

# CATHOLIC CHARITIES MAINE CHILD & ADULT CARE FOOD PROGRAM

March, 2015



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## HAPPY CACFP WEEK!

March 15-21, 2015 is National Child and Adult Care Food Program week. As part of the CACFP, each day you are helping to serve nutritious meals to 3.3 million children across the United States.

National CACFP week is an excellent time to promote the great work you, as a provider, are already offering through the program. You may consider planning to try a new recipe during the week, to talk about the different components of the program, offer some nutrition lesson plans to the children, cook with the kids, or take the opportunity to share with your parents what the program offers to you and what it allows you to offer to the children.

**Here are some great ways to celebrate from USDA – Team Nutrition**

## Discover Fruits and Veggies during CACFP Week!

Display the [Leafy Green DJ Poster](#).

Make a [Crunchy Rainbow Wrap](#).

Learn using our [Fruit and Vegetable Flash Cards](#).

Taste [Dark-Green Vegetables](#)

If you have trouble opening the links, right click with your mouse over the link and select open hyperlink.



**Mandatory Provider Training:** This year's training will be structured on the new proposed meal pattern changes for the CACFP. Timing is crucial so that all providers have a chance to log their comments. It is mandatory that you attend a session at one of the locations listed below. Preregistration is not necessary.

- March 21<sup>st</sup> (Saturday) - Fairfield
- March 24<sup>th</sup> (Tuesday) - Bangor
- March 26<sup>th</sup> (Thursday) - Auburn (Only one night in this area will be offered)
- March 30<sup>th</sup> (Monday) - Augusta
- March 31<sup>st</sup> (Tuesday) - Sanford
- April 2<sup>nd</sup> (Thursday) - Westbrook (Windham has been combined with this training. Providers also have the option to attend any of the other trainings.)

We keep thinking and hoping that spring will come soon. The sun is shining and the snow is starting to melt a little. So, with that, lets start thinking spring as well! Here are some great craft and snack ideas to help bring spring into your child care.

### **Butterflies on a Log**

**What you'll need:** celery, peanut butter, pretzels, and raisins

**How to make them:**

Cut into 1 inch pieces, and then fill with peanut butter. Next place a raisin on the end of the celery. Finally put pretzels on top.

**Enjoy!!!!!!**



### **Rainbow in a Jar**

**What you'll need:** clear jar or cup, yogurt, blueberries, green grapes, banana, clementines and strawberries.

**How to make:**

First wash the blueberries, strawberries and grapes. Then slice banana's, strawberries and peel the clementine. Put the yogurt in the bottom of the jar then layer the fruit in to complete the rainbow in a jar!!!!



### **Yogurt Cup Buddies**

**What you'll need:**

Nylon footie, empty yogurt cups, fast growing grass seed, soil, construction paper or felt, plastic eyes, and pipe cleaners

**How to make:**

Put 2 Tbsps. of grass seed in the nylon then put a couple handfuls of soil. Tie the nylon-making sure that you have a "tail" on the end of the nylon. Fill the ¼ of the yogurt cup with water. Place the nylon on the cup making sure the tail is in or just above the water. Within a few days you will have hair growing. The children can decorate the nylon with eyes, mouth, and nose. They also can cut their buddy's hair and more will grow.



### March Books

- OWENS MARSHMALLOW CHICK  
Keven Henkes
- HAPPY EASTER MOUSE  
Laura Numeroff & Felcia Bond
- The Night Before Easter  
Kathy Couri & Natsha Wing
- HERE COMES THE EASTER CAT  
Deborah Underwood



### 5 Little Chicks

Five little chicks went walking one day (hold up 5 fingers)  
Into the barn and around the hay (fingers to walking motion)  
Mother hen says, “Cluck, cluck, cluck, CLACK!  
And 4 little chicks come wandering back.  
Four little chicks.....  
Three little chicks....  
Two little chicks....  
One little chick went walking one day  
Into the barn and around the hay  
Mother hen says “Cluck, cluck, cluck, CLACK!”  
And 5 little chicks came wandering back

### Egg on a Spoon Race

#### Materials

Tape

Spoon and plastic egg for each player

Use tape to mark starting line and finish line. Players put egg on spoon and try to be the first one across the finish line with egg on spoon.



### Egg Race

#### Materials

Plastic straw and egg for each player  
Tape

Use the tape to mark starting and ending points. Players use straw to blow their egg from the starting line to finish line.

### **Office Closing Dates:**

**Friday, April 3<sup>rd</sup> – Good Friday – closing at noon**  
**Wednesday, April 8<sup>th</sup> – closed all day for staff training**

**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**

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**COORDINATORS (Chris B., Chris W., Melissa, Jennifer, and Nimo) CAN NOW BE REACHED BY TEXTING!**