

CATHOLIC CHARITIES MAINE CHILD & ADULT CARE FOOD PROGRAM

APRIL, 2016



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

This time of the year is tricky it could be either freezing cold or beginning of the mud season. We have some great snack ideas to get the children involved with making snacks and to explore different cultures.

Nutella Banana Sushi

What you'll need:

Tortilla, Nutella and Banana

How to make it:

- Give each child a tortilla, and a small bowl with 2 tbsp. Nutella in it.
- Next give the children a banana, have them peel it and set aside. With a butter knife or a spoon (they can use the back of the spoon) have the children spread Nutella all over the Tortilla.
- Then have the children place the Banana on the edge of the tortilla and roll the tortilla with the banana in it.
- Finally with your help have the children cut the sushi in slices.

ENJOY!!!



Here's another recipe that the children can make along with learning about the Asian culture.

Fresh Fruit Spring Rolls

What you'll need:

Rice Paper, apples, mangos, kiwi, strawberries, raspberries. fresh mint, 2tsp honey, and ½ lime juiced.

How to make it:

- First chop up the fruit however you would like. The fruit apples and mangos can be sliced like matchsticks, the kiwi and strawberries can be sliced into rounds.
- Next you'll need to prepare the rice paper. Submerge 1 paper at a time in hot water for 2-3 minutes until they are soft and malleable. Immediately place the rice paper on a plate, choose strawberries or kiwi. Once the chosen fruit is laid down add apples and or mangos on top. Do this with each rice paper.
- Finally roll the rice papers with the fruit, for the smaller children; we suggest that you make the spring rolls smaller.
- The dressing is honey and lime juice



You can find these recipes and many others great meal and snack ideas on superheathlykids.com

Spring is finally here! To bring the season indoors, here's a fun spring art activity which is great for both toddlers and preschoolers.

Spring Art: Tulip Painting

Kidsplaybox.com

Printmaking with kids: Use kitchen cutlery to create beautiful spring art. (It is very important to use a 3-pronged fork to get the tulip print)

Materials:

- 3 pronged fork
- Washable kids paint
- Craft paint brushes
- Paper plates
- Paper



- Using the 3 pronged/tined fork, press firmly into the paint while making sure both the prongs and the base get paint.
- While printing, make sure to print using a 2 step motion. Start with the tines, rolling into the base to complete the tulip
- Paint stems and leaves using acrylic paint.

CACFP Payments: Payment advices are now coming via email. You will receive this when we send the payment information to our bank. Your deposit will should arrive in your account within 48 business hours. It is extremely important that if you change your email address, that you notify us. This month the attachment was in Microsoft Word format. We are currently working with our finance office to change that to a PDF format to make it easier for providers to open the file.

CACFP Trainings: It is a mandatory requirement of your contract with us that you attend a training each year. If you are unable to make the one in your area, you must attend another. This is why we provide a variety of them.

- ❖ **Windham** - Tuesday, May 10th - 6:00-8:00PM (Windham High School Cafeteria)
- ❖ **Fairfield** - Saturday, May 14th - 9:00-11:00AM (Lawrence Junior High School, off Western Avenue)
- ❖ **Augusta** Monday, May 16th - 6:00-8:00PM (Hill Mansion, 136 State Street)
- ❖ **Westbrook** - Wednesday, May 18th - 6:00-8:00PM (Westbrook Middle School, 471 Stroudwater Street)
- ❖ **Bangor** – Thursday, May 19th - 6:00-8:00PM (St. Mary’s Church, 786 Ohio Street)
- ❖ **Auburn** - Monday, May 23rd - 6:00-8:00PM (Central Maine Community College, 1250 Turner Street)
- ❖ **Sanford** - Tuesday, May 24th - 6:00-8:00PM (St. Ignatius Parish Hall on Riverside Drive)

Registration is not required this year – just show up!

When contacting our office: Please keep in mind that we are providing services for 500 child care providers, and that you may get our voicemail. Please leave a detailed message. This will allow us to research it before we return your call. We attempt to return calls the same day, but on high volume call days, it could take up to 48 hours. April 20th – April 27th – Four of our staff members will be away attending a National Conference, so please keep in mind that it may take a little longer for us to return your call during that time.

When visiting our office: Please do not stop by to see us between the hours of 12:00 & 1:00PM as the office is closed. If you need to pick something up, please call ahead, so we can have that item ready for you.

Office Closing – Monday, May 30th

Mailing Address – PO Box 1660, Auburn, ME 04211-1660
Office Hours – 8:30 AM – 12:00 Noon & 1:00 PM – 4:30 PM
Phone Numbers – 1-800-784-0157, 786-0925, fax – 784-2453

Member	Email	Office Extension or Blackberry
Chris Bagley	cbagley@ccmaine.org	712-4384
Sue Blais	sblais@ccmaine.org	2759
Sonja Carvalho	scarvalho@ccmaine.org	3964
Melissa Gagne	mgagne@ccmaine.org	712-4366
Jennifer Leach	jleach@ccmaine.org	232-7547
Rachel Lessard	rlessard@ccmaine.org	3967
Chris Wood	cwood@ccmaine.org	712-4377
Ardo Maalim	amaalim@ccmaine.org	522-2105

