

## Division of School and Community Nutrition

# Indiana CACFP

# NEWS <sup>2</sup> use

Volume 6, Issue 3

Quarter 3, 2015

### Inside this issue:

Food Day	1
Gardening	2
New Sponsors	3
Calendar	3
Did You Know	3
Recipe	4

### CACFP Staff

#### CACFP Field Staff

[Mary Lou Davis](#)

[Karen Edwards](#)

[Elaine Haney](#)

[Kim Cobb](#)

#### CACFP Specialist

[Maggie Boyce](#)

#### CACFP Coordinator

[Carol Markle](#)

#### SCN Director

[Julie Sutton](#)

#### Nutrition Specialist/ Newsletter Editor

[Heather Stinson](#)

## 2015 Food Day Theme: “You Kale”

Kale is Indiana’s 2015 highlighted vegetable for Food Day. While national Food Day is October 24, we are encouraging schools and child care facilities to pick any day in October to celebrate.

### Ways to celebrate:

- Buy kale from a local farmer for a staff and student tasting challenge
- Incorporate kale into your menu (try adding it to soup, salads, or making chips- see the toolkit below for other ideas).
- Let students start kale seeds in containers to watch grow at your facility or to take home and share with their family.

Indiana’s Kale Food Day Toolkit: <http://www.doe.in.gov/sites/default/files/nutrition/kale-toolkit.pdf>

To receive free kale seeds, email [vrrobert@purdue.edu](mailto:vrrobert@purdue.edu) with:

- Name of person requesting the seeds
- Phone number of person requesting the seeds
- Address where seeds should be mailed
- Name of school/youth serving organization planting the seeds
- Date of October Food Day (if known)
- Celebration plans (if known)
- Name and email address of person to contact for follow-up information
- Amount and variety of seed needed. 1-2 seeds per student; may order more than 1 variety (Dwarf Blue Kale, Red Russian Kale, Dwarf Siberian Kale, Premier Kale)

Please share pictures and stories about your Food Day celebration!

To keep up to date on other Farm to Preschool news and grants, “Like” the Indiana Farm to Preschool Facebook page: <https://www.facebook.com/indianafarmtopreschool>



**The glory of gardening:  
hands in the dirt, head in the sun,  
heart with nature. To nurture a garden is to feed not just on the body, but the soul.**

**Alfred Austin**

## **Gardening Has Many Benefits**

Besides produce to eat and flowers to admire, gardens can give you and your children multiple benefits:

- Children may be more likely to eat vegetables that they grow themselves.
- Planting a garden serves as a science lesson. Children see how the natural world works its wonders, how seasons change, and time marches on...
- Tending a garden teaches responsibility, concentration, and patience.
- As the garden grows, so do children's confidence and satisfaction of a job well done.
- If results are less than expected, use that as an opportunity to teach children how to cope with disappointment and how to overcome obstacles by trying a new technique or different plant next year.

Source: <http://blogs.cornell.edu/ccesuffolkfhw/>

## **Children's Village, Bloomington is Taking Advantage of These Benefits**

The 3-4 year olds grew tomatoes, red potatoes, and carrots with Ms. Becky and Ms. Mechelle.



The 4-5 year olds grew morning glories with Ms. Beth and Ms. Kim. Their flowers won a ribbon at the Monroe County Fair.



## Welcome New Organizations to CACFP:

• First Church of Deliverance and Recovery	Indianapolis	Felicia Smith
• Glad Tidings Church	Muncie	Debbie Ramey
• Golden Gardens	Indianapolis	Kimberly Smith
• YMCA of Greater Fort Wayne	Fort Wayne	Tara Holliday



### Upcoming Events:

October 1, 2015	Start of CACFP fiscal year 2016
October 12, 2015	State Offices CLOSED -- Columbus Day
October 21, 2015	New Sponsor Workshop: 9 m-11am, PNC Center
November 3, 2015	State Offices CLOSED – Election Day
November 11, 2015	State Offices CLOSED – Veteran’s Day
November 19, 2015	CACFP Refresher Workshop: 9am-4pm, Government Center South
November 26-27, 2015	State Offices CLOSED – Thanksgiving Holiday
December 3, 2015	At-Risk Workshop: 10am-12pm, PNC Center
December 24-25, 2015	State Offices CLOSED – Christmas Holiday

For more information or to register for training, visit:

Refresher workshops: <http://www.doe.in.gov/nutrition/cacfp-refresher-workshops>

At-Risk workshops: <http://www.doe.in.gov/nutrition/cacfp-risk-afterschool-meals-workshop>

### Did You Know... ?

Every CACFP institution receives federal funds and therefore must comply with federal civil rights requirements. All requirements and forms can be found at: <http://www.doe.in.gov/nutrition/scn-civil-rights-requirements>.

Civil rights resources found here include:

- Training Presentation
- Racial/Ethnic Data Form
- Non-discrimination Statements
- Complaint Forms and Procedures
- Posters
- FAQs

### Tostadas

1 lb. lean ground beef	2 cups (8oz) shredded cheddar cheese
1/2 tsp. onion powder	1/4 cup chipped green pepper
2 (15oz) cans refried beans	1 cup shredded lettuce
12 (6-inch) tostada shells	1/4 cup diced fresh tomatoes

1. Brown beef until fully cooked. Drain fat.
2. Add onion powder and refried beans to meat. Mix well over low heat.
3. Put tostada shells on cookie sheets
4. Put 1/2 cup beef and bean mixture on top of each tostada.
5. Cover each tostada with grated cheese.
6. Place in 350 degree F oven until cheese melts.
7. Top with chopped green pepper, shredded lettuce and diced fresh tomatoes.

Serves 12 (1 tostada each)  
**Providing:**  
 1 1/2 oz meat/meat alternate  
 1/2 serving of grain  
 1/4 cup fruit/vegetable

\*note that the fruit/vegetable credit for this recipe is based only on the refried beans

Source: [What's Cookin' II](#)

### School and Community Nutrition

115 W Washington St, 600S  
 Indianapolis, IN 46204

Phone: 317-232-0850

Toll free: 1-800-537-1142

Fax: 317-232-0855

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

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](#) (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).

USDA is an equal opportunity provider and employer.



**Indiana  
 Department of Education**

**Glenda Ritz, NBCT**  
 Indiana Superintendent of Public Instruction