**The Good News**

**April Volume 3 / Issue 7**

**April is . . .**

**Garden Month**

**Celery Month**

**April Days of Interest**

April 1 - Easter, April Fools' Day, April 4 - Walking Day, April 6 - Fresh Tomato Day, April 12 - Grilled Cheese Sandwich Day, April 22 - Earth Day, April 25 - Zucchini Bread Day, April 30 - Raisin Day.

**Tentative Reimbursement Date April 27th**

Source: <https://food.unl.edu/april-food-calendar>

**Important Reminders**

**Training 2018**

**Salina** 4/5/2018 Martinelli's Little Italy 158 Sante Fe Ave 5:30 pm to 6:30 pm, dinner and sharing (optional), 6:30-8:30 Menu Planning Training

**Wamego** 4/17/2018 Senior Citizen Building 6:30 pm to 8:30pm, Menu Planning Training

**Concordia** 5/8/2018 Heavy's BBQ 103 W. 7th 5:30 pm to 6:30 pm, dinner and sharing (optional), 6:30-8:30 Menu Planning Training

**Manhattan** 5/19/2018 Pizza Ranch 511 McCall 9:00 am to 11:00 am, Menu Planning Training, 11-12 lunch and sharing (optional)

Sign up information, <http://www.jcfamilyhomeassociation.com/training> or e-mail, or call to register for the class. When you sign up it helps us to know how many booklets to bring and we have the certificates printed so we can hand out at the end of the training. Thank you and see you there.

**State Review**

KSDE came to our office on March 12-14 and conducted a review of our office. The consultant visited several Manhattan providers while she was preparing for our review. JCFHA offers a big thank you to those providers for your visits; the state consultant felt you were doing a great job. Some of you got a double whammy with visits from Vanda or Chris in addition to the state office. Thank you for all your hard work.

**Reminders**

Some cereals are whole grain but they have too much sugar, so please remember a cereal must meet the sugar criteria first.

Fruit/Vegetable requirement at lunch can be met by serving one fruit and one vegetable, or by serving two different vegetables; however, you can't serve two fruits and no vegetable.

**What's New**

Global Inspiration for CACFP Menus!

The USDA Food and Nutrition’s Team Nutrition initiative has released forty recipes for use in the Child and Adult Care Food Program (CACFP). Team Nutrition developed these recipes in response to requests for recipes that reflect a variety of cultures.

The globally inspired recipes are standardized to yield 6, 25, and 50 servings and include information on how the dishes credit towards CACFP meal pattern requirements. Check out new and familiar recipes from around the world at <https://www.fns.usda.gov/cacfp-recipes>. Here’s a sampling of the dishes, by continent:

Central and South America (including Mexico and the Caribbean): Quick Quesadilla, Tropical Bean Salad, Red Beans and Rice, Aroz Con Pollo.

North America, including Native Tribes and Southern Cuisine: Great Garden Soup, Creamy Wild Rice, Squash Casserole, and Mini Salmon Loaves.

Africa: Chicken and Veggie Couscous, Veggie Mash Up, and Chickpeas and Tomatoes.

Europe, including Italy, Hungary and the Mediterranean: Beef Goulash, Chicken Ratatouille, Spinach Egg Bake, and Mediterranean Tuna Salad.

Asia and Pacific Islands, including India and the Middle East: Baked Egg Rolls, Chicken Flatbread Pizza, Pineapple Chicken, and Savory Rice Pilaf.

While the five food groups serve as the building blocks for a healthy diet, even within these groups, there is a need for variety. The availability of healthy foods doesn’t stop at our borders. To enhance the offerings in CACFP, take a cruise around the world by featuring a new dish on the menu each month or each week to discover some global favorites!

Adapted from CNDPartnerWeb@fns.usda.gov

UP and Coming

First Aid & CPR Training

Safety Training Solutions (Shawnee, Geary & Riley Counties) visit http://safetytrainingsolutions.net for schedule.

CPR & First Aid by Tina (Northeast Kansas) call 785-221-3609 for schedule.

CPR & First Aid by Kimberlee (Geary County) call 785-363-0011 for schedule.

Simple Tomato Salad

Cook's Corner

Prep Time: 15 min | Chill Time: 1 hr | Serves 4

**Ingredients**

3 fresh tomatoes (sliced)

2 tablespoons vegetable oil

2 teaspoons lemon juice

1/8 teaspoon black pepper

1/2 cup reduced fat cheddar cheese (shredded)

**Directions**

1. Place tomatoes on a plate.
2. Drizzle with vegetable oil and lemon juice, and sprinkle with black pepper.
3. Top with cheese. Serve cold.

Meal Pattern Contribution: 1/4 cup = 1 vegetable serving for 3-5 year olds

From:

<https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/simple-tomato-salad>

Tip: Use small-medium sized tomatoes to make family style self-serving easier.

GET MOVING!

Take a Walk to the Farmers’ Market!

For physical activity and a nutrition lesson in one adventure, take a walk or field trip to the local farmers’ market. Create excitement about trying new foods by letting the children choose one to help prepare. Children are more likely to try a new veggie or fruit after experiencing them by holding, smelling and feeling the food before they are peeled, sliced and cooked.

Looking for a Farmers’ Market near you? Check out the Farmers’ Market Directory that lists market locations, directions, operating times, product offerings, accepted forms of payment, and more at: <https://www.ams.usda.gov/local-food-directories/farmersmarkets>. Walking to and/or around the Farmers’ Market is a great way to get some physical activity and fresh air. The children will enjoy the new experience, burn off some energy, and learn about fresh fruits, vegetables and other Farmers’ Markets offerings.

Another option is to bring your own “Farmers’ Market” experience to your center or home by using these mini -posters to describe how a selected item is grown, purchased and prepared (<http://health.mo.gov/living/wellness/nutrition/farmtopreschool/posters.php>). After they pass around the featured whole fruit or veggies, have the children do a taste test of the selected items.

These fun facts, puzzles and jokes will help reinforce the message and are great to share with staff and parents: <http://www.kn-eat.org>, Fresh Fruit and Vegetable Program, Kansas Fruits and Veggies Facts.

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Mail: U.S. Department of Agriculture

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