

The Edible Editorial

February 2024

Charcuterie for CACFP

A charcuterie board, pronounced **SHAR-KOO-TUH-REE**, comes from the French word meaning “pork-butcher shop.” This fun and creative way of assembling cured meats and meat products has grown to be quite popular and now commonly includes cheeses, breads, crackers, fruits, vegetables, nuts and dips.

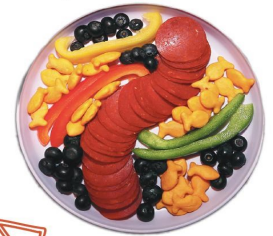
Try using charcuterie to serve some #CACFPcreditable meals and snacks!



If you serve family-style meals, using a charcuterie board is a great way to display the colorful foods that your participants are about to eat! All you have to do is arrange your meal pattern components in a way that your participants can simply grab one grouping of each food item to fill their plate.

Here are some tips to get you started:

- Choose a large, sturdy cutting or serving board.
- Measure out your serving sizes before assembling the board.
- When arranging the board, make sure that different components are next to each other, so there is no confusion about which portion to take.
- Don't forget to have everyone wash their hands.
- Have fun! Try using the components to create lines, pockets for other components, curves, zig-zags and other shapes.



If you do not wish to use family-style dining, you can still create beautiful charcuterie plates! Either arrange these yourself or provide your participants with all their components and they can let their creativity flow.



Ideas to build your board

Meats/Meat Alternates: Turkey, ham, dried meats, cheese, hard-boiled eggs, nuts

Meal Pattern Reminders:

- Check the product formulation statement to determine how to credit deli meats (If serving size is 1 oz and PFS says there is 75% meat in the product, serve 1.33 oz to credit)
- Nuts and seeds may only credit for half of the meat alternate component at lunch and supper

Grains: Wheat crackers, pretzels, fish-shaped crackers, sliced baguette

Meal Pattern Reminder:

- At least one serving of grains per day must be whole grain-rich

Vegetables: Carrots, cherry tomatoes, bell peppers, cucumbers, snap peas, radishes,

Meal Pattern Reminder:

- Two different vegetables may be served at lunch and supper instead of a vegetable and a fruit

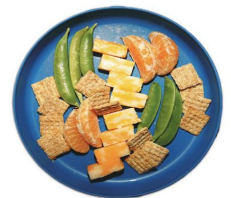
Fruits: Tangerine slices, berries, halved grapes, dates, apple slices, dried cranberries

Meal Pattern Reminder:

- Dried fruits credit at twice the volume served (1/4 cup credits for 1/2 cup)

Don't forget!

Serve with milk for a complete #CACFPcreditable meal and be mindful of choking hazards in younger children.



CACFP Training

REPORTING CHANGES (ALL PROVIDERS)

The Child and Adult Care Food Program (CACFP) provider/sponsor agreement states: “The child care provider will **promptly inform the sponsoring organization of any changes related to the child care home including children enrolled in care, changes in mealtimes, shifts, days of operation, phone number, etc.**” Therefore, you are required to *call the office immediately* to report any of the following changes:

- Meal time changes (Your consultant is required to observe meals being served and must know what time to arrive.)
- New address (Your consultant must know where to visit. If moving let us know as early as possible in the process.)
- Hours and/or days of operation (Your consultant must know when to visit.)
- Phone number (Your consultant may need to reach you **OR** the office may have questions regarding your claim in order to pay it in a timely manner.)

Documenting such information on your claim is also necessary, but it must be called in *immediately*; your claims are mailed/submitted one month later and the above information must be immediately available.

ENROLLING ASSISTANTS (LICENSED HOME PROVIDERS)

If you are a licensed/registered child care provider, you are also required to call each time you hire a new assistant, or when an assistant no longer works for you. Simply call with the first and last name of the individual/s. Failure to do so may result in our inability to reimburse you accordingly.

ADDITIONAL RELATIVE CARE/UNLICENSED PROVIDER REQUIREMENTS

As an Unlicensed (Relative Care) provider, **you** are required to be present to provide the child care. The DHS “Child Development and Care Unlicensed Provider Application” states:

- I do not have family responsibilities or other obligations that would interfere with providing child care to children.
- I understand that if I have employment other than as a CDC provider, my hours of employment must not conflict or interfere with the hours that I provide child care.

Therefore, meals cannot be claimed for reimbursement when **you** are not present to provide the care.

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, audiotape, 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.

Baking Powder Biscuits

CACFP Crediting Information: 1 biscuit provides 2 oz. equivalent grains

Serving Size: 25 servings



Ingredients:

1 qt. 3 cups whole wheat flour

1/2 cup 2 Tbsp. instant nonfat dry milk

2 Tbsp. 1 tsp baking powder

3/4 tsp salt

2 cups low fat sour cream

1 3/4 cup water

Instructions:

1. Set aside 2 cups flour for step 5. (Do not pack flour.)
2. Pour 1 qt. 1 cup (about 1 lb. 6 oz.) flour, dry milk, baking powder, and salt in a mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute.
3. Add sour cream to flour mixture. Mix for 2 minutes at low speed. Mixture will be crumbly.
4. Add water and mix approximately 1 minute on low speed to form soft dough. Scrape bowl as necessary during mixing.
5. Sprinkle remaining 2 cups (about 9 oz.) flour onto countertop. Place dough onto lightly floured surface. Knead ball of dough gently for 1 minute.
6. Roll out about 3 lb. 8 oz. dough to 1/2 inch thickness. Cut with floured 2 1/2 inch biscuit cutter.
7. Transfer to a sheet pan, lightly coated with pan-release spray.
8. Bake in a conventional oven set to 400 degrees for 12 to 14 minutes until lightly browned.
9. Serve 1 biscuit.

**HAPPY
VALENTINE'S
DAY**



February



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Look at your baby pictures... how have you changed?</p> <p>4</p>	<p>pay someone</p> <p>5</p> <p>Someone says "you're smart!"</p> <p>Thanks!</p> <p>make a card for</p> <p>12</p> <p>Someone special!</p>	<p>count ten grapes,</p> <p>EAT them up!</p> <p>6</p> <p>mum says "yummy!"</p> <p>sing your ABCs</p> <p>13</p>	<p>move to some music</p> <p>7</p>	<p>check the batteries in your smoke alarms</p> <p>1</p> <p>Find a ruler, and MEASURE STUFF!</p> <p>8</p>	<p>sort coins... nickels, dimes, pennies</p> <p>9</p> <p>name and count</p> <p>talk about things that are HOT and COLD</p> <p>16</p>	<p>match family socks, and put them away</p> <p>3</p>
<p>play a game with the whole family</p> <p>11</p>	<p>visit the LIBRARY</p> <p>26</p>	<p>READ a book TOGETHER</p> <p>20</p> <p>Hi Abe!</p> <p>Hello George!</p> <p>learn more about them</p> <p>19</p> <p>PRESIDENTS DAY</p>	<p>count all the windows in your house</p> <p>21</p>	<p>make up a story about FISH, draw some pictures</p> <p>15</p>	<p>build with blocks, legs or boxes</p> <p>23</p>	<p>make trail mix: raisins, peanuts, cereal</p> <p>take a hike!</p> <p>17</p>
<p>mail a letter to a friend</p> <p>25</p>	<p>visit the LIBRARY</p> <p>26</p>	<p>study about their habitat</p> <p>21</p> <p>POLAR BEAR DAY</p>	<p>How'll it be at the MOON tonight!</p> <p>28</p>	<p>WHAT is LEAP YEAR?</p> <p>29</p>	<p>CELEBRATE African - American History Month: check your local LIBRARY for special stories and activities</p>	<p>ENJOY a stack of pancakes for breakfast</p> <p>24</p>

Small Hands Crafting

Paint the back of a white paper plate brown. Add two brown ears cut from construction paper. With a marker make a circle for the nose and glue on google eyes. Add black pipe cleaners or toothpicks for the whiskers. With white construction paper, cut two small rectangles for the teeth.

No matter how long the winter, spring is sure to follow.

- English Proverb

Happy Groundhog Day!

Groundhog Day

Did you know your CACFP provider teaches healthy habits that can help keep a healthy heart?

As a CACFP participant, your child care provider has strict nutrition guidelines they follow. The habits that providers instill in children at an early age will become education for life-long healthy choices. These healthy choices and eating habits are key components of maintaining a healthy heart. CACFP providers strive to serve a balanced diet with whole grains, a variety of fruits and vegetables, and high quality protein and dairy. Sugary drinks and highly processed, high fat content foods are also kept to a minimum. A healthy diet leads to a healthy heart!

Inside Fun: Movement on Groundhog Day

Shadow Tag: Play like regular tag except the person that is it must step on the other's shadow. Then the tagged person will be it.

Shadow Outlines: With sidewalk chalk, each child will try to draw another child's shadow.

Step on A Shadow: In a open area, everyone is allowed to run freely trying to step on as many shadows as they can.

Hand Shadows: With a projector and white sheet, demonstrate different hand shadows. Ask your kids to try them.

Copy Cat Shadow: With the projector and white sheet, each child will have a turn moving their body to make a funny shadow. The next child will copy the previous shadow and then make their own.

Whole Wheat Banana Muffins

- 1 egg
- 3/4 cup brown sugar
- 1 1/3 cups banana (mashed, about 2 medium bananas)
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 cup white flour
- 3/4 cup whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon cinnamon

In a large bowl, thoroughly mix first five ingredients. Add the last 6 ingredients and mix together (batter will be lumpy). Spoon batter into muffin cups (either lined or sprayed) and bake at 375 degrees for 15-20 minutes. To make a groundhog, add sliced almonds and raisins.

Recipe from USDA Mixing Bowl



COLOR BY NUMBER

