St. Vincent de Paul
NORTH IDAHO

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664-2562 or 800-482-5552

February 2017
Providers News Letter

CACFP Week is coming
March 12 –18

Keep this program alive, let your voice be heard. Send a letter to your Senator or Congressperson stating how the CACFP program helps you promote healthy eating for young children. More ideas on the back!

Friendly Reminders

Continue to collect and turn in CN labels, PFS and recipes.

CN

064380

Four precooked breaded fish sticks (1.0 oz each) provide 2.00 oz equivalent meat and 1.50 servings of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 07/05).

CN CN

Handing Washing

Cold and flu season is still here. Here is a hand washing activity that is fun for kids. Put water in a shallow bowl, sprinkle the water with pepper. Talk about the pepper being germs. Put a drop of dish soap in the water and talk about the reaction of the pepper and the soap with the kids.

Menu Tool Kit Training

IDAHO CACFP MENU TOOLKIT

March 21
5:30 to 7:30 pm
April 18
6 to 8 pm

Register on our website or call the office.

Our web site

cacfpsvdp.org

Be connected with the most up to date information available. New items and links to other sites are added regularly. Recipes, product formulation statements and CN labels can be acquired.
The new meal pattern is available with the updated information for implementation.
Up coming trainings are listed to help you plan what you would like to attend.
Give us feed back on what you would like to see on our website.

This Institution is an equal opportunity provider

CACFP WEEK MARCH 12 - 17

Provider Promotion

The purpose of the National CACFP Week is to:

1. Educate parents and the community about how the CACFP helps child care providers serve well balanced, nutritious meals,

2. Promote proper nutrition for growing children,

3. Ensure long-term health benefits by creating healthy eating habits.

Celebrate and promote National CACFP Week in your home or center together with the children you serve!

► Plan an activity with children for each day of the week. Take a picture and send a copy to your Senator or Congressperson with a note stating how CACFP promotes healthy eating.

► Display crafts you have done with the children.

► Send an activity flyer home with children so their families can review how the CACFP supports good nutrition and physical activity in child care.

► Plan a physical activity this week to promote good physical health.

► Involve the parents and children in planning this week's meals and snacks.

► Talk about the menu each day in relation to MyPlate

► Share books and talk with the children about how eating nutritious foods; that are good for you, will help you stay healthy and strong.

► Ask parents if they have a recipe that they would like to share.

► Make a commitment to improve menus during March: National Nutrition Month, by:

Using fresh fruits and vegetables
Evaluate menus for "plate appeal"
Adding new vegetables to the menu
Make healthy eating fun
Increasing the use of whole grain products

Check out more snack, craft, and physical activity ideas at www.facebook.com/National CACFP

Put a smile on your child's face.

"A new study has indicated that children may learn lifelong eating habits which will effect their weight for life – before age five! CACFP is more important than ever."

NATIONAL CACFP SPONSORS ASSOCIATION

www.cacfp.org