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## Know Your Resources!

### Program Handbooks

USDA has several handbooks that explain regulatory requirements in an organized and easier to understand format. These are great training and reference resources, and include:

- Adult Day Care Handbook
- At-Risk Afterschool Care Handbook
- Family Daycare Monitor Handbook
- Independent Center Handbook
- SD, Suspension, Appeals Handbook

Handbooks are located at: <http://www.fns.usda.gov/cacfp/cacfp-handbooks>.

### Crediting Handbook

How do you know if a food may be counted toward meeting the CACFP meal pattern requirements? Check the Crediting Handbook. It provides:

- Lists of credible and noncredible foods for children and adults
- General guidance for menu planning
- Suggestions for preparing preschoolers for school meals
- Ways to encourage positive attitudes toward food
- Tips sheets for making food healthier and safer

[http://www.fns.usda.gov/sites/default/files/CACFP\\_creditinghandbook.pdf](http://www.fns.usda.gov/sites/default/files/CACFP_creditinghandbook.pdf).

### Food Buying Guide

A great resource to help you:

1. Buy the right amount of food and the appropriate type of food for your program
2. Determine the specific contribution each food makes toward the meal pattern requirements.

<http://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>.

## CACFP Wellness Research: Key Findings

The USDA had research conducted in the areas of nutrition, physical activity, and electronic media use for CACFP audiences. Some of the key findings, include:

- All groups (sponsors, centers, and home providers) were at least familiar with the 2010 Dietary Guidelines for Americans.
- About 2/3 of centers and homes serve their meals family style.
- 60% of centers and homes reported serving whole grains during all or most of the meals on the preceding day of the interview.
- All groups recognized the value of age-specific physical activity guidelines, though some were less familiar with what children can do at different ages.
- Barriers to promoting physical activity include weather and limited indoor spaces. Caregivers would benefit from more training and ideas for play in small and indoor spaces.
- Electronic media use is widespread, with 82% of centers and 91% of homes reporting that electronic media is used at their facilities.
- Preferences vary around the delivery of training, so multiple formats are needed to deliver the same content, including in-person, videos, webinars, and print materials.

For more information on these findings or to get the full report, visit: <http://www.fns.usda.gov/formative-research-nutrition-physical-activity-and-electronic-media-use-child-and-adult-care-food>.

*Why was the mushroom invited to the party?*

*Because he is a fun-guy!*

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*Why did the raisin go to the dance with a prune?*

*Because they couldn't get a date!*

## Healthy Living Night for Families

East Tenth United Methodist Church hosted a Healthy Living Night for the families of children enrolled in their childcare programs. The event included:

- Juicing station
- Family freezer meal assembly
- Breastfeeding information station
- Family Zumba
- Recipes and nutrition information to take home

What a great way to educate families in a fun way and get them involved!



## Please Welcome Our New Sponsors

Sponsor Name	City	CACFP Contact
• School City of East Chicago	East Chicago	Marcus Shelton
• New Hope Christian Church	Crawfordsville	Dawn Goggin
• Salvation Army Kroc Community Center	South Bend	Cheron Merten
• YMCA of Monroe County, Inc.	Bloomington	Jennifer Smallwood
• Heritage Adult Day, Inc.	Gary	Shirley Hill
• Crossroads YMCA, Griffith Branch	Griffith	Susan Pierson
• Helm St. Church of God	Logansport	Angie Mucker
• Gleaners Food Bank of Indiana	Indianapolis	Megan Ellis



## 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.

- ⊕ Thursday, April 29, 2015      At-Risk Sponsor Training, 10am-3pm, Indiana State Library
- ⊕ Tuesday, May 5, 2015      State offices closed-Elections
- ⊕ Monday, May 25, 2015      State offices closed-Memorial Day
- ⊕ Wednesday, June 17, 2015      Refresher Workshop, 9am-4pm, Gov't Center-[click here](#) for info

Other online training is available on our website at: [www.doe.in.gov/cacfp](http://www.doe.in.gov/cacfp).

## Did You Know...

USDA publishes several new Policy Memoranda every fiscal year. As a CACFP participant, you are required to be aware of these memos and apply them to your CACFP operation. You can view all the CACFP policy memoranda by [clicking this link](#).

## Tomato and Corn Salad

### Ingredients:

- 10 cups Corn, frozen, thawed
- 8 oz Basil, fresh
- 6 pints, cherry tomatoes, halved
- 3 cups mozzarella cheese, shredded
- 1/4 cup olive oil
- Juice of 1 lemon
- 1 tsp salt

### Directions:

1. Thaw frozen corn
2. Finely chop basil leaves
3. Mix all ingredients and serve (or chill for later)

Provides: 1/2 cup vegetable, 45 servings

Source: Fresh from Vermont, New School Cuisine

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

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