

Welcome

Ashely Schank
Heather Hotten

to the
SENDCAA
Food Program



**SENDCAA Child /Adult
 Care Food Program** *with
 offices and staff nearby to
 serve you:*

Fargo
 cacfp@sendcaa.org
 1-800-726-7960 or 232-2452

Mayville
 caction@polarcomm.com
 788-2597

Wahpeton
 dianaf@702com.net
 642-3497

Our web site:
 http://
 foodprogram.sendcaa.org

**Let's Move...
 Warm Weather Fun!**

When the weather is warm, play outside together! You don't need to spend money to fit active fun into your family life.

Try to move for a least 30 minutes on most days. Children need to move at least 60 minutes on most days. You'll both feel good!

Get Moving OUTDOORS

- ⇒ **Create sidewalk art.** Use colored chalk, or "paint" with water and brushes.
- ⇒ **Chase shadows** in the sun or the light of a full moon.
- ⇒ **Play hopscotch.** Draw a hopscotch game on the sidewalk. Young children can jump from square to square. Older kids –and you– can hop, stoop, and bend!
- ⇒ **Create a parade!** Dress up kids, adults and pets. Decorate wagons, tricycles, bikes, and strollers.
- ⇒ **Visit a farmer's market.** Walk and talk about the foods. Buy something to prepare and eat at home.
- ⇒ **Run** through the garden sprinkler
- ⇒ **Go fruit picking:** berries, apples, whatever grows where you live.
- ⇒ **Splash:** in a pool, lake, or slow, clean stream.
- ⇒ **Fly a kite and blow bubbles.** Safely follow wherever they go!
- ⇒ **Walk to the store or library**– even if it takes longer. Talk about what you see along the way.
- ⇒ **Visit** a petting farm.
- ⇒ **Celebrate an outdoor festival.**

Look for activities planned for young children.

- ⇒ **Enjoy a playground**–if it's equipped for young children.
- ⇒ **Plan a "wash day":** wagons, tricycles, outdoor toys and the family pup.
- ⇒ **Go on a nature hike.** Look for wild flowers, insects, bird's nest, rocks, leaves, shells, butterflies, and other natural things.
- ⇒ **Work in a garden,** maybe your own.

Nibbles for Health



Things to remember.....

- * Please record HM for homemade dishes like stews and soup to insure reimbursement. Many commercial products listed above are not creditable.
- * When recording combination dishes, please record each food credited in that dish. Ex: ground beef on the meat line if serving tator tot hotdish, lasagna, chili, etc.

Workshops "Just for You"

Going Green

Thursday, May 13, 2010

6-7:30 PM

SENDCAA Conference Room—Fargo

At this workshop you will learn

- How to make "green" cleaning products
- New crafts for children using recycled materials
- The difference between organic vs. non-organic food

1 1/2 hour credit

Presented by Denise Lakeman and Sharla Olson

To register call:

SENDCAA at 232-2452 ext. 132, 800-726-7960

or e-mail jennyn@sendcaa.org

Fruit Salsa

- | | |
|-------------------------------|----------------|
| 1 C diced strawberries | 1/4 C sugar |
| 1 diced large banana | 1/4 t nutmeg |
| 1 peeled and diced kiwi | 1/4 t cinnamon |
| 1 cored and diced large apple | |
| 2 T lemon juice | |

Combine fruit in a medium bowl and add lemon juice. Stir in sugar, nutmeg and cinnamon. Use as a dip with baked cinnamon chips, see below, or serve as a side dish with grilled fish or chicken. Serves 8. Credit as fruit for breakfast, lunch, or snack.

Cinnamon Chips

- 4 8 inch whole wheat flour tortillas
2 t sugar
1/4 t cinnamon
- Preheat oven to 350°. Mix sugar and cinnamon. Cut tortillas into wedges and place in a single layer on a large baking sheet. Spray each side with cooking spray. Sprinkle with sugar and cinnamon. Bake for 8-10 minutes. Remove from oven and cool. Serves 8. Credit as grain at lunch or snack.

Recipes from NDSU Eat Smart. Play Hard

Coffee Filter Flowers

Surprise Mom on Mother's Day with a flower bouquet!

Materials:

- Markers or water color pencils
- Coffee filters (5-7 per flower)
- Chenille stem
- Newspaper

Instructions:

1. Cover work area with newspapers or other protective covering.
2. Let children draw or color on 5-7 coffee filters with markers. Random markings are fine, as detailed drawings won't show up.
3. Place one coffee filter decorative side down on the table. Stack other coffee filters decorative side up on top.
4. Fold the coffee filters in half. Scrunch middle of coffee filters
5. Wrap the chenille stem tightly around scrunched area to hold in place. Straighten the chenille stem to use as a flower stem.
6. Let the children make a few flowers to give to their mom on Mothers Day.



Note:

If you use colored pencils, dampen the filters to make the colors run. Let dry over night.

Kaboose.com