



Volume 19 Issue 3 March 2021

# Nutrition Nuggets

**National CACFP Week is March 14-20, 2021**

This program provides over 2 billion meals and snacks to over 4.9 million children daily in child care centers, family care homes, and after-school programs; over 115,000 elderly persons in Adult Day Care; over 62,000 child care centers; 115,000 family child care providers working with 800 sponsors use CACFP to provide children with high quality nutrition and learning experiences. A new study has indicated that children may learn lifelong eating habits which will effect their weight for life – before age five! CACFP is more important than ever.”

The purpose of the National CACFP Week is:

1. To educate parents and the community about how the CACFP helps child care providers serve well balanced, nutritious meals.
2. To promote proper nutrition for growing children.
3. To ensure long-term health benefits by creating healthy eating habits. Celebrate and promote National CACFP Week in your home or center together with the children you serve!

Here is a list of activities to promote community awareness of the CACFP and its importance to the quality of available child care:

- ◆ Serve a few of the children’s favorite recipes.
- ◆ Send an activity flyer home with children so their families can review how the CACFP supports good nutrition and physical activity in child care.
- ◆ Talk about the menu each day in relation to MyPlate. Did you meet the recommended number of servings?
- ◆ Talk with the children about how eating nutritious foods now will help them to be healthier adults later. Example: Eating foods that are good for you will help you stay healthy and strong.
- ◆ Try a new recipe. Ask parents if they have a recipe that they would like to share.

Make a commitment to improve menus during March, also National Nutrition Month, by:

- ◆ Using more fresh fruits and vegetables;
- ◆ Evaluating the menus for plate appeal;
- ◆ Adding new vegetables to the menu to make healthy eating fun;
- ◆ Increasing the use of whole grain products

From [cacfp.org](http://cacfp.org)



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**CCFP Check Info:**  
**extension 714**  
**CCFP Call-in Line:**  
**extension 703**



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## Garden Pita

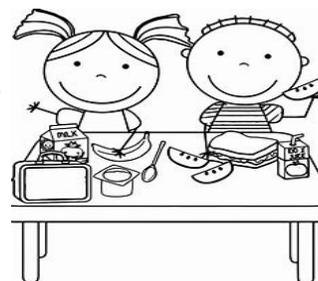
10 small whole wheat pita                    1 1/4 cups avocado, sliced  
1 1/4 cups lettuce, shredded                1 1/4 cups carrots, grated  
1 1/4 cups cherry tomatoes, halved       1 lb + 3 ounces baked chicken, sliced  
1/3 cup Dijon mustard



1. Bake chicken . 2. Cut each pita open. 3. Spread 1 tsp. Dijon mustard in each pita. 4. Wash and prep vegetables by shredding and grating where appropriate. Combine vegetables in a large mixing bowl (omitting avocado). 5. Place 2 oz. of baked chicken breast in each pita and add 1/2 cup of vegetable mixture in each pita. 6. To slice an avocado, make sure the avocado is placed on a cutting board and not in your hand. Carefully cut the avocado in half lengthwise, rotating around the pit. Twist the avocado apart. Carefully, using the heel of the knife, hit the pit of the avocado. Twist the knife and the pit should dislodge. Using a spoon, scoop out the flesh of the avocado onto a cutting board and slice. For ages 1-2, cut each pita in half. From [dpi.wi.gov/communitynutrition](http://dpi.wi.gov/communitynutrition)

## A Fun Way to Celebrate Traditions Through Food

Trying new foods for children should be fun and exciting. Sharing food in a lot of different cultures is looked at as a friendly and welcoming gesture to connect. Since March is also National Nutrition month, we challenge you to gather one recipe from each child's cultural background and serve it as one of your meals this month so that the children can learn about one another and experience this through food. It might help to even ask their parent's for their child's favorite traditional dish or even the recipe. Try to find recipes that contain ingredients that will count towards components for the food program's requirements. If you are feeling adventurous, providers can even let the children help in preparing the meal or use it as a learning opportunity as to why that dish is so special and popular in that culture. Depending on how many children you have in your care, you can do this throughout the month or during CACFP week to join in on the fun.



## Upcoming News

This is a friendly reminder that our program review with the state is coming up. It is possible that the CDE may contact providers with or without us. If you are not inputting meals into KidKare daily, you are required to have handwritten notes tracking your daily meals and snacks on hand that can be visibly shown, emailed, or sent in at a moment's notice. These must have dates and meal counts on them. Also, Child Nutrition labels are required when claiming Chicken Nuggets, Fishsticks, or Corndogs. Make sure you keep the packaging or take a picture of the CN label (these are different from the Nutrition Facts Label). We are not sure how you will be contacted if selected, so please be very diligent in checking your emails and voicemails. We want to make sure that the state gets a timely response regarding the information that is requested from providers. If you are going to be closed during any meals that you normally claim, remember to note it on the Provider Calendar in KidKare.

These reviews are to uphold the same expectations as food program visits, where you might be asked to show CN, whole grain, and sugar amounts through labels, handwritten notes, a meal observed, and the appropriate age-based milk. These reviews might be slightly more detailed or request more information than standard visits.