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Regional Hands-On Culinary Workshops

You asked and we listened!

The Indiana Child and Adult Care Food Program (CACFP) is offering 10 regional culinary workshops for child care food service staff. The purpose of this training is to encourage childcare cooks and facilities to prepare healthier meals with fresh fruits and vegetables, legumes and whole grain products. This hands-on training will be developed and presented by two professional chefs, Michelle Plummer and Sam Brown.

This is a perfect training opportunity for the person at your facility who prepares and serves the meals to the children. We guarantee he or she will return with some wonderful new ideas, skills and maybe some other surprises. Certificates for 3 hours of nutrition training will be provided at the end of each workshop.

Please see the locations below and make sure you register your “chef” for one of these events. There is no charge and the 10 workshops will be held across the state. For more information or questions, contact Heather Stinson at hstinson@doe.in.gov or 317-232-0869.

Date	Location	Address
July 1	Goodwill Bridgepoint Services	1329 Applegate Lane, Clarksville
July 3	Southlake Church of God	3440 W. 61 st Ave, Hobart
July 15	Barto’s Catering at the State Fairgrounds	Farm Bureau Building, 1202 E 38th Street, Indianapolis
July 16	Vineyard Community Church of Syracuse	7566 East, 1000 North, Syracuse
July 17	TRC Muncie Head Start	3900 East Wysor Street, Muncie
July 18	TRC Muncie Head Start	3900 East Wysor Street, Muncie
Aug 21	Barto’s Catering at the State Fairgrounds	Farm Bureau Building, 1202 E 38th Street, Indianapolis
Aug 22	Lafayette Head Start Center	245 North Lombardy Dr, Door 1, South Bend
Aug 23	Chances & Services for Youth	Booker T Washington Community Center 1101 South 13th Street, Terre Haute
Aug 26	Evansville ARC Child Life Center	615 West Virginia Street, Evansville

Get ready to prepare and taste some new and exciting foods!

To learn more and to register, [click here](#).

The greatest gift of the garden is the restoration of the five senses.

~Hanna Rion



Carol Markle
CACFP Coordinator

Putting a Tasty Twist on Fruits and Veggies

Ms. Beth at Caring Heart, Open Arms Childcare Ministry in Hobart Indiana is using her creativity and passion to serve fun and nutritious foods to children. Some of her newest creations include granola apples (shown in the top right) and baked zucchini sticks (shown in the bottom right). And the best part...the children ate them.



The organization's Director, Judy Ford, told us that "the children are benefiting from her passion and we have been truly blessed by having Beth on our team."

Way to go Beth! You serve as a great role model for providing healthy food and new experiences to children.

We would love to hear your success story. Send an email to Heather at hstinson@doe.in.gov



Staff Spotlight: Carol Markle

Carol was born and raised in Indiana and has worked in some aspect of food service since she was 16 years old. Carol is a proud Boilermaker, graduating from Purdue University with a degree in Institutional Management. She has worked as an employee cafeteria manager, as a private caterer, in university food service, and as the food service manager for a local community center. By far her favorite position has been working with the Child and Adult Care Food Program for the last 20 years. Carol began her state career as a CACFP field consultant and then moved into the office to oversee the Program for Indiana. She loves the fact that every day her job is different, that she has met so many wonderful people, and that the CACFP staff are so dedicated. She believes that some of the best meals children have each day come from the caregivers that participate on CACFP. "I am so proud of the fine job the CACFP participants do on behalf of Indiana's youngest citizens each and every day."

Family is very important to Carol and she loves spending time with them. Her hobbies include cooking, sewing, reading, and gardening. "Every year I try to grow a new vegetable. Last year it was eggplant, and this year it is sweet potatoes." Who knows what's next?

Carol can be reached at cmarkle@doe.in.gov or 317-232-0873

Please Welcome Our New Sponsors!

● Whitewater Valley Presbytery	Indianapolis	Chrissy Peterson
● Living Stones Church	South Bend	Meredith Long
● Hope Baptist Church	Indianapolis	Erin Kissling
● ABC's & 123's	Indianapolis	Nazli Kahn
● In His Arms Childcare Ministry	Indianapolis	Qiana Hayes-Hampton



Events Calendar

July 1	Culinary Workshop in Clarksville	10am-1pm local time
July 3	Culinary Workshop in Hobart	10am-1pm local time
July 4	State Offices closed in observance of Independence Day	
July 15	Culinary Workshop in Indianapolis	10am-1pm local time
July 16	Culinary Workshop in Syracuse	10am-1pm local time
July 16-17	Workshop for FDC Sponsors and Sponsors of Separate Legal Entities Indiana Government Center South, Conference Room 22	8:30am-4pm EST
July 17	Culinary Workshop in Muncie	10am-1pm local time
July 18	Culinary Workshop in Muncie	10am-1pm local time
July 17	Culinary Workshop in Muncie	10am-1pm local time
August 7	CACFP New Sponsor WebEx (live online training)	9am-12pm EST
August 14	CACFP Refresher Workshop Indiana Government Center South, Conference Room 19	9am-4pm EST
August 21	Culinary Workshop in Indianapolis	10am-1pm local time
August 22	Culinary Workshop in South Bend	10am-1pm local time
August 23	Culinary Workshop in Terre Haute	10am-1pm local time
August 26	Culinary Workshop in Evansville	10am-1pm local time
September 3	State Offices closed in observance of Labor Day	
September 4	Program <u>Renewal Documents DUE</u>	

Did You Know... About Our Online Resources?

CACFP institutions that expend \$500,000 or more in Federal awards during the institution's fiscal year are required to have an annual A-133 audit. Audits are due to the Division of School and Community Nutrition Programs nine months after the end of the audited period/fiscal year. All CACFP reimbursement is Federal funds. Indiana Policy Instruction 03-12 outlines the audit requirements. You can find this policy at: <http://www.doe.in.gov/sites/default/files/nutrition/cacfpolicy03-12.pdf>. Audit certification is required as part of annual program renewal.

Mark your Calendars—CACFP renewal for fiscal year 2014 will be ready by July 8, 2013

This information concerns Child and Adult Care Food Program (CACFP) Renewal for Program Year 2014 (October 1, 2013 – September 30, 2014). All renewal documents will be available ONLY in our **CNPweb® system**. The Division's regular website is: www.doe.in.gov/cacfp. Save this site in your 'Favorites' or 'Bookmark' for future use. We recommend that each institution check the website at least **weekly** to note whether there is anything new posted. Click on the CNPweb® logo at the top of the CACFP website to login to the CNPweb® system. Every institution is required to complete CACFP renewal for each fiscal year. The CNPweb® will be ready for renewal July 8, 2013.

All required renewal documents should be mailed to the State Agency as one packet.

Program renewal materials are due on Tuesday, September 4, 2013.

Program Agreement

Child Nutrition Programs (CNP) in Indiana utilize the CNP Agreement. This is a permanent document. You will NOT receive a new agreement, but will be mailed a program approval letter for FY 2014 which you should keep with your original CNP Agreement in your permanent records.

Offline Forms

- A single certification (Annual Information Certification) will be required from each renewing organization. This form certifies that any information, including budgets, previously submitted to the States Agency has not changed, or that the institution has submitted any changes or updates to the State Agency. This includes current principals, board members, changes in staff, changes to management plans, etc.
- Current License or Certificate of Registration for each independent and sponsored facility (does not apply to family day care homes). Facilities that are not licensed or registered will submit an Alternate Approval Form. At-risk facilities must submit documentation that they meet state or local health and safety standards. Sites operated by School Corporations are not required to submit alternate approval forms.
- Sponsoring organizations (more than one facility) are required to submit annual budgets. Independent centers must ensure the online budget is current and correct.
- Media Release, For-Profit Certification, Listing of Federal Grants Received, the A-133 Audit Planning Certification, and Vending Contracts are required annually.

On-line Submission of Sponsor and Site Information Sheets

CNPweb®, our Internet based management system, enables CACFP institutions to submit (and amend at any time) Sponsor Site and Provider Information sheets and monthly claims for reimbursement. Each institution will be responsible for submitting and revising fiscal year 2014 Sponsor, Site and Provider Information sheets online via **CNPweb®**. There are new questions. Be sure to answer each one.

Once the data has been entered/revised in program year 2014, submit the information under the 'Packet' tab to the State Agency. Sponsor and Site/Provider Information sheets as a 'Packet' must be approved before you can begin submitting on-line claims for reimbursement. Program Year 2014 Sponsor, Site and Provider information sheets should be in the PENDING APPROVAL STATUS **no later than September 4, 2013.**

At any time during the year, you may 'Edit' the information as needed for sponsors or sites. It is your responsibility to ensure that addresses, license information, and contact information are always current; ***especially important is the sponsor email address.*** Our office will be using this to send information to you on occasion, so it must always be current if you want to be up to date.

CACFP Preconference Success

In April, the Child and Adult Care Food Program (CACFP) held a preconference workshop at the Indiana Early Childhood Conference providing participants with a wealth of knowledge about resources and ideas to create a healthier start for children in their care. The morning began with a half-day session featuring Barb Mayfield, MS, RD, CD. Barb's presentation entitled, "Me, Teach Children Nutrition?" focused on helping those present understand that teaching nutrition to young children doesn't have to be hard, take a lot of equipment, or require a lot of time. The session included ways to encourage children to try new foods, demonstrated making (and eating!) healthy snacks, and had the crowd singing and dancing. Barb received many wonderful comments including, "I am inspired and motivated to try these things at my daycare" and "Great presentation, I gained a lot of knowledge about teaching nutrition."

Me?... teach children nutrition?!
YES!!
 IAEYC Pre-Conference Workshop
 April 11, 2013



The day was packed with fun activities including dancing, singing, reading and food preparation. The afternoon session was filled with information to help childcare providers step outside their comfort zones and look ahead to possible future changes to the CACFP meal pattern and program requirements. In the afternoon sessions, attendees learned about writing their own wellness plans from Brittany Dale, healthy menu ideas from Jenni Murtaugh and physical activity tips from Lindsey Bouza and Holly Murray. For those of you that were unable to attend this exciting event, you can find the video recordings and PowerPoint slides for each presentation on the CACFP award program website at: <http://media.doe.in.gov/food/2013-04-23-IAEYCConference.html>.

The following day, the Child and Adult Care Food Program presented awards at the Indiana Association for the Education of Young Children (IAEYC) annual awards luncheon. We were able to invite and celebrate the accomplishments of our current award winning sites. All award winners received gift bags filled with wonderful products from our partners at Lakeshore Learning Materials, United Arts and Education, Spriggles Motivational Books for Children, and USDA Team Nutrition. We congratulate all award winners and thank them for providing students the tools for good nutrition and healthy lifestyles.

Contributed by Angie Frost, RD, CD

Dirt Diggers Garden Club



Washington Head Start and Early Head Start partnered with Purdue Extension and the 4-H Jr. Leaders to plant a garden. Children were invited to join the Dirt Diggers Garden Club, where they meet monthly to plant, weed, water, and harvest the vegetables. The garden is growing well and the kids are learning and having fun. The site got parents involved by hosting a planting event, and plans to bring out families again when the vegetables are ready to be picked. Later in the summer, the

vegetables from the garden will be used for cooking and preserving classes. Way to go Washington HS/EHS for providing such a wonderful learning opportunity to both children and parents.

If your facility is interested in gardening activities, contact your county's Purdue Extension office to see how they may be able to help: <http://www3.ag.purdue.edu/extension/Pages/Counties.aspx>.

Try It For Lunch: Ranchero Omelet

Ingredients:

- 2 1/2 cups refried beans
- 1 cup salsa
- 10 eggs
- 1/2 cup water
- 1 cup cheddar cheese

Serves: 10 (3-5 years)

1 Meat Alternate

1/4 cup Fruit/Vegetable

Directions:

- In a small saucepan over low heat, stir together beans and 1/2 cup of salsa
- In a small bowl, beat eggs and water. Heat a medium skillet over medium-high heat. Coat with cooking spray and then pour in egg mixture.
- Carefully push cooked portions at edges toward center so uncooked portions can reach hot pan surface. Cook until no visible liquid remains.
- Spread hot bean mixture down center of omelet and sprinkle with cheese. Fold sides of omelet over and top with the remaining salsa.

Source: Adapted from Food.com

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the [State Information/Hotline Numbers](#) (click the link for a listing of hotline numbers by State); found online at http://www.fns.usda.gov/snap/contact_info/hotlines.htm.

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Glenda Ritz, NBCT

Indiana Superintendent of Public Instruction