

CATHOLIC CHARITIES MAINE CHILD & ADULT CARE FOOD PROGRAM

January, 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.

It's Tax Time Again: 1099 forms (official earnings report) are not sent from Finance until the end of January. However, if you are an online provider, you can get your 2015 Tax Report from Minute Menu by going to Reports/Claims/Tax Report /2015. If you need tax information prior to this and you need assistance from our office staff, please give us a notice of at least one week. We will not be able to fulfill last minute requests. Also, we must send all info to you, the provider, unless you have a release that allows your information to go to an accountant.

For great tax information specifically geared to childcare providers, follow [Tom Copeland's Blog](http://tomcopelandblog.com) (tomcopelandblog.com). He has been the nation's leading trainer, author, and advocate for the business of family child care since 1981. He's a licensed attorney and has presented hundreds of business workshops for family child care providers across the country. He answers thousands of calls and emails each year to help providers, tax professionals and trainers understand complex business and tax issues.

Child Nutrition Reauthorization: The Senate Agriculture Committee is scheduled to markup the Child Nutrition Reauthorization bill, the Improving Child Nutrition Integrity and Access Act of 2016 on Wednesday, January 20th. If you are interested in following the process of what the future holds for the Child & Adult Care Food Program, a great website to visit is [The Food Research and Action Center](http://frac.org) (frac.org). Under the legislative tab, you can click Child Nutrition and WIC Reauthorization.

Roasted Root Vegetables

Ingredients

- 4 medium root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.) A variety of root vegetables like sweet potatoes, beets, and turnips make this colorful dish festive and nutritious
- 2 carrots (chopped)
- 1 onion (medium, chopped)
- 1/4 cup vegetable oil
- 3 tablespoons Parmesan cheese



Directions

1. Preheat oven to 350 degrees.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

MATERIALS

- Bowls or dishes (for making the ice)
- A large tray with sides
- Salt
- Liquid watercolors or food coloring
- Droppers or a spoon



- For fun, and for experiment’s sake, fill many different sizes of bowls with water and leave them to freeze overnight. Try for 2-3 different sizes, and keep at least one of them shallow. Tupperware containers work great for this.
- The next morning, loosen the ice from the bowls with a little warm water and set them in a big plastic finger paint tray with a lip. A baking tray with sides would also work. Set the tray over an old towel for extra protection.
- Give each child a bowl of table salt (the cheap Morton’s salt) and have them sprinkle it over the tops of the ice domes.
- Once you can tell that the salt is melting the ice, get out the liquid watercolors. Squeeze a little bit of a few different colors (yellow, pink, purple, turquoise) into jelly jars and add a dropper to each. Note: You can also use food coloring for this project. The color selection may be more limited, but it works just as well.
- Squeeze the watercolors onto the ice. The color is beautiful on its own, but the real reason for adding the liquid watercolors is to highlight the ravines, crevasses, and tunnels that are forming in the ice as the salt melts it.

Take the ice pieces outside to look at them in the sunlight. You have a colored ice suncatcher!

Are you open for business on a federal holiday? Please keep in mind that Minute Menu defaults all providers to being closed on all federal holidays. If you are open and providing care, online providers must go into Minute Menu and change your schedule. Paper menu providers must note it on the CIF.

Snow Days: When recording meals on a School Snow Day, please remember to check the “sch out” box in order for meals to be reimbursed.

Office Closing – Monday, February 15th

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