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Floyd County Head Start

Merry Striegel from Floyd County Head Start believes "The key to getting children to eat a variety of foods is exposing them many times (never giving up!) and role modeling." This is put into practice when the teachers eat with their students in a family style setting and are offered more fresh and homemade items. They also provide nutrition education through books, projects, and curriculum to the children, and reach out to parent through a nutrition newsletter, parent nutrition assessment, nutrition classes, and having a nutritionist as a resource for parents. Wow!

The Floyd County Head Start health and nutrition assessment is not only for parents, but also for the nutrition staff and classroom teachers. The information collected is used to write menus, plan training for staff and parents, select newsletter article topics,

address additional concerns, and more.

Merry had the right idea when she told me that their focus is on having the biggest impact and meeting the needs of the children.

Way to go Floyd County Head Start!

Pictured:
Children
enjoying a
nutritious
and
balanced
lunch at
Floyd
County
Head Start



Homemade Tortilla Soup

8 pounds of bone in chicken breast
1 # 10 can Black Beans (rinsed and drained)
2 cups diced onion
1 28 ounce can Diced Tomatoes with green Chili
1 tablespoon black pepper
1 tablespoon Cumin

1 #10 can stew tomatoes
4 pounds yellow corn
2 cups diced celery
1 cup chicken base
3 cloves garlic

Place chicken breasts in stock pot and add just enough water to cover. Boil (low) chicken until done, Drain and rinse well. (may use diced cook chicken if you prefer). Shred chicken into bite size pieces. Remember this soup is for children so don't leave chicken pieces too large!

Boil two quarts of water with the chicken base. once chicken base is dissolved add cumin, pepper, onion, celery and garlic. Boil for an addition 15 minutes. Add remaining ingredients, including shredded chicken turn heat down and simmer for 2 hours.

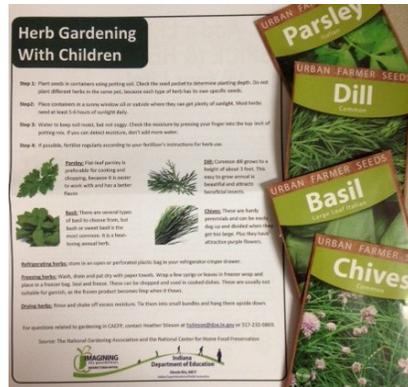
Serve with a variety of fresh toppings: Tortilla strips, sour cream, shredded cheese, diced green onion (children may not like onion, so let them choose)!

Makes approximately 60 servings with 2 ounces of protein per serving (includes the legumes-black beans), and a serving of vegetables.



Herb Gardening Packets

The Indiana Department of Education was very excited to be able to send every center and home on the Child and Adult Care Food Program an Herb Gardening Packet. Each packet contains 4 types of herb seeds and information on growing and using herbs in a child care facility. In addition to the information provided in the packets, you may also [click here](#) for more information on gardening in child care.



We would love to hear how you are using your herb growing packets! Please send pictures, stories, etc to Heather Stinson at hstinson@doe.in.gov. Some packets were returned, so if you did not receive a packet and would like one, please notify Heather.

Join Us! The Child and Adult Care Food Program is presenting a gardening workshop at the [2014 Early Childhood Conference](#).

The Herb Gardening Packets were made possible through a USDA Team Nutrition Training Grant.



Why do you have to be careful about telling a secret in a cornfield? Because the corn have ears!



Maggie Stephon
Wellness Specialist

Staff Spotlight: Maggie Stephon

Maggie is a graduate from Purdue University where she majored in Dietetics and minored in Child Development and Family Studies. “Boiler Up!” She began her career with Women, Infant, and Children (WIC) and recently joined the School and Community Nutrition team.

Maggie is a Wellness Specialist with the Indiana Department of Education, focusing on farm to school, school wellness policies, and civil rights for all Child Nutrition Programs. She has a passion for community nutrition, especially with childhood nutrition in the school setting.

Maggie is recently engaged to her high school sweetheart. When she is not planning her wedding, she enjoys hiking outdoors with her dog Sally, visiting with her three nephews, crafting, and trying new health foods. Maggie will be presenting on the topic “Gardening in Childcare” at the 2014 Indiana Early Childhood Conference.

To ask Maggie about civil rights questions, or just to say hi, contact her at 317-232-2130 or mstephon@doe.in.gov.



Please Welcome Our New Sponsor

- | | | |
|---------------------------------------|---------------|--------------------|
| • Boys & Girls Club of Michigan City | Michigan City | Allan Whitlow |
| • Muncie Public Library | Muncie | Jenifer Pierce |
| • God's Grace Church | Gary | Chandra Timberlake |
| • MSD of Perry Township | Indianapolis | Linda Brown |
| • City of Gary-Youth Service Bureau | Gary | Patrick Berry |
| • Memorial Community Development Corp | Evansville | Rasheedah Jackson |



Events Calendar

- ⊕ Wednesday, January 1, 2014 State Offices Closed for New Year's Day
- ⊕ Monday, January 20, 2014 State Offices Closed for Martin Luther King, Jr. Day
- ⊕ Thursday, January 23, 2014 New Sponsor Workshop Conference Room 17
- ⊕ Tuesday, February 18, 2014 Refresher Workshop Conference Room 19
- ⊕ Wednesday, March 19, 2014 **NEW!** At-Risk After-School Meals Program Workshop
(For new applicants or current sponsors) Conference Room 17

Note: All workshops and training will be provided in conference rooms at the Indiana Government Center South (IGCS). Attendees must enter at the 302 West Washington Street door. You will need a photo ID for admittance to the building.

Register for workshops on our website: www.doe.in.gov/cacfp

For online new sponsor training visit: <http://www.doe.in.gov/nutrition/cacfp-online-new-sponsor-training>

For addition online training visit: <http://www.doe.in.gov/nutrition/cacfp-online-training-library>

Did You Know...

There are several State Agency developed resources available on the CACFP web page (<http://www.doe.in.gov/nutrition/cacfp-resources>). Many of them will help you prepare meals, improve health and wellness and promote a healthy life style. Refer to these resources when you are in a rut, need some help, or just a new idea.



New Resources from the USDA



	<p>Winter</p> <p>What's available in winter? Healthy, Thrifty Holiday Cooking Indoor Physical Activity Resources</p>		<p>Spring</p> <p>What's available in spring? Gardening Resources Farmers Markets/Local Foods</p>
	<p>Summer</p> <p>What's available in summer? Summer Food Safety Resources Summer Food Service Program Food Preservation Tips and Resources</p>		<p>Fall</p> <p>What's available in fall? Healthy, Thrifty Holiday Cooking Indoor Physical Activity Resources Food Preservation Tips and Resources</p>



Monthly Calendar

Holidays, health observances, recipes and resources

[January](#)

[April](#)

[July](#)

[October](#)

[February](#)

[May](#)

[August](#)

[November](#)

[March](#)

[June](#)

[September](#)

[December](#)

Wild Cowboy Stew

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Turkey breast, ground	1/2 lb	1 lb	2 lbs	4 lbs
Baked beans, canned, undrained	1 cup	2 cups	4 cups	8 cups
Kidney beans, canned, drained	1/2 cup	1 cup	2 cups	4 cups
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Brown sugar	6 Tbsp	3/4 cup	1-1/2 cups	3 cups
Tomato, diced, canned	1/2 cup	1 cup	2 cups	4 cups
Mustard, dry	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Celery, chopped	1/2 cup	1 cup	2 cups	4 cups
Cider vinegar	1 tsp	2 tsp	4 tsp	8 tsp

Directions:

1. Brown turkey over medium heat.
2. In slow cooker, combine all ingredients. Stir to combine.
3. Cover and cook for 1 hour on high.

Food For Thought This dish, made with baked beans, kidney beans and ground turkey, is a great protein source for kids. Adding vegetables into the mix makes it a complete meal!

CACFP Crediting For 3-5 year olds;
Lunch/Supper. Must serve *all* of the following:

Grain/Bread
 Fruit/Vegetable
 Meat/Meat Alternate
 Milk

School and Community Nutrition

115 West Washington Street
 South Tower, Suite 600
 Indianapolis, IN 46204

Phone: 317-232-0850
 Toll free: 1-800-537-1142
 Fax: 317-232-0855

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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](http://www.fns.usda.gov/snap/contact_info/hotlines.htm) (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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