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Nominate a Farm to Preschool Program

Let's Move! Child Care (LMCC) has announced a call for nominations for child care and early education centers and homes who are participating in the Child and Adult Care Food Program (CACFP) and primarily serve children 0-5 years of age; CACFP sponsoring agencies; and State CACFP agencies who are making outstanding efforts to improve child nutrition programs that promote young children's health and prevent childhood obesity. The top nominees and their efforts will be recognized and showcased at an LMCC Recognition Event at the 2015 National CACFP Sponsors Association Conference in Las Vegas, Nevada. Review the selection criteria and nominate your favorite farm to preschool program for this special recognition.

Nomination deadline: January 23rd, 2015 at 11:59 pm (EST).

Categories of Recognition

1) Individual (or networks of) Child Care and Early Education centers and homes participating in CACFP

- a. Center-based.
- b. Home-based

2) CACFP sponsoring Agencies

3) State, Territorial, and Tribal agencies that administer CACFP

Nominees for all categories will be considered based on:

- Creativity and Innovation
- Overcoming Challenges
- Family Engagement

To nominate your favorite farm to preschool program, visit:

<https://www.surveymonkey.com/s/2015LMCCNomination>





If you always do what you always did, you will always get what you always got.
-Albert Einstein

Champions for Healthy Kids Grants

2015-2016 Champions for Healthy Kids Grants Now Available!

\$1 Million Champions for Healthy Kids grants available to nonprofit organizations for programs operating June 1, 2015-May 31, 2016. Over the past 12 years, the Academy of Nutrition and Dietetics Foundation and the General Mills Foundation have awarded over \$6 million in Champions for Healthy Kids grants to nonprofit organizations across the U.S. promoting healthy eating and active lifestyles targeted to kids and families.

Goal of Champions for Healthy Kids Grants

The goal of the Champions grants program is to encourage communities in the United States to partner with Registered Dietitian Nutritionists to improve the eating and physical activity patterns of youth, ages 2-18.

Due Friday, January 23, 2015 at 5pm

For more information, visit:

<http://www.eatright.org/foundation/championgrants/>

Staff Spotlight: Ratanya Bowens



Ratanya Bowens
AmeriCorps Member

Ratanya is an AmeriCorps member who is completing her service at the Indiana Department of Education. Her time here will primarily be spent coordinating Food Day events and promotions and working with the Indiana Farm to School Network, which now includes a Farm to Preschool subcommittee.

Ratanya recently graduated from Purdue University, where she majored in Public Health Promotion. She also completed an internship this summer with the Tippecanoe County Health Department. After the completion of her AmeriCorps service, she plans to further her

education by pursuing a nursing degree.

When she is not busy with school and work, Ratanya enjoys watching movies and Netflix or working out with Zumba. She hopes to eventually add the title of Zumba Instructor to her list of accomplishments. She also strives to lead a healthy lifestyle and takes pleasure in helping others to do the same.

If you are interested in getting involved in Farm to School or Farm to Preschool, or just want to welcome Ratanya, contact her at rbowens@doe.in.gov.

Please Welcome Our New Sponsor

• Michigan City Area Schools	Michigan City	Cynthia Licciardone
• Renaissance Charter Schools	Indianapolis	Steyven Henry
• Hobart Assembly of God	Hobart	Sandra Pizer



Events Calendar

- ⊕ Monday, January 1, 2015 State Offices Closed for New Year's Day
- ⊕ Monday, January 19, 2015 State Offices Closed for Martin Luther King, Jr. Day
- ⊕ Thursday, March 26, 2015 Refresher Workshop Conference Room 19

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

Did You Know...

USDA has a webpage where all states can share their CACFP resources? It is periodically updated and can be found at: <http://healthymeals.nal.usda.gov/state-sharing-center/child-care-providers>

New Resource Highlight

Home Grown: Menus of Wisconsin

The *Home Grown: Menus of Wisconsin* resources provide comprehensive materials for a three-week lunch cycle menu. The menus were developed by using a combination of from-scratch recipes submitted by WI school foodservice personnel and convenient, ready-made products. The menus use a large variety of products grown and produced in WI (some may be similar to Indiana).

Menus and recipes easily adapted for child care: http://fns.dpi.wi.gov/fns_homegrown



Amazing and Colorful Phytochemicals

Want another reason why fruits and vegetables are so awesomely good for you? Phytochemicals!

Fruits and vegetables contain thousands of natural chemicals that help protect plants from germs, fungi, bugs, and other threats. They also provide a lot of benefits to people who eat them as well, preventing disease and helping bodies to work properly.

Let's take a look at a few phytochemicals that have been studied closely...

Carotenoids

They provide yellow, orange and red colors to some fruits and vegetables like carrots or pumpkins. Your body can use them to tackle harmful free radicals (things that damage tissue in your body). Some can also be converted to Vitamin A which helps keep your immune system working and is needed for eye health.

Lycopene

It provides a red and pink color to items such as tomatoes, watermelon, and pink grapefruit. It has been linked to a lower risk of prostate cancer.

Lutein and Zeaxanthin

These are usually found in greens, such as spinach, kale, and collards. These appear to help protect against cataracts and age-related macular degeneration.

Flavanoids

There are many types that help prevent cancer, reduce inflammation in the body, reduce risk of asthma and heart disease, and the list goes on.

Resveratrol

This is found in grapes including grape juice and red wine. Some research suggests that it may help extend life, wow!

Convinced yet that fruits and vegetables are amazing?

Heat and storage have a negative effect on phytochemicals-another reason fresh is best!

To learn more about phytochemicals, visit: [Fruits and Veggies More Matters](#).

Sources: WebMD, Fruits and Veggies More Matters, National Institutes of Health



Porcupine Meatballs

Ingredients	7 Servings	14 Servings	Directions
Extra lean ground beef	1 pound raw	2 pounds raw	1. Mix beef, rice, onion and garlic in a large bowl. 2. Form into 7 small (egg size) balls and place in an 8" square baking pan. 3. Pour the tomato soup over the meatballs. 4. Bake in a 350 degree oven for 1 hour and 15 minutes. Turn the meatballs halfway through cooking.
Uncooked brown rice	1/2 cup	1 cup	
Finely chopped onion	1/4 cup	1/2 cup	
Minced garlic	1 tsp	2 tsp	
8oz can of ready to use tomato soup	1 can	2 cans	
Portion size for 3-5 year old: 1 meatball Each serving provides: 1/2 grain serving, 1 1/2 ounce of meat			
Nutrition tip: Iron, found in the ground beef, helps keep the oxygen flowing to and from cells			

Source: Montana Eat Smart Sample Menus and Recipes

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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