

CATHOLIC CHARITIES CHILD & ADULT CARE FOOD PROGRAM



June 2018



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

With the start of June we celebrate National Fresh Fruit & Vegetables Month!



Farmers' Markets are the best place to find the freshest, most colorful & tasty fruits and vegetables for your meals. Maine has over 100 markets spread out around the State so there is bound to be one nearby.

The Maine Federation of Farmers' Markets has a complete list of markets here: <http://www.maine farmersmarkets.org/shoppers/markets-by-day/>

What's With Watermelon?

Apart from being delicious, watermelons are a great summer fruit you can enjoy to beat the heat. They also have some amazing health benefits & vitamins which are as follows:

- Vitamin C helps your immune system. That's the one that keeps you from getting sick.
- Vitamin A makes your eyes strong.
- Vitamin B6 helps fight infections.
- Vitamin B1 helps your body use food for energy.

Watermelon Slice Popsicles

Watermelon slices plus popsicle sticks makes for an easy recipe and kid friendly.

For an easy, fun take on the yummy watermelon slice, insert a popsicle stick into the rind! It makes clean up a breeze. Kids love it! You can also freeze the sliced popsicles for a chilly, refreshing treat.



Blender Banana Oatmeal Muffins

With no flour, no butter, and no oil, these banana oatmeal muffins with chocolate chips are made in the blender and are moist, healthy, and delicious!

Yield: 12 muffins

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 40 minutes

Ingredients:

- 2 cups oats (quick cooking or old fashioned)
- 2 large very ripe bananas
- 2 large eggs
- 1 cup plain Greek yogurt
- 2 to 3 tablespoons honey
- 1 1/2 teaspoons baking powder (I prefer aluminum free)
- 1/2 teaspoon baking soda
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon kosher salt
- Up to 1/2 cup mix-ins: chocolate chips (mini or regular), chopped dark chocolate, nuts, dried cranberries, or blueberries (fresh or frozen and rinsed)



Directions:

Preheat the oven to 400 degrees F. Lightly grease a 12-cup standard muffin tin or line with paper liners. If using liners, lightly grease them as well. Set aside.

- Place the all ingredients but the mix-ins in a blender or the bowl of a food processor fitted with the steel blade: oats, bananas, eggs, Greek yogurt, honey, baking powder, baking soda, vanilla extract, and salt. Blend or process on high, stopping to scrape down and stir the ingredients once or twice as needed, until the batter is smooth and the oats have broken down almost completely, about 3 minutes. By hand, stir in the mix-ins. If the batter is warm from the appliance's motor, the chocolate chips may melt and swirl as they are stirred. If this bothers you, let the batter cool for 10 minutes before adding them.
- Divide the batter among the prepared muffin cups, filling each no more than three-quarters of the way to the top. Sprinkle with additional chocolate chips or nuts as desired. Bake for 15 minutes, until the tops of the muffins are set and a toothpick inserted in the center comes out clean. Place the pan on a wire rack and let the muffins cool in the pan for 10 minutes. They will deflate but still taste delicious. Remove from the pan and enjoy!
- * Feel free to adjust the honey to your preferred sweetness. Two tablespoons was enough for me with the chocolate, but if you prefer a sweeter muffin, add more.
 - Thanks to www.wellplated.com and Provider Sarah Elliott for recommending this recipe.



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Are you open for business on a federal holiday? Please keep in mind that KidKare 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 Wednesday July 4, 2018 in observance of Independence Day.

Catholic Charities Child & Adult Care Food Program (CACFP)

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