

CATHOLIC CHARITIES MAINE CHILD & ADULT CARE FOOD PROGRAM

July, 2014



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.

During the summer time providers look for and try to come up with, things that can be done with all age groups. There are so many to choose from, but sure successes are things that have to do with water. Here are some great games that will entertain and cool down the children.

JUMP ROPE COOL DOWN

- All you need is a jump rope and cups of water.
- You will need at least 3 children.
- Have a child hold each end of the rope
- The remaining child/children hold cups of water must jump in the swinging rope (If a child is too nervous about jumping into the rope with the water, they can jump along side of the rope.)
- Each child with the cup of water gets 3 skips of the rope
- The child with the most water left in the cup wins!!!!



FILL ER UP!

- ❖ This is a great relay game that can be played with as few as 2 teams or as many as you want!
- ❖ All you will need for each team:
 - 1 cup
 - 1 ping pong ball
 - 1 squirt bottle.
- ❖ One child holds the empty cup with the ping pong ball in it.
- ❖ The 2nd child has a squirt bottle filled with water and stands 3-4 feet away from his/her teammate. He/she must try to squirt the water into the cup (If you want to have more than 2 per team, give each a time for squirting water – for example 10 seconds.)
- ❖ The team to fill the cup and bring the ping pong to the top wins!

NEW REIMBURSEMENT RATES!!! (effective for July meals – September checks)

Tier I

Breakfast : \$1.31
Lunch / Dinner: \$2.47
Snacks: \$.73

Tier II

Breakfast : \$.48
Lunch / Dinner: \$1.49
Snacks: \$.20

The healthy dips at our trainings seemed to be loved by all, so here's another great one from Superhealthykids.com.



Superhealthykids.com is a great resource for healthy and fun snack ideas along with gardening, meal planning, and great ways to get children involved in preparing their meals.

All Natural Peanut Butter Dip

- 1/2 cup natural peanut butter
- 4 oz. cream cheese (softened works best)
- Whip together and serve with celery, apple slices, melon cubes, or strawberries
- If it is too thick, add 1 Tbsp. of milk until desired consistency is reached

Tier I Income Renewal Reminder: If you wish to apply for Tier I Rates (based on your income) and have not returned your application (blue form) and supporting documentation, please do so by Wednesday, July 25th. If you are currently Tier I by Income now and have not returned your application, failure to submit everything by the deadline will cause a delay in your tiering redetermination which will result in your reimbursement being based on Tier II-Lower Rates. As always, please call us if you have any questions.

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 reimbursable.

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 Phone Number: There may be some confusion on the proper number to call the office. Please be sure you dial the 1-800-784-0157. If you forget the 1-800 it will bring you to a different department within the building.

Office Closing Dates: Aug. 29th – Sept. 1st

Physical Address - 270 Minot Avenue, Suite B, Auburn, ME 04210

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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