p> <p>LIBRARY</p> <p>love books</p> 	<p>play an 23</p> <p>instrument outside</p> 	<p>make 24</p> <p>popcorn and eat!</p> 
<p>catch 25</p> <p>fireflies and let them go!</p> 	<p>FIND 26</p> <p>and name shapes in your house</p> 	<p>take a walk, 27</p> <p>count bikes</p> 	<p>visit the 28</p> <p>LIBRARY</p> <p>love books</p> 	<p>build a 29</p> <p>tasty cheese sculpture with chunks and toothpicks</p> 	<p>sing a 30</p> <p>Song about summertime together!</p> 	



WHAT DO VEGETABLES DO FOR THE BODY?

Vegetables are not a calorie-dense component, which means they are not high in carbohydrates, protein or fat (with some exceptions, of course - starchy vegetables are a good source of carbohydrates and avocados are a good source of fats).

However, vegetables are important because they are extremely nutrient rich with plenty of vitamins and minerals:

Vitamin A (Beta-carotene) protects against infection and helps maintain healthy eyes and skin

Good sources: Sweet potato, carrots, spinach, winter squash



Iron helps with cell function and keeping healthy blood

Good sources: Dark leafy greens, broccoli, mushrooms, sun-dried tomatoes



Fiber aids digestion and decreases risk of heart disease

Good sources: Avocado, carrots, beets, artichoke



Vitamin K (K1) helps the body heal wounds and clot blood

Good sources: Dark leafy greens, broccoli, green beans, cabbage



B Vitamins aid in cell function and metabolism

Good sources: Leafy greens, asparagus, Brussels sprouts, mushrooms



Calcium keeps bones and teeth healthy and strong

Good sources: Leafy greens, peas, squash, sweet potato



Magnesium also helps keep bones healthy

Good sources: Spinach, broccoli, avocado



Potassium is good for healthy blood pressure

Good sources: Leafy greens, avocado, sweet potato



Vitamin C helps the immune system and healing

Good sources: Kale, broccoli, green bell peppers, Brussels sprouts

