

The Edible Editorial

October 2024

Healthy Choices on a Budget

cacfp.org

There is a huge misconception that eating healthy costs a lot more than the everyday average meal, especially if you have a small group to feed. You may have heard of some ways to help cut the grocery bill. Many of them are pretty common such as looking for coupons, meal planning, and making grocery lists. While those certainly help, we want to dig a little deeper and share ways to help you have even more change for your purse.

1. Share Ingredients

First and foremost, meal planning is key. When planning your meals, share ingredients. For example, you make black bean and spinach tostadas on Monday; chances are you won't use all your spinach. Don't let it go to waste. Use the remaining spinach on Tuesday for spinach and strawberry salad. Wednesday's menu calls for strawberry pancakes. You get the idea.

2. Adapt to Sales

Don't throw away the junk mail just yet. Check and see what's on sale before menu planning. If there's a great sale on whole grain pasta and canned tuna, make tuna noodle casserole for lunch that week. Plan ahead and if something you use often is on sale, like green beans, buy ahead of time to store or freeze until you need it.

3. Visit the Farmer's Market

Visit right before closing time. Growers don't want to take produce back with them. They tend to give the best deals right before they call it a day. It saves them money too because produce gets wasted if it doesn't sell. You can't get any healthier than fresh product.

4. Buy in Bulk

Shop in the bulk bin section of your grocery store. Get your noodles, rice, quinoa, flour and other dry ingredients. Buying by the pound saves you some serious dough.

5. Learn Price Per Unit

Grocery stores have to display food costs in price per ounce or price per unit. Often, You'll find that the price per ounce is significantly less for the food items you want when purchased in a larger volume. It may cost more but you're getting a bigger bang for your buck.

6. Stay Loyal

Sign up for store loyalty programs. Some food markets and super stores offer cash back on your purchases or bonus points to use toward a discount on your bill at the register. The more you spend at that same store, the more you will earn—which can mean big savings over time.

7. Get Paid to Grocery Shop

Download rebate apps on your phone. Tag it with grocery store loyalty apps. Most Apps do the savings for you. Just shop and scan. Some apps will even credit you if a product you recently purchased goes on sale within a certain time frame.

Fruit and Nut Butter Pita Pockets— Recipe for Homes

CACFP Crediting Information: 2 pita pockets provide 1/2 cup fruit, 1 oz. eq. meat alternate, and 2 oz. eq. grains. Serves 6.

Ingredients:

6 whole wheat pita rounds (at least 56g or 2 oz. each)

3/4 cup smooth peanut butter

12 (1/4") apple slices, unpeeled and cored

14 (1/4") red D'Anjou pear slices, unpeeled and cored



Directions:

1. Cut each pita round in half to make 2 pita pockets.
2. Spread 1 Tbsp. peanut butter in each pocket.
3. Cut apple and pear slices in half. Place 2 pieces of apple and 2-3 pear slices in each pocket.
4. Serve 2 pita pockets.

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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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Processing Claims for Timely Payment

According to the Child and Adult Care Food Program (CACFP) Provider/Sponsor Agreement, claims are to be mailed/submitted by the 5th of the following month to assure timely payment; this continues to be a requirement. Please be aware of the following:

1. Claims are processed in the order they are received. Example: If 1000 claims are received on the 5th of the month, some of those claims will be processed on that date. Some will not be processed on that date because it is not humanly possible to do so. Nevertheless, office staff continue to process and complete those claims received on the 5th of the month before they start on claims received after that date. After all claims received on the 5th are processed and complete, staff will start on the claims received on the 6th of the month, and so on.

2. MMCCFP requests funds on a weekly basis. If your claim is complete (all necessary forms, such as menus and child registration letters/renewals are included) the first time MMCCFP requests/receives funds, your check/deposit will go out in this first “batch.” Claims processed and completed the next week—when the next funds are requested/received—will be paid in the next batch, and so on. This does not mean the providers are paid “late” because their checks were not included in the first batch; it simply means that their check was not included in the first batch because their claim was not yet processed/complete.

3. There is no way to guarantee your check in the first batch. But there are some things you can do to receive your check as early as possible.

- Send Child Registration Letters/Enrollments (and Household Income Applications for Centers) to our office immediately. These should be completed and sent the day the child is enrolled in care (or no later than with the first claim the child appears on). They can be mailed, faxed or emailed. (See addresses below.)

- Make sure your claim is complete.

- Homes: Meal Attendance Sheets must be totaled across and at the bottom and must include the children's full names (as they appear on the Child Registration Form), ages, mealtimes and the providers signature. Menus must be dated correctly and complete.

- Centers: Please send your original meal attendance (by mail), copies of staff timesheets, copies of all food/supply receipts, any infant menus (if applicable), menu substitutions (if applicable), and any needed child registration letters/income household applications.

Office: 1-800-742-3663 or 989-695-2683

Fax: 989-695-5488

Email: rachel@midmichigancc.com or dongow@midmichigancc.com



October



ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>6 PRACTICE STOP, DROP and ROLL</p> <p>13 peel an oranges count the pieces</p> <p>20 what will you be when you grow up?</p> <p>27 scrunch down low and stretch up high</p>	<p>7 READ a book about FIRE SAFETY</p> <p>14 practice writing your NAME</p> <p>21 chop, tear and cut. veggies into a fresh salad</p> <p>28 create a sculpture with craft sticks, toothpicks and glue</p>	<p>1 take some leaves and jump in.</p> <p>8 take a walk name shapes</p> <p>15 take fans of copying dance moves</p> <p>22 HELP mom and dad fold clothes</p> <p>29 make up a story about pumpkins, draw pictures</p>	<p>2 practice a family fire drill (we did it!)</p> <p>9 collect leaves and soft wigs. BIG</p> <p>16 play dress up with old clothes -</p> <p>23 CARVE FAMILY pumpkins</p> <p>30 sing a spooky song!</p>	<p>3 tell someone why you're nice they are special</p> <p>10 COLUMBUS DAY, name his ships</p> <p>17 follow directions, make out meal cookies</p> <p>24 make fresh squeezed orange juice</p> <p>31 HAPPY HALLOWEEN</p>	<p>4 make a delicious fruit salad</p> <p>11 visit the LIBRARY I LOVE BOOKS</p> <p>18 talk about TALL and SHORT</p> <p>25 Practice zipping</p>	<p>5 make sets of five with different coins</p> <p>12 draw a picture of each other</p> <p>19 jump up high 5 times</p> <p>26 use paint and vegetables to make prints</p>
<p>October is FIRE PREVENTION MONTH check with your local fire department for SAFETY TIPS</p>						

Small Hands Crafting

Cut the sides of a paper plates in an inward curve. Paint the pieces cut off green. Glue them to the top of the plate, sandwiching your green pieces to make leaves. Then have your kids paint their plates like an apple core. They can each choose how many seeds that they would like to paint.

Encourage them to paint different numbers.

You can then use the seeds in the apples as a visual to count 1-10 and also compare greater than, less than, and equal.



Happy Autumn!

Did you know that the USDA has strengthened nutrition standards for food and beverages served to young children and others in day care settings?

Young children and adults in child care homes and centers who participate in the Child and Adult Care Food Program (CACFP) will now receive meals with more whole grains, a greater variety of vegetables and fruits, and less added sugars and solid fats. The science-based standards introduced in this final rule will elevate the nutritional quality of meals and snacks provided under the CACFP to better align with the Dietary Guidelines for Americans and to be consistent with the meals children receive as part of the National School Lunch Program (NSLP) and School Breakfast Program (SBP).

When your child care provider is a participant of the CACFP, you can be assured that your child is receiving the best nutrition to help them grow.

Apple Relay & Circle Time

Fall is a great time to get outside and apples are the perfect fruit to inspire talks about nutrition while incorporating physical activity. Have an apple relay! Divide the children into teams and establish a finish line. The children will take turns holding an apple and individually running around the finish line and back to their team. The next child in line will be passed the apple and take their turn. Change each round by skipping, hopping, or balancing the apple on a head or hand. Can't get outside? Try this indoor activity. Everyone knows the chant "Who Took the Cookie from the Cookie Jar?" Change it to "Who Took the Apple from the Apple Tree?" As the children sing the chant, they can pass an apple around the circle. If you can take a field trip to the grocery store in the fall, your kids will be excited to see the many varieties of apples! Which one is the sweetest, most tart? Do they all look the same inside? How many seeds do they have and are they the same color? Investigate together to promote curiosity and interest in healthy foods.

Peanut Butter & Apple Wraps

- 1 whole wheat tortilla (8 inch)
- 1/4 cup peanut butter, reduced-fat
- 2 tablespoons granola cereal
- 1/2 apple, sliced (suggest Red Delicious apple, but could use any variety of apple)

Lay tortilla flat and spread peanut butter over 2/3 of the tortilla leaving edges at sides. Sprinkle 2 Tablespoons granola over peanut butter. Cut apple slices into small chunks and place them on top of the granola. Fold over the edges of the tortilla and roll up "burrito style."

Recipe from USDA Mixing Bowl



