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Cicero Christian School Tries New Healthier Recipes

In pursuit of Indiana's CACFP Award Program, Cicero Christian School is rethinking some of their recipes. They are cutting back on sweets with added sugars, by incorporating naturally sweet ingredients like fruit. Cicero Christian School's Director, Joanna Moore, has agreed to share a couple with us...

Healthy Strawberry Jam



- Frozen or fresh strawberries (unsweetened)
- 100% mixed berry juice concentrate (to taste)
- Powered gelatin

1. Put strawberries into the food processor (or a blender)
2. Add the juice concentrate to sweeten (to taste)
3. Add enough gelatin to thicken



Healthy Date Syrup

- 1 package of dried dates
- 4 cups of boiling water
- ½ tsp. maple flavor

1. Add the dates to the boiling water, let soak until soft
2. Put the mixture into a food processor and blend until smooth
3. Add the maple flavor
4. If you like thicker syrup you can thicken it with cornstarch. Serve over pancakes or waffles.

*This syrup can also be used as a healthy sweetener.

Way to think outside of the box Cicero Christian School!

*"A recipe has no soul. You, as the cook, must bring the soul to the recipe."
Thomas Keller*

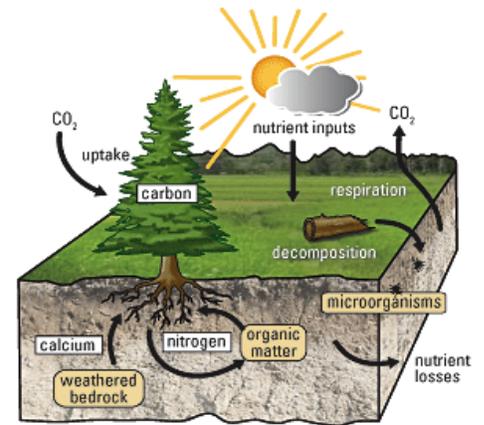


Preschool Garden Activity

Ecosystem In a Bottle

Materials

- 2-liter Plastic Soda Bottle
- Scissors
- Gravel
- Potting Soil
- Bean or Vegetable Seeds (beans work best with this size container)



Method

1. Cut the top of the soda bottle off just below where it starts tapering to the mouth.
2. Place about 1/2 inch of gravel into the bottle (for drainage)
3. Add 3-4 inches of potting soil and shake the bottle gently so that it settles
4. Place bean or vegetable seeds in shallow holes in the potting soil
5. Sprinkle a small amount of water over top (not too much!)
6. Place the lid (with the cap on) upside-down in the bottle
7. Read specific instructions about the sunlight and water needs of your specific bean or vegetable
8. Record in a logbook what happens every day.

Source: [Fruits and Veggies More Matters](#)

Breastfeeding Resources

The Indiana Breastfeeding State Coalition recently released the Indiana Community Resource Directory for moms and providers - a list of breastfeeding support services available in each Indiana county. The directory includes drop-in centers, support groups, delivering hospitals, and more. This list is a work in progress and will be continually updated.

If you know of resources that are not on the list or would like more information, contact tcadarelli@indianaperinatal.org.

[Click Here](#) to access the Indiana Community Resource Directory

Please Welcome Our New Sponsors!

● Mt. Carmel Community Academy, Inc	Indianapolis	Jasmine Riley
● Indy Parks	Indianapolis	Milele Kennedy
● YMCA of DeKalb County, Inc	Auburn	Carrie Murphy



Events Calendar

July 4	State Offices closed in observance of Independence Day	
July 15	Training for Sponsors of Homes and Unaffiliated Centers Indiana Government Center South, Conference Room 22	9am-4pm local time
July 16	Training for Sponsors of Homes and Unaffiliated Centers Indiana Government Center South, Conference Room 22	9am-4pm local time
July 22	CACFP New Sponsor Training Indiana Government Center South, Conference Room 19	9am-12pm local time
August 7	At-Risk Webinar (for current or new sponsors)	10am-12pm local time
September 1	State Offices closed in observance of Labor Day	
September 2	CACFP PROGRAM RENEWAL FOR 2015 DUE	
September 25	CACFP Refresher Workshop Indiana Government Center South, Conference Room 19	9am-4pm local time

For trainings conducted at the Indiana Government Center South, enter at 302 W. Washington St. A photo ID is required.

Did You Know... About Our Online Resources?

The CNPweb® has a section called RESOURCES. It can be found under the words School and Community Nutrition Programs. If you click on RESOURCES, you will find information on how to complete the various on-line forms that make up the CNPweb®, including how to submit the claim, a sample budget for independent centers, and information on completing the management plan. Check it out!

Visit www.doe.in.gov/cacfp to learn more.

Mark your Calendars! CACFP renewal for fiscal year 2015 will be ready by July 14, 2014

This information concerns Child and Adult Care Food Program (CACFP) Renewal for Program Year 2015 (October 1, 2014 – September 30, 2015). 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. On our site's front page, you will see the CNPweb® logo near top left with the words 'CNPweb®' to the right of it. Clicking here will open a new second window and the login screen for the CNPweb® system. Every institution is required to complete CACFP renewal for each fiscal year.

ALL required renewal documents should be mailed to the State Agency as one packet. Program renewal materials are due on Tuesday, September 2, 2014.

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 2015 which you should keep with your original CNP Agreement in your permanent records.

Offline Forms

Annual Information Certification (a single 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). Unlicensed At-risk and Outside School Hours facilities must instead submit documentation that they meet state or local health and safety standards. All other facilities that are not licensed/certified must submit an Alternate Approval Form (with the exception of sites operated by school corporations).

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 2015 Sponsor, Site and Provider Information sheets online via CNPweb®. There are new questions. Be sure to answer each one. Select Program Year 2015 to begin the renewal process. Once the data has been entered/revised, 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 2015 Sponsor, Site and Provider information sheets should be in the PENDING APPROVAL STATUS no later than September 2, 2014.

Continued...CACFP renewal for fiscal year 2015 will be ready by July 14, 2014

At any time during the year, you may 'Edit' the information as needed for sponsor or site. It is your responsibility to insure 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.

At any time during the year, you may 'Edit' the information as needed for a sponsor, site, or provider. It is your responsibility to insure that addresses, license information, and contact information are always current; ***especially important is the sponsor and CACFP contact email address.*** Our office uses email addresses to send information to you, so it must always be current if you want to be kept up to date.

NEW FOR 2015: ON-LINE MANAGEMENT PLANS

EVERY institution will complete a management plan as part of the fy 2015 program renewal. This will become a permanent document in the CNPweb®. The sponsor, center, and provider information sheets must be completed before adding the management plan. The management plan will roll over from year to year and it will be the responsibility of each organization to ensure the information is current.

Free and Reduced Price Information

All the Free and Reduced Price forms and letters have been posted to our web site in the section Free and Reduced-Price Information where they can easily be downloaded as Microsoft Word documents. You must use the USDA prototype forms found on our website **or** you must submit any revised forms to our office for approval. Minor revisions such as putting the document on your letterhead do not require State Agency approval. Organizations must use the most current forms for fiscal year 2015. Parent/household letters do not change, but the Applications for Free and Reduced Price Meals do because they contain the income guidelines. A good idea would be to change the color of the applications each fiscal year. Remember, the **income guidelines change on July 1** of each year.

Media Release

Institutions **MUST** submit the current year media release to a media source and the State Agency. Keep a copy with your fiscal year records. Be sure to submit both pages.

Other Off-line Forms

The **CNPweb®** uses the information you enter on the Sponsor, Center and Provider information sheets to determine which off-line forms are required for your organization. Every form that is marked with an orange asterisk is required to be submitted.

Record Keeping Forms

If your organization uses any record keeping forms that have not been developed by the Indiana Department of Education, you must submit them with your contract renewal materials. Unless the form was approved in 2013, we are asking everyone to re-submit for re-evaluation by current CACFP staff. Record keeping forms that are simply put on organization letterhead, or Word documents that have been transferred to Excel do not have to be submitted. You may contact your CACFP Specialist if you have questions regarding this requirement.

Secretary of State Website

The State Agency will check with the Indiana Secretary of State's Office to ensure that each institution is registered with the state to conduct business in Indiana and that the institution is current with reports for the Secretary of State's Office. **Institutions that are not active and/or not current with reports cannot be approved for CACFP participation.**

Continued...CACFP renewal for fiscal year 2015 will be ready by July 14, 2014

Contract renewal materials are due September 2, 2014. This means documents are to be sent to the State Agency and all *CNPweb*® forms are in the PENDING APPROVAL status no later than **September 2, 2014**. Check the following list to ensure that you have completed all requirements:

- [] One completed copy of the Annual Information Certification with original
- [] *CNPweb*® sponsor information sheet in PENDING APPROVAL status
- [] *CNPweb*® center information sheet(s) in PENDING APPROVAL status
- [] *CNPweb*® provider information sheets in PENDING APPROVAL status (This
- [] All documents that are marked with an orange asterisk (*) on the SPONSOR SUMMARY PACKET have been submitted and the DATE SENT has been entered in the *CNPweb*®.
- [] Record keeping forms that are not State Agency developed submitted for approval.

If you fax or email materials, please do not also mail them in. All renewal documents should be sent (fax, email, or USPS) to the attention of Maggie Boyce.

There are regulatory deadlines to meet in order to ensure prompt reimbursement for fiscal year 2015 (October 1, 2014 – September 30, 2015).

For assistance with the CACFP contract renewal process, please contact the CACFP Staff:

Carol Markle	cmarkle@doe.in.gov	317.232.0873
Maggie Boyce	maggie@doe.in.gov	317.232.0851
Heather Stinson	hstinson@doe.in.gov	317.232.0869
Mary Lou Davis	mldavis@doe.in.gov	317.771.9188
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Kim Cobb	kcobb@doe.in.gov	317.771.9195

15 Bean Kids Mexican Sushi

- 8 cups of water
- 1 onion, chopped
- 1 teaspoon of salt
- 3 cups 15 bean soup mix (or 7 or whatever your grocery store carries)

Serves: 36 (3-5 years)
1 Meat Alternate, 1 Grain



Cook beans according to package directions. When the beans have cooked, drain while reserving the liquid. Pour beans into a big bowl, and mix with a hand mixer, or a masher. Add as much of the reserved water as needed to attain desired consistency.

To make the sushi use:

- 18 large tortillas
- Prepared beans (from above, once cooked will equal about 9 cups)
- Guacamole (about 2 cups)

Warm tortilla to be flexible. Spread each with 1/2 cup beans and about 1/8 cup guacamole. Roll up and wrap with plastic wrap and chill. A few hours later, take out and slice each rolled up tortilla into 8 "sushi" rolls. Top with tomatoes or cheese.

Minimum serving size for 3-5 year olds is 4 sushi rolls
Source: Adapted from www.superhealthykids.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](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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Glenda Ritz, NBCT
Indiana Superintendent of Public Instruction