



# The Buzz

March 2024

NATIONAL CACFP WEEK



CACFP Week is a national education and information campaign sponsored annually the third week of March by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger. The CACFP brings healthy foods to tables across the country for children in child care centers, homes, and afterschool programs as well as adults in day care. This year's theme is "Eat the Rainbow." Here is a list of different fruits and vegetables under each color. We encourage providers to serve a different color each day during CACFP week.



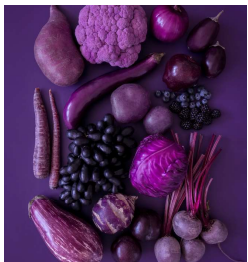
**Red & Pink** - Beets, cherries, strawberries, grapefruit, cranberries, radishes, watermelon, red apples, pomegranates, radicchio, red grapes, tomatoes, red potatoes and rhubarbs.



**Orange & Yellow** - Squash, apricots, cantaloupe, carrots, corn, lemon, mango, nectarines, oranges, tangerines, orange peppers, papayas, peaches, pineapple, pumpkins and sweet potatoes.



**Green** - Artichokes, asparagus, avocados, bok choy, broccoli, brussels sprouts, celery, collard greens, green beans, green apples, green onions, green cabbage, green peppers, kale, kiwi, leeks, limes, mustard greens, okra, pears, peas, lettuce, snow peas, spinach and zucchini.



**Purple & Blue** - Blackberries, blueberries, black currant, dates, eggplants, grapes, plums, prunes, purple figs and raisins.



**White** - Bananas, cauliflower, garlic, artichoke, mushrooms, onions, potatoes, parsnips, shallots, Jerusalem, and jicama.

## THE BEE ZONE



### Ham Pasta Salad

- 2 1/2 cups cooked rotini pasta
- 1 1/2 lb. cured natural ham, cubed
- 1/2 cup shredded cheese
- 1 1/4 cup mixed vegetables of your choice
- 1/2 cup olive oil
- 1/3 cup apple cider vinegar
- 1 tbsp Italian seasoning
- 1 tbsp lemon juice
- 1 tbsp whole grain mustard



*Using a medium bowl or 2 cup mason jar, add oil, vinegar, Italian seasoning, lemon juice and mustard. Whisk in bowl or cover mason jar and shake well. Set aside for assembly. In individual cups, layer this pasta salad. First add 1/4 cup pasta, then 1/8 cup ham and 1 tbsp cheese. Top the pasta salad off with 1/8 cup vegetables and 2 tbsp of salad dressing. Have the children mix it up with a spoon or fork before eating it!  
One pasta salad cup provides 1/2 oz eq. grains and 3/4 oz eq. meat/meat alternate.*

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

## STAFF CHANGES

*Please Welcome Our Newest Staff Member, Elizabeth!*

*Solano Family & Children Services Child Care Food Program would like to present our newest staff member, Elizabeth Virgen. She has been with the agency since 2021 and is now the newest food program monitor. As of March 26, 2024 please contact either Elizabeth or Teresa for all Food Program inquiries. Debbie is still working in the background, so you might hear from her too. Please welcome Elizabeth during your next site visit.*

*Teresa Godfrey - Provider Services Manager*

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*Elizabeth Virgen - Food Program Specialist I*

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*Sidney and her family are relocating out of the area - we wish them luck!*

Hello

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Welcome