

CATHOLIC CHARITIES MAINE CHILD & ADULT CARE FOOD PROGRAM



March/April 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.

Be Snack Wise

Children have small tummies so snacks are an important part of their daily food intake. Healthy snacks planned between meals will help to keep children satisfied all day long whether learning, playing or resting. Parents and caregivers can make healthy snacks by simply combining two or more foods from the basic food groups to create a “mini-meal”. Stick with the basics and avoid salty, sugary, highly processed “snack” foods and drinks.

- Plan sit-down snack times so that children are hungry, but not too hungry. Don't allow children to graze between scheduled snacks and meals.
- If you are not already serving “family style,” where children serve themselves from plates and bowls passed around the table, then snack time is an excellent opportunity to give this method a try. Children will learn many important skills such as how much food to serve themselves, sharing, scooping, pouring, counting and helping their neighbor

Snacks from the Grain Group

At least one-half of our daily servings of grains should come from whole grains. Read the ingredient list on the label. The key word is “whole” and this should be the first ingredient. Also look for products with at least 3 grams of fiber in a one ounce serving and crackers with no more than 3 grams of fat.

- Cracker stacks – whole wheat crackers with cheese or peanut butter
- Ready to eat whole grain cereal, low in sugar
- Breads of all kinds, multi-grain, rye, whole wheat
- Corn tortillas or whole wheat pita bread or mini bagels
- Trail mix ~ a mixture of ready to eat cereals, pretzels, dried fruit and nuts*
- Whole grain or graham crackers



Snacks from the Vegetable and Fruit Group

Full of vitamins, fiber and phytochemicals, veggies and fruit are nutrient dense. Eat a rainbow every day to benefit from the many antioxidants they contain.

- Lightly steamed veggies such as broccoli, green beans and cauliflower with a low-fat dip
- Celery* stuffed with peanut butter*
- Cherry tomatoes stuffed with cottage cheese
- Frozen green peas
- Apple ring sandwiches – apples sliced crosswise and spread with nut butter or sunflower seed butter
- Tangerine or orange sections
- Dried fruit or raisins
- A frozen banana on a stick
- Frozen grapes*

Snacks from the Protein Group

Skip the processed lunch meats which are high in sodium and contain nitrites and saturated fat and opt for more plant based protein foods such as beans, nuts and seeds.

- Wedges of hard cooked eggs or deviled eggs
- Peanut butter on crackers
- Bean dip such as hummus with pita wedges, whole grain crackers or veggies
- Cheese slices on thin apple wedges
- String cheese or cheese sticks•
- Yogurt or a yogurt parfait
- Cottage cheese with fruit
- Toasted almonds*, sunflower or pumpkin seeds*
- Tuna or chicken salad on crackers

***Caution: Items are a choking hazard for young children**

A Dozen Delectable Nibbles

1. Dip a banana in yogurt, and then roll in crushed cereal and freeze.
2. Stuff a whole-grain pita pocket with ricotta cheese and thin apple slices. Add a dash of cinnamon.
3. Make snack kebabs. Skewer cubes of low-fat cheese and grapes* with pretzel sticks.
4. Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.
5. Make mini sandwiches on whole wheat dinner rolls with tuna, egg or chicken salad filling.
6. Dip graham crackers into applesauce.
7. Stir dried cranberries and chopped walnuts* into hot oatmeal.
8. Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
9. Dip strawberries or apple slices into low-fat yogurt.
10. Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!
11. Toast a whole grain English muffin, drizzle with pizza sauce and sprinkle with grated mozzarella cheese.
12. Layer yogurt with blueberries and granola in a tall glass.

Paper menus: We are noticing that more and more providers are writing information, such as snow days, school closed, etc on the bubble menu. This information must be written on your Claim Information Form (which comes to you monthly - salmon colored paper). This information must be entered by us manually into the system. This info is entered prior to scanning your menus and is done directly from the CIF, so to guarantee that you will be paid correctly, please note changes, etc. on the CIF not the menu form.

Provider Trainings: We are in the process of securing locations for our yearly mandatory trainings. If all goes well, they will be held at the end of May and beginning of June. We'll send a letter out with all the dates and locations as soon as possible.

Office Closing Dates: Friday, April 18th

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

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Office Hours – 8:30 AM – 12:00 Noon & 1:00 PM – 4:30 PM

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