

CATHOLIC CHARITIES CHILD & ADULT CARE FOOD PROGRAM



March 2017



"This institution is an equal opportunity provider and employer."

Spring is here and the children want to be outside more, but, it can still be cold out there. Read below about a craft idea that you can do inside which will show the children how seeds grow into plants and then a simple nutritious snack recipe that they can make themselves.

Don't forget to read the Catholic Charities CACFP news below!

Growing Beans on Cotton Balls

This is a really easy, visual way to teach children about root systems and how plants grow in the Spring.

Beanstalk Supplies

To get started growing your own beanstalks you will need the following supplies:

- cotton balls (paper towels also work well)
- bean seeds (lima, butter, bush, etc.)
- clear container
- water

First of all, stuff cotton balls into a glass jar. Then simply stick one bean on either side of the jar so the children can watch 2 growing at once.

Next, water it until the cotton is damp but not too wet and place the jar in the window.

Within 2-3 days the beans should start to sprout a small root, and then 2-3 days later it should grow little tendrils. In about a week a stem should develop. Keep watering and watch it grow!



Thank you theimaginationtree.com

Banana Cereal Snacks

A yummy, versatile and healthy option for snacks that kids will enjoy, using ingredients you probably already have on hand.

Author: [The Gracious Wife](#)

Recipe type: Snack

Ingredients:

- Bananas
- Peanut butter
- Cereal (such as Rice Krispies)
- Wax paper or paper plates

Instructions

1. First peel the bananas and cut them into thirds.
2. Then dump some cereal onto your paper, smear the bananas in peanut butter, and roll the peanut butter bananas in the cereal. That's it! Enjoy!



Here are some fun facts about the Child & Adult Care Food Program:

- Started in 1968 and is administrated by the US Department of Agriculture.
- Approximately 150,000 family child care providers participate in this program.
- Providers serve nutritional meals to about 900,000 children each day.
- Extra money coming into your business.
- Better nutrition.....The reimbursement from the food program enables you to purchase high-quality, nutritious food.
- Better marketing....the key indicator of a top-quality child care home is participation in the food program.
- Being on the Food Program is a sign of professionalism and it shows your concern for the nutritional health of children. It's a benchmark of quality that benefits you and the children in your care.
- Catholic Charities was the first to sponsor CACFP in Maine.

Enrollment Forms: Please keep in mind that it is a requirement of the program to have enrollments on file before claiming children in your program. Please have parents sign the enrollment form at an orientation or on their first day and get them to us as soon as possible. They should not arrive to us any later than the menus in which you claim them. Snail mail is fine, or if you prefer, you can email them (cacfp@ccmaine.org) or fax them (207-784-2453). If you fax or email the document to us, we will not be returning a copy to you. Please

keep your original with your other records as monitors must review them at each visit. Continuously submitting late enrollments will put a provider out of compliance regarding maintaining accurate records.

Office Closings – Friday, April 14th (Good Friday) closing at noon. | Monday, May 29th (Memorial Day)

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.

Catholic Charities Child & Adult Care Food Program (CACFP)

Mailing Address – PO Box 1660, Auburn, ME 04211-1660
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