

# CATHOLIC CHARITIES MAINE CHILD & ADULT CARE FOOD PROGRAM

July, 2015



*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 FINALLY summer time!!!! With summer comes warm weather and children out of school. This is a great time to involve all age groups in outdoor activities. With school being out, having the school age children help make snacks and lunches will make them feel important. Encouraging the older children to help the younger children when making crafts will also help with leadership. Here are some great easy snacks that all children can help with.

## Parmesan Yogurt Dip

### What you will need:

cutting board, sharp knife (adult needed), zester or grater, measuring cup, bowl, mixing spoon

### Ingredients:

2 cups plain low-fat Greek yogurt  
small garlic clove, peeled and minced  
juice and grated zest of 1 small scrubbed lemon (or 3-4 tablespoons lemon juice)  
1/2 cup grated parmesan cheese  
salt and pepper to taste  
1 bunch (or bag) baby carrots

### Instructions:

Put the yogurt, garlic, lemon zest and juice and parmesan cheese into the bowl and mix well. Add salt and pepper until it tastes the way you like it. Dip the carrots and enjoy!

## Quesadilla

What you will need: large plate, measuring cup, measuring spoon, skillet, spatula, serving plate

Ingredients 4 10-inch whole-wheat tortillas, 1 cup grated sharp cheddar or Mexican blend cheese, 4 tsp olive oil, 1 cup toppings (including a combination of black beans, cooked turkey bacon, diced tomatoes, chopped olives, sliced scallions, cilantro), plain yogurt or sour cream, summer salsa, guacamole, (for garnish)

Instructions: Put one tortilla on the large plate and sprinkle 1/4 cup grated cheese on one side. Top with 1/4 cup toppings, and then fold the tortilla in half to make a half-moon shape. With the help of your adult, put the skillet on the stove and turn the heat to medium. When it is hot, carefully add 1 tsp olive oil. Garnish and serve right away

The website for the Parmesan Yogurt Dip and Quesadilla

<http://www.chopchopmag.org/content/parmesan-yogurt-dip-carrots> ChopChop is a great website, it has other great resources and recipes.



## Homemade Sprinkler

### What you will need:

- An empty and cleaned plastic bottle.
- Duct tape
- Drill
- Water hose

### How to make it:

1. Attach the hose to the bottle with the duct tape.
2. An adult drills holes all through the bottle as many or as little as you want.
3. Turn on the water and let them play

**New CACFP Rates:** New rates start July 1<sup>st</sup> each year. The new 2015-2016 rates have not been published yet by FNS. We'll keep you posted once we receive them.

**Vacation:** If you are planning to close your facility for a vacation, it is mandated by CACFP regulations that you notify our office. Also, it is helpful to your coordinator, so she doesn't come to visit while you are away.

**Helpers:** If you leave a staff person in charge and your CACFP Monitor comes for a visit, it is your responsibility to make sure that they are trained in the food program regulations and are able to provide all necessary documentation for a visit. If they are unable to do so, there is a great possibility that meals may not be reimburseable.

**Summer Meal Changes:** It is very common during the summer to serve meals that are different from your CACFP approved schedule. Please keep in mind, that you are required to notify our office of these changes. Failure to do so could result in a loss of reimbursement

### ***Office Closing – Monday, August 3rd***

**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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### July Books

- Tacky Goes to Camp  
by Helen Lester
- OLIVIA Goes Camping by  
Alex Harvey
- CAMPING DAY  
by Patricia Lakin
- 1 2 3 Make a s'more with me: A  
silly counting book  
by Elizabeth Gauthier
- Amelia Bedelia Goes Camping  
by Peggy Parish
- Maisy Goes Camping  
by Lucy Cousins



Paint a camping picture using  
marshmallows on a stick.



### A Camping We Will Go

A camping we will go  
A camping we will go  
The great outdoors is so much fun  
A camping we will go

We will sleep in a big tent  
We will sleep in a big tent  
The great outdoors is so much fun  
We will sleep in a big tent

We will make s'mores  
We will make s'mores  
The great outdoors is so much  
We will make s'mores