



Arkansas CACFP Newsletter

August 2018

It is Kids Eat Right Month!

Kids Eat Right Month focuses on the importance of healthful eating and active lifestyles for children and families, featuring expert advice from registered dietitian nutritionists to help families shop smart, cook healthy, and eat right. Involve kids in the shopping, preparing, and cooking of food. Set a good example by choosing healthy foods for yourself and eating what the kids eat. Sit down together to eat; turn off the electronics. Choose water over sugary drinks and opt for fat-free or low-fat milk. Teach the kids about healthy foods, what they need to eat to grow, and encourage exercise to build strong bones and muscles.

Try a Broccoli Salad at your facility!

½ cup counts for ½ cup dark green vegetables and ¼ cup fruit. It's already standardized for you and makes 25 servings!

Ingredients:

- 2 cups low-calorie salad dressing OR 2 cups low-fat mayonnaise
- 1 cup sugar
- 2 Tbsp white vinegar
- 2 Tbsp 1% milk
- 2 lbs., 2oz (2 qt, 3 cups) fresh broccoli, chopped
- 3 ¾ cups raisins
- 8 oz walnuts, chopped (optional)
- ½ cup red onion, sliced (optional)

Instructions: Combine the dressing (or mayonnaise) with the sugar, vinegar, and milk and mix well. Add dressing to chopped broccoli. Add raisins, walnuts, and onion and stir to coat all pieces. Spread 2 lbs. 8 oz into 9" x 13" x 2" pans. Mix lightly before serving. Portion with #8 scoop (1/2 cup).

CCP: Refrigerate within 1 hour. Hold at 40° F or colder. Cover. Refrigerate until ready to serve.

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/broccoli-salad>



UPCOMING EVENTS & WEBINARS

August 14th

Course: CACFP At-Risk Training
Location: Hilary Clinton Library
Address: 4800 10th Street
Little Rock, AR 72203
9:30a-3:30p

August 14, 2018

2018 Turnip the Beet Awards Webinar!
1:00 PM – 2:00 PM

The Turnip the Beet recognizes outstanding Summer Meal Programs sponsors across the nation.

To Register:

<https://cc.readytalk.com/registration/#!/?meeting=6qj0hueurcdm&campaign=2emvsc39buc0>

August 16th

Course: CACFP "Adult Only" Training
Location: Workforce Center
Address: 5401 S. University Ave
Little Rock. AR 72209
10a-1p

August 16th

How to Support Breastfeeding in the CACFP Webinar
1:00 PM – 2:00 PM

To Register:

<https://cc.readytalk.com/registration/#!/?meeting=pe7eab9y2ows&campaign=1vpjl8rx8kq7>

CACFP Reimbursement Rates

(July 1, 2018 - June 30, 2019)

Federal Register Link:

<https://www.federalregister.gov/documents/2018/08/10/C1-2018-15464/child-and-adult-care-food-program-national-average-payment-rates-day-care-home-food-service-payment>

CACFP NEW MEAL PATTERN

Remember starting Oct 1, 2018 you must be in compliance with the new meal pattern.

We will help you!

USDA has colorful and engaging materials that can empower Child and Adult Care Food Program providers and operators with the knowledge, skills, and expertise to implement the updated CACFP meal pattern requirements.

GET FREE CACFP Training materials!

Link to order materials:

<https://www.fns.usda.gov/cacfp-training-tools>

August 21st

Course: CACFP Application Training
Location: Workforce Center
Address: 5401 S. University Ave
Little Rock, AR 72209
9a- 12p & 1p- 4p

August 22nd

Course: CACFP New Participant
Location: SW AR Educational Co-Op
Address: 2502 S Main
Hope, AR 71801
9a-4p

August 30th

Managing and Applying for Grants Webinar
3 -4 PM

Learning Objectives: Participants will identify ways to obtain resources to promote a healthy school environment.

To Register:

<https://register.gotowebinar.com/register/5739645703032468482>



GETTING TO KNOW OUR STAFF: NORA FAWCETT

What is your favorite child care/school lunch memory?

“Whenever I ended up throwing up milk and it started coming out of my eyes and nose! That stayed with me for quite some time. It’s funny now, but I cried like a baby that day!”

What is your favorite food?

“Steak”

Your favorite hobby/past time?

“Two things; I LOVE reading and landscaping/gardening.”

Your favorite quote?

“Life it too short to be miserable.”

What is your DHS work experience?

“I haven’t been here very long. I moved from Montana to Arkansas. I worked at DHS in Montana in program eligibility. When we moved here it was very quick, because we sold our house in 5 days. I applied for any job and wound up working for the Arkansas State Police for 2 years. Now, I’ve been working at the Arkansas DHS office in the Division of Child Care and Early Childhood Education for 2 years as an Administrative Analyst.”

