

CATHOLIC CHARITIES CHILD & ADULT CARE FOOD PROGRAM

July 2017



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

Did you know that the ancient Romans called the hottest, most humid days of summer "dies caniculares" or "dog days." The name came about because they associated the hottest days of summer with the star Sirius. Sirius was known as the "Dog Star" because it's the brightest star in the constellation Canis Major (Large Dog).

Sirius is so bright that the Romans thought it radiated extra heat toward Earth, so when Sirius rises and sets with the Sun, they thought Sirius added heat to the Sun's heat to cause it to be hotter. Originally July 24 to August 24 were the days but now the 40 days beginning July 3 and ending August 11 are our Dog Days of Summer!

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

Making a Mentos Geyser

Here's what you'll need:

- a package of Mentos
- a 2-liter bottle of diet soda (dark-colored works best)
- tape
- a piece of construction paper

Method:

1. Cut your piece of construction paper in half. Begin rolling the



construction paper as tightly as possible around the Mentos to make a cylinder. Check to make sure that it is small enough to fit inside the top of your 2-liter bottle.

2. After you've made the cylinder, unwrap the mentos and place them inside. Hold your hands over the bottom of the cylinder to keep them from falling out.

3. Place the 2-liter of Diet Soda in the middle of your yard and remove the lid. **Children should stand at least 15 feet away.** Have an adult take the cylinder filled with unwrapped-Mentos (still holding the bottom with your hand) and quickly place it in the top of a the bottle. Run back as fast as you can...unless of course, you want a Diet Soda shower!

Thank you icanteachmychild.com





Fruit Sparklers

Fresh fruit stacked on a bamboo skewer to make fun and festive fruit "sparklers"! Perfect for a fun summer snack.

Author: <http://tastesbetterfromscratch.com/>

Ingredients:

- Watermelon
- Blueberries
- Wooden skewers
- Star-shaped cookie cutter

Instructions

1. Cut watermelon vertically into 1 inch thick slices. Place a small star cookie cutter into the red flesh of the watermelon and lift the star fruit up.
2. Thread a few blueberries onto your wooden skewers--about 6-8 on each. Place the watermelon star on top and set on a serving tray. 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 4 million children served daily.
- In 2015, 1.9 billion meals and snacks provided!
- 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.

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

Office Closings Our Office will be closed on September 1st and 4th for Labor Day.

Catholic Charities Child & Adult Care Food Program (CACFP)

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