The Buzz

February 2025

SUPPORTING CHILDREN WITH SPECIAL DIETARY NEEDS

To ensure we accommodate children with autism and their unique dietary requirements, we require a completed form from both the parents and the doctor. Once we have this form on file, your only responsibility will be to track the child's attendance during mealtime. There's no need to document their specific food intake separately. We understand that children with autism may have special dietary needs or preferences due to sensory sensitivities, gastrointestinal concerns, or food allergies. Having this form helps us document and support their dietary accommodations appropriately.

CLICK HERE
ENGLISH

CLICK HERE
SPANISH

If the **parents** have any questions, you can direct the parent to go to website

1. Visit the website: https://solanofamily.org/
2. Navigate to the Documents section.
3. Select Child Care Provider from the options.
4. Scroll down to the CACFP section.

Click on Meal Pattern Information to access the relevant details.
This has the requirements about the food groups that are required by the food program and if there is any required substitute.

Medical statements **due to food allergies** must:

1. Briefly describe how the disability restricts the participant's diet;
2. Identify foods to omit from a participant's diet;
3. Recommend foods to substitute; and,
4. Be signed by a state-licensed healthcare professional.

Medical statements that **do not include food allergies** must:

1. Briefly describe the existence of a mental or physical disability;
2. Describe how the disability impacts the participant;
3. Identify the modification needed; and,
4. Be signed by a state-licensed healthcare professional.

CLICK HERE for the Link

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THE BEE ZONE

Chicken Vegetable Creole

Serve with brown rice and salad for a complete meal

- Nonstick cooking spray
- 1 pound boneless, skinless chicken breasts, cut into large chunks
- 1 large onion, chopped
- 1 (14½-ounce) can diced tomatoes
- ⅓ cup tomato paste
- 2 stalks celery, chopped
- 1½ teaspoons garlic powder
- 1 teaspoon onion powder
- ½ teaspoon salt
- ¼ teaspoon red pepper flakes
- ⅓ teaspoon ground black pepper
- 1½ cups broccoli florets

1. Begin by spraying a large skillet with nonstick cooking spray and heating it over medium heat.
2. Cook the Chicken and Onion: Add the chicken and onion to the skillet. Stir frequently for about 10 minutes, or until the chicken is completely cooked through.
3. Incorporate Remaining Ingredients: Mix in all the other ingredients except for the broccoli. Continue to cook for another 5 minutes, stirring occasionally.
4. Add the Broccoli: Stir in the broccoli and cook for an additional 5 minutes until it becomes tender.

Serve and Enjoy: Serve hot. This recipe yields 6 servings, with each serving being 1 cup.

CLICK HERE for the Recipes

FUN SNACK IDEAS

- Graham Crackers
- ½ cup Pink Candy Melts/Discs
- ½ cup White Chocolate Melts/Discs
- Candy Conversation Hearts
- Fruit

To make this snack creditable in the CACFP (Child and Adult Care Food Program), pair it with a fruit or milk option. The graham crackers are the only creditable component in the original recipe. By adding a fruit or milk, this fun and interactive snack will align with CACFP guidelines while still being an enjoyable treat!

1. Take your pink candy discs and put them in a microwave-safe bowl. Microwave for 30 seconds, then stir. Continue to do this until the discs are all melted. Do the same for the White discs.
2. Place each color chocolate in their own separate sandwich size baggie. Snip corner of baggie. These will become your piping bags.
3. Draw two vertical lines and two horizontal lines, in the shape of a tic tac toe board on each graham cracker.
4. Let dry for about 5-10 minutes.
5. Use 2 different colors of conversation hearts and play tic tac toe. Whoever gets three in a row with their color, wins!!
6. They can be stored in an airtight container or have as a snack after done playing.

CLICK HERE for the Link