

Inside this
issue:

Professional Development	1
New Sponsors	2
Events Calendar	2
Did You Know	2
Snack Ideas	3
Food In Focus	4

CACFP Staff

CACFP Field Staff

[Mary Lou Davis](#)

[Elaine Haney](#)

[Kim Cobb](#)

CACFP Specialist

[Maggie Boyce](#)

CACFP Coordinator

[Carol Markle](#)

SCN Director

[Julie Sutton](#)

Nutrition Specialist/
Newsletter Editor

[Heather Stinson](#)

Professional Development Resources

The Institute of Child Nutrition (formerly NFSMI) offers CACFP online courses:
<http://nfsmi.org/Templates/TemplateDefault.aspx?qs=cEIEPTIzNg==>

USDA Team Nutrition's Healthy Meals Resource System includes trainings and resources from other state agencies that have been developed for child care facilities.
<http://healthymeals.nal.usda.gov/state-sharing-center/child-care-providers>

Let's Move! Child Care module series through Penn State Extension:
https://bkc.vmhost.psu.edu/documents/BKC_LMCC-series.pdf

USDA's Community Food Systems videos and webinars
<http://www.fns.usda.gov/farmtoschool/videos-and-webinars>

Choose Myplate health and nutrition information for preschool caregivers:
<http://www.choosemyplate.gov/health-and-nutrition-information>

Choose Myplate videos
<http://www.choosemyplate.gov/videos>

I Am Moving, I Am Learning teaches children about movement and healthy food choices. Purdue Extension offers training on how to use the curriculum.
<http://www.purdue.edu/hhs/extension/programs/detail.aspx?programId=17&category=family>

Farm to Preschool videos
<http://www.farmtopreschool.org/photos.html>

For adult daycare: **USDA's Food and Nutrition Information Center** provides a compiled list of resources on healthy eating and nutritional challenges related to aging.
<https://fnic.nal.usda.gov/lifecycle-nutrition/aging>

What other resources have you used for professional development around health and wellness? Let us know: hstinson@doe.in.gov.

Please Welcome Our New Sponsors

Sponsor Name	City	CACFP Contact
• Love Feast COGIC	Gary	Denetta Morland
• The Southeast Youth Council, Inc.	Monroeville	Lisa Lysaght
• Maha, LLC	West Lafayette	Maisa Khazal
• Busy Bees Daycare	Kokomo	Darcee Underwood
• Young Minds Development Center, Inc.	Mishawaka	Vanessa Jackson
• Boys & Girls Clubs of Fort Wayne	Fort Wayne	Timothy Williams
• Oak Park Early Learning Academy	Richmond	Danielle Arthur
• Englewood Christian Church	Indianapolis	Lisa Bowling
• Rainbow Years Learning Ministry	Shipshewana	Katie Bradshaw



Events Calendar

- ⊕ Wednesday, April 27, 2016 New Sponsor Workshop, 9am-11am, IDOE Office-PNC Center
- ⊕ Tuesday, May 3, 2016 State offices closed-Elections
- ⊕ Monday, May 30, 2016 State offices closed-Memorial Day
- ⊕ Wednesday, June 22, 2016 New Sponsor Webinar, 9am-11am
- ⊕ Wednesday, June 29, 2016 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.

Did You Know...

CACFP regulations require State agencies to provide information on the importance and benefits of the WIC Program and WIC income eligibility guidelines to participating institutions (7 CFR §226.6(r)). Sponsoring organizations are required to provide this information to their family day care homes and sponsored child care centers. The WIC information must be shared with the parents of all enrolled children. We recommend this be included with your CACFP enrollment packet and posted in a parent information area. [Click here](#) to access Indiana WIC information.

Snack Ideas



Healthier Chicken and Waffles

Serve chicken salad on a toasted whole wheat waffle.

1-5 year olds: each serving must have a 1/2 ounce of chicken and a 16 gram waffle serving

If you don't have a go-to standardized chicken salad recipe, note that once cooked, 1 lb of raw boneless skinless chicken provides a 1/2 ounce serving for 23 children age 1-5 for snack.



Cheese Quesadillas with Applesauce Dip

20 tortillas 4 cups shredded cheddar (two 8oz bags) 40 half-cup applesauce

Heat pan over medium heat, spray with cooking oil, put in tortilla, top with about 1/3 cup of cheese, lay another tortilla on top, cook for a couple of minutes on each side (until cheese is melted).

1-5 year olds: serve 1/4 quesadilla with an applesauce container (as dip) for snack.



Not-Too-Crunchy Chickpeas

15 ounce cans chickpeas 2T olive oil 1t cumin 1t paprika

Preheat oven to 425 degrees. Put all ingredients in an ovenproof skillet and cook on stovetop over medium high for 2 minutes. Add a pinch of salt, and then bake for 20 minutes.

1-5 year olds: serves 1/8 cup to 14 children age 1-5 as a meat alternate for snack. Serve with a 1/2 cup salad or a banana to make a complete snack. If you double or multiply the recipe, use only one batch per skillet.



Jicama Sticks

4 lbs. Jicama juice of 2 limes 1t salt 1T sugar 2T chili powder

Peel the jicama and cut into 1/2 inch sticks. Toss with lime juice, and then sprinkle with the remaining ingredients. Serve raw.

1-5 year olds: serves 1/2 cup to 20 children age 1-5 for snack. Serve with a 1/2 cup of milk to make a complete snack.

FOOD IN FOCUS



Jicama

Try It!

- Can be peeled and eaten raw
- Raw jicama is similar to a raw apple—light, crisp, but less sweet
- Unlike apples, jicama does not turn brown when exposed to the air after being cut

Selection and Storage

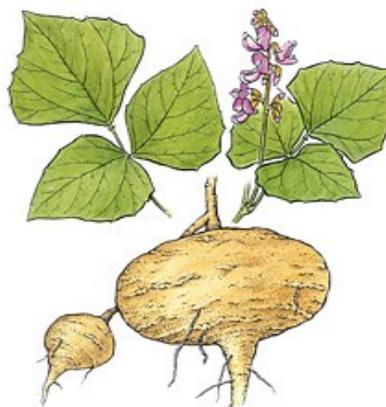
Select tubers that are firm and unblemished with a slightly silky sheen. They are best when under 5 pounds. Jicamas can be stored for up to 2 weeks in a plastic bag in the refrigerator.

Nutrition Facts

1/2 cup serving is:

- Low calorie and fat free
- A good source of fiber and vitamin C

Pronounced	'hē-kə-mə
Also called	Yam Bean Mexican Potato
Native to	Mexico Central America South America
Peak Season	October-May
Type of plant	Vine
Edible portion	Tuber only



Child and Adult Care Food Program

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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

