

Child and Adult Care Food Program (CACFP)

Quarterly Newsletter

Delaware Department of Education

CACFP Reapplication Time!

As the new federal fiscal year approaches so does the time for all sponsors to reapply for participation in the CACFP. In order to have your application approved for October 1, 2009 through September 30, 2010 you **MUST** attend the mandatory training on September 9th or 10th. All materials for the reapplication process will be forwarded to organizations in the near future.

Issue 2

September 2009

Update: Team Nutrition Grant

Delaware is one of several states still in the running for a 2009/2010 Team Nutrition Grant. The submitted Delaware grant application focused on the new nutrition guidelines that take effect January 1, 2010. If awarded the grant, we will create a toolkit of resources to assist all care givers with implementation of the guidelines. In addition, training opportunities will be created for directors and food service personnel (cooks).

Important Dates

CACFP Annual Training
(REQUIRED!)

September 9th —New Castle
County

September 10th —Kent and
Sussex Counties

Fruits and Vegetables in Delaware: What's in Season?

It's that time of year again! Each year in Delaware road side stands appear and signs advertising fresh, local fruits and vegetables are everywhere! Shopping at road side stands or farmers markets well into the fall can have many benefits:

- Buying local produce supports local farmers
- Local purchases can mean fresher fruits and vegetables – sometimes you will be able to buy and eat them the day they are picked!
- Lower prices: You may get better deals at local stands than at the supermarket—this is a great way to stretch your CACFP food dollars!

Try some of the following locally grown fruits/vegetables in your program this year:

Broccoli	Cabbage	Potatoes
Berries	Corn	Squash
Cucumbers	Green beans	Tomatoes
Melons	Onions	
Peaches	Peas	



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Nutrition Guidance: WHOLE GRAINS

A whole grain consists of the entire grain seed of a plant. It is important because it reduces the risks of heart disease, cancers, diabetes, and helps with weight management. If you serve whole grains in your facility now—congratulations! If not, here are a few things to look for to get you started.



On the **food label**: “100% whole wheat” or “whole grain”

On the **ingredients list**: whole wheat, whole oats/oatmeal, whole grain cornmeal, brown rice, whole rye, whole grain barley, wild rice, buckwheat, triticale, bulgur (cracked wheat), millet, quinoa and sorghum are the most common.

On the **box/bag**: The health claim “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart disease and certain cancers”.

Choosing to include whole grains on your menu can be simple! Here are a few examples:

Instead of this	Choose this
White bread or wheat bread	Whole wheat or whole grain bread and rolls
White rice	Brown rice or wild rice
White pasta or noodles	Whole grain pasta or noodles
Crackers	Whole grain crackers
Potato chips or pretzels	Whole grain pretzels

Are you worried about the children not liking or accepting whole grains? Start small! Use whole wheat pasta in a recipe that is blended with other items (example: baked ziti) or give them peanut butter to dip their whole grain crackers. One home day care provider introduced whole wheat bread for grilled cheese and as toast before using it on sandwiches. This way the children were already used to it! Check out the recipe and sample menu on page 4 of this newsletter for more ideas!

Important Training Dates

Annual mandatory training will be held on **September 9, 2009** for all New Castle County sponsors and **September 10, 2009** for Kent and Sussex County sponsors. All sponsors must attend one of these sessions. You may register by contacting Gidget Millner at 302-735-4060.



Safe Food Handling: Preventing Cross-Contamination

Cross Contamination is “ the transfer of harmful bacteria to food from other foods, cutting boards, utensils, etc., if they are not handled properly”. There are several simple steps that you can take to help prevent this from happening in your kitchen!

1. **Shopping:** Keep raw meats, poultry and seafood away from other foods. Place them in separate plastic bags and place in a separate part of the grocery cart.
2. **Refrigerator:** Keep raw foods in separate containers or sealed bags and store on lower shelves to prevent drippings from coming in contact with uncooked fruits, vegetables or other foods. Remember to check the temperature of your refrigerator often to be sure it is keeping your food safe!
3. **Preparation:** Wash your hands and food prep surfaces often! Always use a clean cutting board and, if possible, use one for fresh produce and a separate one for raw meats, poultry and seafood. Replace cutting boards when they develop deep, hard to clean grooves. Take foods out as you need them so that raw foods are not sitting on the counter or work surface for long periods of time.
4. **Marinating:** Store foods in refrigerator while they are marinating. The marinade should not be used on cooked meat unless it is boiled vigorously before serving.
5. **Cooking:** Be sure to cook foods until they reach their minimum internal temperatures! Just because they “look” done does not mean that they are done!
6. **Service:** Always use clean plates and utensils! Never place a cooked item on a plate that contained a raw product.

Source: USDA Food Safety & Inspection Service



The Sharing Corner...

- Have messy eaters?? Need an inexpensive way to keep the children’s clothes clean?? Use Child-sized Disposable Paint Aprons! They can be bought in bulk (100/case) from Educational Supply Companies (Example: Discount School Supply, 1-800-627-2829, www.discountschoolsupply.com , Cost: \$10.99/100 aprons.)
 - Judy Crawford, Director/Owner Foulk Pre-School and Day Care Center



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Sample Recipe: Tuna Salad Sandwich on Whole Grain Bread

Ingredients:

1 can 66 ½ oz Canned tuna in water
¾ cup plus 2 tablespoons chopped onions
3 ¾ cups plus 2 tablespoons chopped celery
½ cup plus ½ teaspoon sweet pickle relish
¾ teaspoon dry mustard
4 hard boiled eggs (peeled & chopped) optional
2 ¾ cups reduced calorie salad dressing or low fat mayonnaise
48 slices Whole wheat bread

Directions:

1. Drain and flake tuna
2. Combine tuna, onions, celery, relish, dry mustard, eggs and salad dressing or mayonnaise. Mix lightly until well blended.
3. Cool to 41 degrees Farenheight within 4 hours—Keep covered and refrigerated until ready to use.
4. Spread ½ cup (no.8 scoop) of tuna salad on 1 slice of bread. Top with second slice of bread. Cut in half and refrigerate until ready to serve.

Serving size is 1 sandwich. The recipe makes 24 servings.

1 Sandwich (2 halves) provides: 2 ounces cooked fish (meat alternative), ⅛cup of vegetable, and 2 slices of bread.

Serving Suggestions: If serving for lunch (6-12 year olds) add: 1 cup of fat free milk, ½ cup carrot sticks and ½ cup unsweetened applesauce to meet the CACFP Meal Pattern Requirements for Lunch.

Food Safety Tip: Place tuna cans in the refrigerator prior to preparing recipe. This will help you to maintain proper temperature of the tuna salad once it is prepared and it will take less time to cool to 41 degrees once it is in the fridge.

Source:USDA Recipes for Child Care