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Rain, Rain, Go Away!

Rainy Day Activities for Toddlers and Preschoolers

Find the Apple

Find the Apple is a fun scavenger hunt for toddlers. Children will walk and search the classroom for hidden apples.

Materials: Plastic red apples (15-20), basket

Books to Read: *Apples, Apples* by Kathleen Weidner Zoehfeld

Directions: Hide apples in various places around the room. Children will walk, hop, or crawl around the room looking for the hidden apples. Walk, crawl, and hop with the children, encouraging them to look for the missing apples. As children find the apples, ask them to place them in the basket. This activity could be used with other plastic fruits and vegetables to teach children about healthy foods.

The Sticky Foot Runway

The Sticky Foot is a very simple yet fun game for toddlers. Children will attempt to walk, but the resistance of the walkway will be a challenge.

Materials: 4-6 ft. clear contact paper (2 pieces), duck tape, music, and music player

Books to Read: *Wobble Bear* by Ian Whybrow

Directions: Position the contact paper on the floor with the sticky adhesive side up. Tape the contact paper to the floor to avoid the paper moving or slipping. Assist children with taking their shoes off. Demonstrate and assist children as they walk, dance, and hop across the sticky runway.

The Missing Fruit Game!

The *Missing Fruit* game is an activity that teaches preschoolers about different fruits

Materials: Fruit cards (pictures of fruit), plastic fruits (fruit should match the fruit cards)

Books To Read: *Eating the Alphabet* by Lois Ehlert

Directions: Hide the plastic fruit in the classroom. Show the different fruit cards and explain why it is important to eat fruits daily. Distribute the fruit cards to the children. The only rule to the game is no walking. Children must hop, march, crawl, tiptoe, or ski to find the missing fruit. Demonstrate each action (hop, march, tiptoe, or ski) for the children. As children find the fruit, distribute a new card until all the fruit have been found.



Free Resources from NFSMI

The National Food Service Management Institute has several resources available to child care and adult care facilities, and they are all FREE!

Are you taking advantage of these resources?

- [Adult Day Care Resources](#) (manual, lesson plans and posters)
- [Care Connection](#) (child care lesson plans, activities and family resources)
- [Recipes](#)
- [Mealtime Memo for Child Care](#) (monthly newsletter). [Click here](#) to learn more or to sign up to receive the newsletter.
- [Free Online Courses](#) (such as menu planning, food safety, and more)

Newest resource: [Managing Food Allergies in Child Care Centers - video](#)

For more information, visit: www.nfsmi.org

*“To forget
how to
dig the
earth and
to tend
the soil is
to forget
ourselves”*

*-Mohandas K.
Gandhi*

Ripening Tidbit

Apricots, bananas, cantaloupe, kiwi, nectarines, peaches, pears, plantains and plums continue to ripen after they're picked. The tomato, which is actually a fruit, also continues to ripen after picking.



Fruits that you should pick or buy ripe and ready-to-eat include: apples, cherries, grapefruit, grapes, oranges, pineapple, strawberries, tangerines and watermelon.

To speed the ripening of fruits such as peaches, pears, and plums, put them in a ripening bowl or in a loosely closed brown paper bag at room temperature. Plastic bags don't work for ripening.

Source: <http://lancaster.unl.edu/food/food-reflections.shtml>

Please Welcome Our New Sponsors

Sponsor Name	City	CACFP Contact
• Teaching Tree Southwest	Fort Wayne	Brittany Grote
• Kids First Academy, Inc.	Highland	Pauline Green
• Christian Revival Center	Merrillville	Jaynie Kohler
• Professional Child Care Association of Southwestern Indiana, Inc. (PCCASI)	Evansville	Laura Parker



Events Calendar

Note: All in-person workshops 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.

- ⊕ Tuesday, April 15, 2014 New Sponsor WebEx, 9:30am-11:30am, online-[click here](#) to register
- ⊕ Friday, April 18, 2014 State offices closed-Good Friday
- ⊕ Tuesday, May 6, 2014 State offices closed-Elections
- ⊕ Monday, May 26, 2014 State offices closed-Memorial Day
- ⊕ Thursday, June 26, 2014 Refresher Workshop, 9am-4pm, Government Center-[click here](#) to register

New Sponsor Training is also available online at:

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

Did You Know...

We have updated the CACFP public website in an effort to make it more user-friendly. You can now select a program type to find all of the information and forms you need for your specific program.



Check it out, and feel free to offer feedback or suggestions: www.doe.in.gov/cacfp

FARM TO PRESCHOOL LESSON: COMPOSTING

Soda Bottle Compost

Compost is a rich soil made from decomposed organic materials such as leaves, grass, paper, or kitchen scraps. It can help improve plant growth and health, while also recycling waste.

This simple kid's science activity uses an empty 2 liter soda bottle and some things you have around your facility and yard to teach kids about how compost is made. The clear soda bottle is perfect for keeping an eye on the changes that are happening within your compost and it's a great way to recycle something that would have otherwise ended up in the trash.

Supplies Needed:

- Empty 2 Liter Soda Bottle
- Soil
- Leaves, grass, newspaper, spoiled produce, and anything else you can find in your facility or yard that can be composted



Instructions:

1. Cut the top off a 2 liter soda bottle and rinse it out well. Remove the label so that you can see everything inside the bottle well. It's a good idea to punch a few holes in the bottle as well to help add air, but the material will still break down if holes are not added.
2. Start with a layer of soil on the bottom and alternate between soil and compostable material. You can use just about any plant matter.
3. When your soda bottle has been filled, add water so it can start composting. You don't want it to be sitting in water but you do want it to be damp all the way through.
4. Let your compost sit for several weeks in a spot where it will get plenty of sun and won't be tipped over.
5. With soil on the top, it should not smell. If it does start to smell you may want to add more soil or put a top on it with plenty of holes.

Adapted from: www.busymommymedia.com

Roasted Cauliflower

Ingredients:

- 1 head of cauliflower-medium
- Lemon-pepper seasoning (salt-free)
- 2 cloves garlic, minced
- Grated parmesan cheese
- Cooking spray
- 1 onion, minced
- 2 shallots, cut into quarters

Directions:

1. Preheat oven to 400 degrees.
2. Put cauliflower florets in single layer on cookie sheet. Add red onion, shallots and garlic.
3. Spray with cooking spray and stir to coat. Sprinkle with lemon-pepper seasoning.
4. Bake uncovered for 15-25 minutes or until fork tender and slightly browned. Stir once during the baking.
5. Sprinkle with Parmesan cheese and put back in the oven for 3-4 minutes.

Makes approximately 6 cups total (12 half cup portions or 24 quarter cup portions).

Source: www.fruitsandveggiesmorematters.org

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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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