

CACFP Newsletter



October 2018

It's National Farm to School Month!

October month is dedicated to celebrating the relationship of children in the local community. Incorporate local foods into school programs to broaden students' knowledge about their community.

We want to Recognize Jane Campbell from the Arkansas Career Training Institute (ACTI) in Hot springs.

We are lucky enough to have them on our National School Lunch Program. Currently, ACTI has a greenhouse, a spice garden, and a fruit garden that they use to alleviate some of their foods costs. Having a greenhouse and two gardens onsite, students at ACTI are guaranteed to eat local and fresh vegetables.

In addition, students volunteer to participate on the "Green Team" where they manage the maintenance of the greenhouse and gardens. Jane is a great example of what it means to participate in Farm to School.

Please mark your calendars for October 17, 2018 as we celebrate National Farm to School Month 2018!!!



Zucchini, Okra, squash, peppers All FRESH and grown locally!

UPCOMING TRAINING OPPORTUNITIES

- **October 4th**
Course: Webinar/ *Low Sodium Foods for Infants and Toddlers*
To View Pre-recorded Webinar Link:
<https://attendee.gotowebinar.com/register/6757494404586602502>
- **October 9th**
Course: CACFP Refresher Training
Address: 5401 S. University Ave Little Rock, AR 72209 9a-12p & 1p-4p
- **October 10th**
Course: CACFP Home Sponsor & Unaffiliated Center Training
Address: 4800 W 10th ST Little Rock, AR 72204 9a-12p

UPCOMING TRAINING OPPORTUNITIES

- **October 16th**
Course: CACFP At-Risk Training
Address: 5401 S. University Ave Little Rock, AR 72209 9a-4p
- **October 18th**
Course: ADH Food Safety Training
Address: 5800 W 10th Little Rock, AR 72204 9:30a-3:30p
- **October 23rd**
Course: CACFP Refresher Training
Address: 5401 S. University Ave Little Rock, AR 72209 9a-12p & 1p-4p

Pumpkin Spice Oatmeal in the Crock Pot

Prep Time: 0 mins

Cook Time: 5 mins

Servings: 25

Ingredients:

- 2 Cups water
- 2 1/2 Cups milk
- 1 Cup pumpkin puree
- 1 tsp pumpkin spice
- 1 Cup Steel Cut Oats



Instructions:

1. Place all the ingredients in the crock pot and stir to combine.
2. Cover and cook on low for 5-9 hours (note that the cooking time can vary depending on your crock pot. Crock pots without non-stick surfaces tend to get hotter, so you'll want to stick closer to a 5-hour cooking time).
3. Serve.

CACFP Crediting Information: ½ cup (No. 16 scoop) provides 3.5 servings of whole grain

ARKANSAS Farm to School

Arkansas Farm to School
Proclamation signing will take
place October 10th at 10am!

We would love to have schools and child learning facilities represented at this event who are currently participating in farm to school.

Please RSVP to Brooke Clanton at brooke.clanton@agriculture.arkansas.gov & mitzi.langley@DHS.arkansas.gov if you plan to attend so that she can keep track of the attendee list.



Last Year Tracey Shine, Mariska Jordan, and Mitzi Langley attended the Proclamation signing with Governor Asa Hutchinson.