



*H.E.L.P. Center ~ 201 E Harrison  
664-2562*

## **CACFP PROVIDERS NEWS**

### *November 2017*

Yea!! We have made it through the first official month of the new meal pattern. Everyone is doing an awesome job and are headed in a good direction.

#### *Friendly Reminders*

*Thanks*

When creating your menus at least one grain being served is required to be WGR

If the toast, rolls, English muffins, or bread being served is WW, write WW or use the drop down on the menu to show WG.

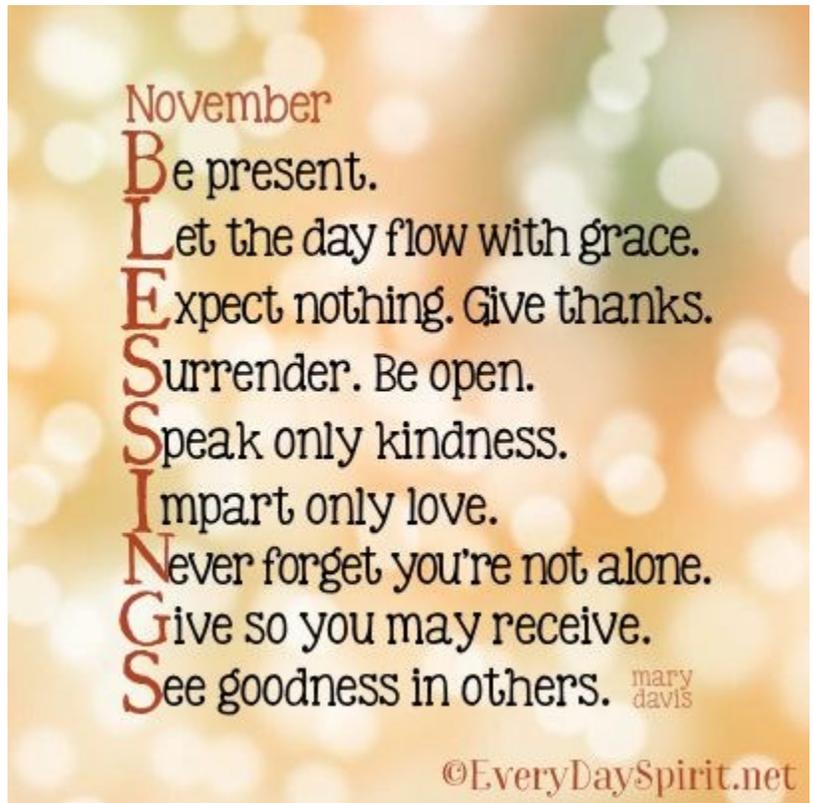
We will check the grain labels at your site visit.

Veggies and fruit are separate components and need to be mark separately on the menu.

Combination dishes need to have standardized recipes. Send us your recipe and we will help standardize it.

Fruit bars and vanilla wafers are no longer credible.

Whole milk is required for 1 yr olds, be sure to add it to your menus.



## INGREDIENTS

1cup flour

$\frac{1}{2}$ cup salt

2teaspoons cream of tartar

2teaspoons pumpkin pie spice

$\frac{1}{2}$ teaspoon cinnamon

- 1tablespoon vegetable oil

1cup water

- food coloring (6 drops of red and 15 drops of yellow)



## DIRECTIONS

1. Combine the dry ingredients in a nonstick saucepan.
2. Add the oil, water, and food coloring and whisk until smooth.
3. Stirring constantly with a rubber spatula, cook the mixture over medium heat until it forms a ball, about 3 to 4 minutes.
4. Turn the dough onto a counter, let it cool slightly, then knead the dough until it has a smooth texture, about 1 minute.
5. The dough will keep up to a week in a Ziploc bag.
6. To make pumpkin stems, place some pasta (suggested: fusilli) in a Ziploc bag.
7. Add five drops of green food coloring and a teaspoon of water.
8. Seal the bag, then let your tot squish the pasta around until it's tinted. Pour the pasta onto a piece of waxed paper and let it dry for about five minutes before pressing it into your pumpkins.

