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October 18th is Celebrate Farm to Preschool Day!

In 2010, Congress approved a resolution to officially designate October as National Farm to School Month, a time to celebrate the connections that are happening all over the country between children and local food. Each day of the month will feature a different theme, and **on October 18th, we're celebrating farm to preschool!** Farm to preschool includes the full spectrum of child care delivery: preschools, Head Start, center-based, programs in K-12 school districts, and family home care facilities.



We hope you'll join us by hosting an event or activity on October 18th to celebrate farm to preschool. Activities could include:

- ◆ Serving local food in a snack or as part of a meal
- ◆ Highlighting a locally grown food product with a cooking class for children or a demonstration
- ◆ Planning a trip to a local farm, farmers' market, or u-pick, or inviting a farmer to come visit your children
- ◆ Make plans to start an edible garden outdoors or in containers on a windowsill

Visit the Farm to Preschool website for resources and information. You can also submit your own events, news, or materials: farmtopreschool.org

Fun Worm Facts

- ◆ Worms do not have eyes, ears, nose, or bones.
- ◆ Worms have 5 hearts.
- ◆ Worms breathe through their skin.
- ◆ Worms' tunnels loosen up the soil and bring air pockets into the soil, which is important for plant roots to grow.
- ◆ Worm poop is very rich soil.

Source: Got Veggies?



Heather Stinson
CACFP Nutrition Specialist

Indoor/Outdoor Worm Bins



Create rich soil, while teaching children about the life cycle. You just need four basic items to start...

- ◆ Earthworms
 - * The large earthworms commonly found in your backyard and the local bait shop are not good vermicomposting choices.
 - * The best types for composting are red worms, brandling worms, and European nightcrawlers.
- ◆ Bedding
 - * Bedding material can be anything that will absorb moisture but will not decompose rapidly, such as sawdust, shredded leaves or shredded newspaper.
 - * Over time earthworms will eat their bedding, so you will need to occasionally add more to the bin.
- ◆ Food
 - * Fruits and vegetable scraps from the kitchen make great worm food. Begin by feeding the earthworms carefully to prevent feeding them too much or not enough.
- ◆ Container
 - * Plastic storage bins usually make the best worm bins. Make sure to put plenty of holes in the top!

Learn more: <http://www.extension.purdue.edu/extmedia/HENV/HENV-104-W.pdf>

Related books for ages 4+: *Wiggling Worms at Work*, *Composting: Nature's Recyclers*, *Compost Stew: an A to Z Recipe for the Earth*

Staff Spotlight: Heather Stinson

Heather graduated from Ball State University with a degree in Dietetics. She joined the School and Community Nutrition team in 2008 and has held several positions within the department including working on grants and awards with schools, overseeing claims and audits, and currently works with the Child and Adult Care Food Program (which she admits has been her favorite program to work with).

Heather and her husband recently had an adorable baby boy named

Wyatt! When she is not playing with the little guy, she likes to read, tend to her garden and try different recipes.

Heather also likes to explore the great outdoors and stay active by finding new places to hike or bike. She has most recently enjoyed hiking The Virginia B. Fairbanks Art & Nature Park: 100 Acres. If you have any suggestions for new outdoor places for Heather to visit, let her know...

hstinson@doe.in.gov.

Please Welcome Our New Sponsors

• In His Arms Childcare Ministry	Indianapolis	CACFP Contact: Qiana Hayes-Hampton
• Decatur County Family YMCA	Greensburg	CACFP Contact: Tammie Slagle
• Country Kids Preschool & Childcare	Trafalgar	CACFP Contact: Ashley Ferguson
• Children of America	Indianapolis	CACFP Contact: Phil Cantore
• Lutheran South Unity School	Fort Wayne	CACFP Contact: Julie Turney
• Crawfordsville Community School Corp	Crawfordsville	CACFP Contact: Adam Young
• Marion Kids Early Learning Center	Marion	CACFP Contact: Jamie Brookshire



Events Calendar

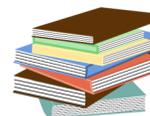
Note: All workshops and training will be provided at the Indiana Government Center South (IGCS). Attendees must enter at the 302 West Washington Street door and will need a photo ID.

⊕ Tuesday, October 1	CACFP Fiscal Year 2014 Begins
⊕ Monday, October 14	State Agency Offices Closed for Columbus Day
⊕ Thursday, October 17	New Sponsor Workshop, 9am-1pm, IGCS conference room 19
⊕ Monday, November 11	State Agency Offices Closed for Veterans Day
⊕ Thursday, November 14	Refresher Workshop, 9am-4pm, IGCS conference room 19
⊕ Thursday, November 28	State Agency Offices Closed for Thanksgiving
⊕ Friday, November 29	State Agency Offices Closed for Thanksgiving
⊕ Tuesday, December 24	State Agency Offices Closed for Christmas Eve
⊕ Wednesday, December 25	State Agency Offices Closed for Christmas

New Sponsor Training is also available on-line at:

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

Did You Know... About Our Online Resources?



Every recordkeeping form you need is available on the CACFP Web Page: www.doe.in.gov/cacfp. The State Agency does not send out an annual package of records keeping forms, nor are they located on the packet tab in the CNPweb®. It is the responsibility of each CACFP contact person to use the required forms as well as the most current version. If you have questions about record keeping, please see the [CACFP Daily, Monthly, and Annual CACFP Record Keeping Requirements](#) in the record keeping section on the web page.

Nutrition Education for Parents

Is your organization interesting in offering nutrition education to parents? If you already offer nutrition education to parents, perhaps you could use some fresh materials? Network for a Healthy California has developed materials including healthy eating resources, tips, recipes, as well as five English- and Spanish-language PowerPoint presentations. To learn more, visit: http://www.healthylausd.net/studentsParents_Community/forParents/parentWorshopMaterials.htm

Meal Planning



Workshop 4: What Parents Can Do

What can parents do to encourage their children to maintain a healthy weight and eat a balanced diet?

- **Accept your child at any weight, and tell them that they are loved. This is the most important thing you can do. Children will be more likely to feel good about themselves if their parents accept them.**
- Never put your child on a diet. This can backfire on you.
- Don't use food as a reward or a bribe.
- Be a good role model for your child – they do what you do. Eat what you want to see them eat.
- Limit TV watching (including Internet and video games) to one or two hours per day.

Food Labels



Nutrition Facts			
Serving Size	<input style="width: 40px;" type="text"/>	Servings Per Container	<input style="width: 40px;" type="text"/>
Amount Per Serving			
Calories	<input style="width: 40px;" type="text"/>	Calories from Fat	<input style="width: 40px;" type="text"/>
		% Daily Value	
Total Fat	<input style="width: 40px;" type="text"/> g	<input style="width: 40px;" type="text"/>	%
Saturated Fat	<input style="width: 40px;" type="text"/> g	<input style="width: 40px;" type="text"/>	%

To calculate calories from fat, multiply fat grams by 9.

Peanut Butter Roll-ups

Provide each child...

Ages 3-5

- ◆ 1/2 slice whole wheat bread
- ◆ 1 tablespoons peanut butter
- ◆ 1 tablespoons grated carrots

Ages 6+

- ◆ 1 slice whole wheat bread
- ◆ 2 tablespoons peanut butter
- ◆ 2 tablespoons grated carrots

1. Flatten bread with a rolling pin or hands
2. Spread peanut butter on bread and sprinkle with carrots on top
3. Roll bread up tightly and eat or slice into pinwheels

For snack only, credits as 1 m/ma and 1 grain

Source: www.kidsacookin.org



School and Community Nutrition

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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