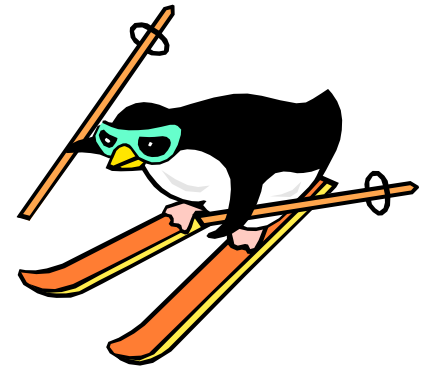


CACFP Center News January 2017



Menu Tool Kit Training is scheduled for:

CDA - March 2, 2017
Lewiston - March 8, 2017

This training is to help implement the New Meal Pattern and includes Seasonal Cycle Menus & Recipes.

(Flyer with registration information on the Back)

The SDE has received a grant to train and provide child care centers with the Menu Tool Kit.

Continue collecting
CN labels, Product Formulation Statements for processed meats/commercial products and Nutrition labels for grain products.



- Choose foods that are naturally low in fat like fruits and vegetables, pasta, rice and whole-grain breads and cereals.
- Use non-stick cookware and go easy on the oil.
- Try using non-stick cooking spray instead of oil.
- Tenderize lean meats with fruit juice or vinegar-based marinades.
- Try grilling instead of frying

Mississippi State Department of Health

Working off the calories

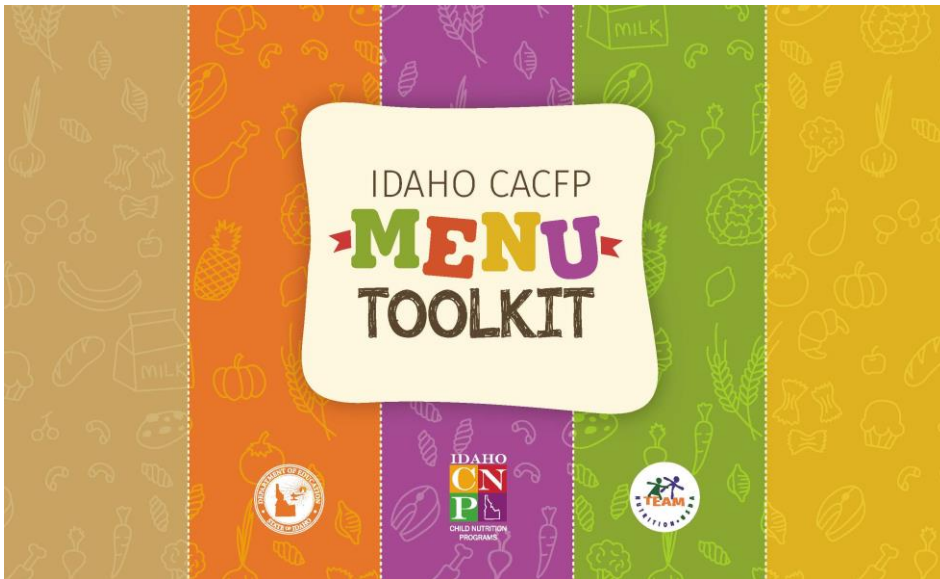
A little exercise can get rid of those calories. Just follow the tips below:

FOOD	WALK IT OFF	RUN IT OFF	SITTING ON THE COUCH
1 large apple	19 minutes	5 minutes	78 minutes
1 chocolate chip cookie	10 minutes	3 minutes	88 minutes
¾ cup of ice cream	37 minutes	10 minutes	148 minutes
1 glazed donut	44 minutes	11 minutes	176 minutes
T-bone steak	45 minutes	12 minutes	181 minutes

Mississippi State Department of Education



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MARCH 2, 2017 CDA
MARCH 8, 2017
LEWISTON
CACFP MENU
TOOLKIT
TRAINING

This training is offered to you by Idaho SDE

This toolkit offers great ideas on how to make delicious, healthy meals that meet the new CACFP meal pattern and best practices. After completing this course, participants will understand food components, how to use standardized recipes, and how to scale recipes for appropriate sizes.

We highly recommend that all centers take advantage of this training opportunity.



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Best Western CDA

**Red Lion Inn
Lewiston**

1:00 to 5:00

Limited Seating

**One
representative per
center please.**

**Register through
the SDE training
site at the
following link**

<https://cnp.idiglearning.net/>

**All centers
attending this
training will
receive the Idaho
CACFP Menu
Toolkit Book**

CACFP SVDP

210 E Harrison Ave, CDA

208-664-2562

www.cacfpvdp.org

March 2, 2017 1:00 to 5:00

March 8, 2017 1:00 to 5:00