



201 Harrison Ave. Coeur d'Alene, ID 83814

Provider News Letter July 2016



CACFP Workshops
Idaho Stars approved

Two to choose from

RSVP (208) 664-2562 Or email

Cacfp@stvincentdepaulcda.org

October 1, 2016
9:00 –1:00
124 New 6th Street
Community Action Partnership
Lewiston

October 29, 2016
8:30-12:30
201 E. Harrison Ave
H.E.L.P. Center
Coeur d'Alene



Summer time Activities

Summer time brings lots of sunny good weather with opportunities for outdoor fun. Creating some outdoor activities is an excellent way to keep children moving and learning. A few ideas are:

- ✓ A walk to the park that includes a scavenger hunt and a picnic.
- ✓ Creating an obstacle course that is fun and challenging.
- ✓ Making an entertaining bike path to enjoy.
- ✓ Set up a paint station and encourage creativity.
- ✓ Water games, water balloons, squirt guns or run in the sprinkler
- ✓ Bubble stations

These are just a few ideas for some creative outdoor fun.



NEW CACFP MEAL PATTERNS

Limiting SUGAR will be a big part of the new meal pattern (to be implemented by October 1, 2017)

- Cereals may have no more than 6 grams of sugar per dry ounce.
- Flavored Milk will be prohibited for 1-5 year olds and can be only be offered to 6 year olds and older
- Yogurt may have no more than 23 grams of sugar per 6 oz.
- Sweet Grains will be eliminated. Grain based desserts such as cakes, cookies, sweet pie crust, fruit turnovers, doughnuts, granola bars, toaster pastries, sweet rolls, and brownies. These will be not be allowed and will not be counted toward the grain component. (waiting for directive from the SDE)
- Juice is will be limited to one ounce per day