The Buzz

September 2024

ANNUAL CHILD AND ADULT FOOD PROGRAM (CACFP) TRAINING IS NOW AVAILABLE ONLINE (ENGLISH AND SPANISH)

This is a reminder that if you have not received an email confirming your quiz submission, it has not been received. Please ensure that you complete the mandatory training by September 30, 2024.

How to Complete Your Training:

1. View the Training Packet: Access the packet on our website. It's displayed in an interactive book format, allowing you to flip through pages easily by clicking on the top right corner.
2. Download the Packet (Optional): You can download the full packet by selecting the down arrow icon at the top right. Once saved, you can open it, view the table of contents, and navigate through specific topics as needed.
3. Take the Quiz: You'll find the quiz on the last page of the packet. After completing and submitting your quiz, we'll be notified. **A passing score of 80% or higher is required, but don't worry—you can retake it if needed!**

Access the Training:

To access the training, click on the line below:

Annual Adult and Child Food Program Training 2024 (Online)

Annual Child and Adult Food Program Training 2024 Spanish (Online)

or go to our website:

https://solanofamily.org/provider/

Look for CACFP Training Packet 2024.

Certificates of Completion:

Completion certificates will be issued in October 2024.

If you have any questions, feel free to contact us.

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THE BEE ZONE

Veggie Burrito Bowl

- 2 cups of whole-kernel sweet corn (Fresh or 1 can of corn)
- 1 red onion diced (1 medium onion)
- 2 large bell peppers diced
- 2 cups of cherry tomatoes halved or large tomatoes diced
- 1 cup of cilantro
- 2 limes juiced
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper

1. Chop and measure all of your vegetables, and add them to a large mixing bowl.
2. Add the lime juice and season with salt and pepper to taste.
3. Mix everything and let the pico de gallo sit in the fridge for a few hours for the flavors to develop. Stir well before serving and tasting, you might need to add more salt.
4. Serve as a meal with prepared beans and rice or as a snack with one other component.

Recipes

DELICIOUSLY DIFFERENT: 5 UNIQUE YOGURT RECIPES TO TRY