

# The Edible Editorial

March 2023

## National CACFP Week—March 12-18, 2023

The purpose of the 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!

- ◆ 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 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. (Activity sheets are the last two pages of this newsletter. Additional ones can be found at [cacfp.org/campaign](http://cacfp.org/campaign)).
- ◆ Send an activity flyer home with children so their families can review how the CACFP supports good nutrition and physical activity in child care. ([cacfp.org/campaign](http://cacfp.org/campaign))
- ◆ Plan at least one nutrition activity this week and inform parents.
- ◆ Involve the parents and children in planning this week's meals and snacks.
- ◆ 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 that they would like to share.
- ◆ Compile your own recipe book. Hand out your recipe book at a parent appreciation brunch or snack.
- ◆ Make a commitment to improve menus during March, also National Nutrition Month by:
  - Using more fresh fruits and vegetables.
  - Evaluating the menus for plate appeal.
  - Adding new vegetables to the menu.
  - Make healthy eating fun.
  - Increasing the use of whole grain products.



## Chic' Penne—USDA Recipe for Child Care Homes

CACFP Crediting Information (6 servings):

1 1/2 cups provides 1 oz. equivalent meat/meat alternate, 1/8 cup vegetable, and 1 3/4 oz. equivalent grains.

### Ingredients:

3 cups Penne pasta, whole wheat, dry (12 oz.)  
1 tsp. Granulated garlic  
2 cups Fresh broccoli florets  
1 cup Cooked diced chicken, 1/2" pieces (4 oz.)  
1 1/2 cups fat-free half and half  
1 Tbsp. Enriched all-purpose flour  
1/8 cup Low-sodium chicken broth  
1 tsp Salt  
1/2 tsp Ground black pepper  
1/2 cup Reduced-fat cheddar cheese, shredded (2 oz.)  
1/2 cup Low-fat mozzarella cheese, low-moisture, part-skim, shredded (2 oz.)

Preparation Time: 20 Minutes

Cooking Time: 20 Minutes



### Directions:

Preheat oven to 350 degrees F. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for 8-10 minutes or until tender. Do not overcook. Drain well. Toss pasta with 1/2 teaspoon garlic. Fill a medium pot with water and bring to a boil. Add broccoli florets and cook for 5 minutes. Drain well. Sprinkle with remaining garlic. Transfer pasta and broccoli to a medium casserole dish (about 8" x 11") coated with nonstick cooking spray. Add chicken. Mix well. In a small mixing bowl, mix 1/2 cup half and half with flour. Whisk to remove lumps. In a medium skillet, heat chicken broth, salt, pepper, and remaining half and half. Stir constantly. Stir in half and half/flour mixture. Stir constantly and bring to a boil. Reduce heat to low. Stir frequently for 5 minutes. Sauce will thicken. Add cheese and stir until cheese melts. Remove from heat. Pour sauce over broccoli/pasta mixture. Cover casserole dish with lid or with foil. Bake at 350 degrees F for 8 minutes. Heat to an internal temperature of 165 degrees F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Remove from oven. Serve hot.

## Home & Center Based Day Care—Training

**Per the Permanent Agreement - Only claim meals served to children who are enrolled and in attendance and not meals served to children in excess of State of Michigan, child day care approved capacity/ratio.**

**“Children in Attendance” means when children are present in the home or center for child care purposes.**

- For unlicensed relative care providers this can be confusing. A child is not present for child care when their parent is also present for example a holiday meal with the entire family.**
- Bagged lunches sent with children to school cannot be claimed in the CACFP. The child was not present in the home for the meal.**
- Specific to center based daycare - Meal Attendance must be marked at point of service when the children are eating, never before or after the meal is served.**

**If your child care license changes, please inform Mid Michigan Child Care so we can have the most up to date information on file regarding the sites licensed capacity, etc.**

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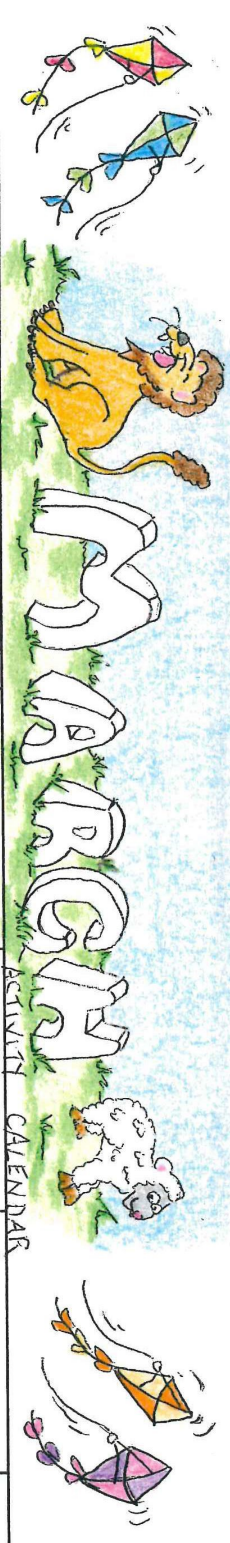
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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>,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





ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>name things 5 you wear on your feet</p>	<p>make up a 6 story about dinosaurs</p>	<p>compare things 7 that are LONG and SHORT</p>	<p>what can you 1 make with a SHOE BOX?</p>	<p>DR. SUESS' 2 birthday, read your favorite book!</p>	<p>make a 3 healthy snack together</p>	<p>have a family, 4 DANCE OFF.</p>
<p>daylight 12 savings begins: set clocks ahead one hour!</p>	<p>plant flowers 13 seeds in dirt... watch them grow</p>	<p>visit the 14 LIBRARY</p>	<p>draw some 15 triangles</p>	<p>cut and glue... 9 a masterpiece</p>	<p>make sets of 23 six with cereal</p>	<p>draw a 18 picture of SPRING flowers</p>
<p>follow 19 directions and make JELLO</p>	<p>FIRST 20 day of SPRING!</p>	<p>match numbers 21 stripes or colors in a deck of cards</p>	<p>READ 22 a book about SPRING!</p>	<p>DR. SUESS' 2 birthday, read your favorite book!</p>	<p>talk about the 24 beginning, middle and end of your day</p>	<p>visit 25 a park</p>
<p>make up a 26 song (va la, la, la, about SPRING</p>	<p>wiggle, open, bend 27 and name body parts</p>	<p>talk about 28 caring for your teeth</p>	<p>decorate a cup, 29 add seeds and dirt, make a crazy glass head</p>	<p>DR. SUESS' 2 birthday, read your favorite book!</p>	<p>take parents 31 to the play- ground day!</p>	
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# HERRY'S COUNT & COLOR

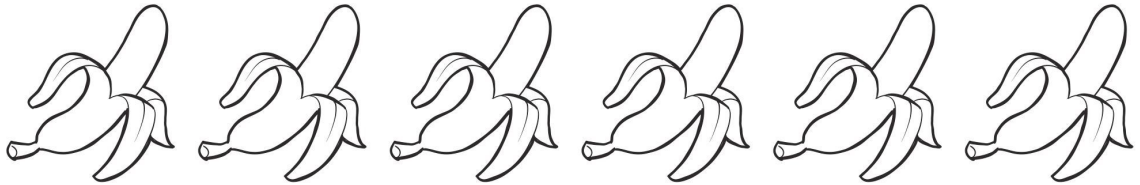
Read the number and color as many as you have read.

**CACFP**  
WEEK 2023

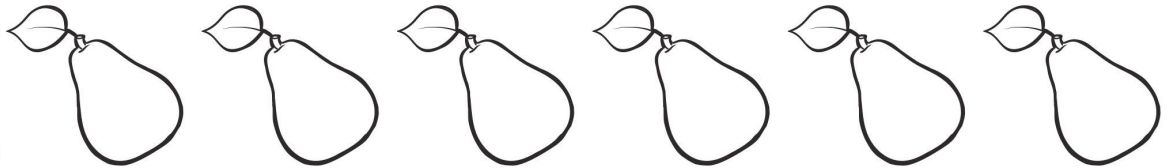
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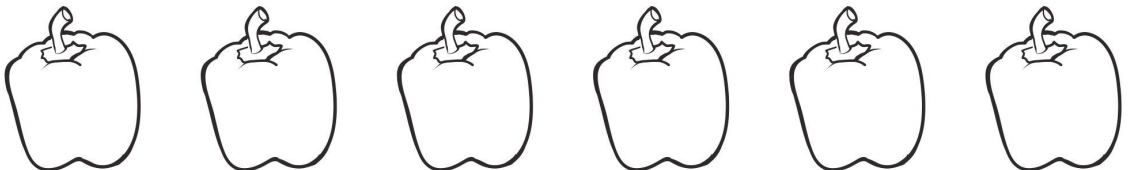
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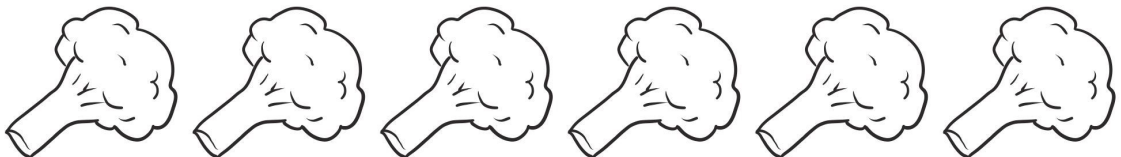
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**5**



**3**



## P IS FOR PARTICIPATE

Hundreds of thousands of people participate in the CACFP administering the program or caring for children and adults.

[ssic.org](http://ssic.org)

NATIONAL  
**CACFP** SPONSORS  
ASSOCIATION  
[cacfp.org](http://cacfp.org)

This institution is an equal opportunity provider.

# WORD HUNT

Can you find all these healthy foods?

**CACFP**  
WEEK 2023

	M	I	L	K	A	B	C
APPLE	A	C	Z	Y	A	K	H
MILK							
CHEESE	P	E	A	S	P	K	E
PEAS	R	I	A	J	P	R	E
PASTA							
	C	P	K	C	L	K	S
	E	O	K	K	E	K	E
	K	P	A	S	T	A	N



## C IS FOR CHILDREN

Children receive healthy and nutritious meals through the CACFP.