

Friendly House CACFP



March 2017

From Our House to Yours

Crazy Things Kids Say

“You have to try 3 or 4. It’s a ‘required’ taste.”

“We eat whole grains so when we get old, we can look like we did in our 20s.”

“Daddy, I love you more than ‘most’ cookies.”



Trying to use less sodium? Make these Flavor Shakers!

Great On Potatoes

2 tbsp. dill weed
1 tbsp. garlic powder
1 tbsp. onion powder
1 tbsp. paprika
1 tbsp. dried parsley
1 tbsp. dried sage

Great on Vegetables

2 tbsp. black pepper
1 tbsp. cayenne pepper
1 tbsp. onion powder
1 tbsp. garlic powder

Great on Squash and Carrots

2 tbsp. cinnamon
1 tbsp. ground cloves
1 tbsp. ground ginger
1 tbsp. nutmeg

Great on Vegetables and French Fries

2 tbsp. chili powder
2 tbsp. cumin
1 tbsp. crushed red pepper
1 tbsp. onion powder
1 tbsp. granulated garlic

Other Ideas:

Low Sodium Lemon Pepper, Crushed Red Pepper Flakes, Grated Parmesan Cheese and Dried Parsley, Course Ground Black Pepper and Granulated Garlic

Tuesday, March 7

The 5th working day of March all February claims AND any new Child Enrollment Forms are DUE to Friendly House.

Trainings

Minute Menu *online training; one-on-one in your home— call for appointment.* Minute Menu training counts toward your 2 hours required annual training. Let us know if you want to start claiming online!

Egg-Cellent Protein!

March 21, 2017 at Friendly House, 6:00-8:00pm

and

April 3, 2017 at Muscatine ISU Ext, 6:30-8:30pm

Linking Literacy With Food: Read, Learn, EAT!

May 18, 2017 at Friendly House, 6:00-8:00pm

Move For Thought.

July 25, 2017 at Friendly House, 6:00-8:00pm

Happy Mealtimes for Healthy Children.

September 23, 2017 at Friendly House, 8:30-10:30am

DHS REGISTRATIONS

You must have a current registration on file in our office in order to claim on the CACFP. Always make a copy of the first page of the renewal application before you send it to DHS...we may ask for it if your renewal is delayed.

Please look below to see if you are up for renewal.

March registrations that are due:

2184, 2313

April registrations that are due:

2294, 2185, 2215

May registrations that are due:

2333, 2195, 2216, 2309



Non-reimbursable Holidays:

Thanksgiving
Christmas Day
New Year's Day
Easter
Memorial Day
4th of July



FRIENDLY HOUSE CACFP

1221 Myrtle Street
Davenport, IA 52804

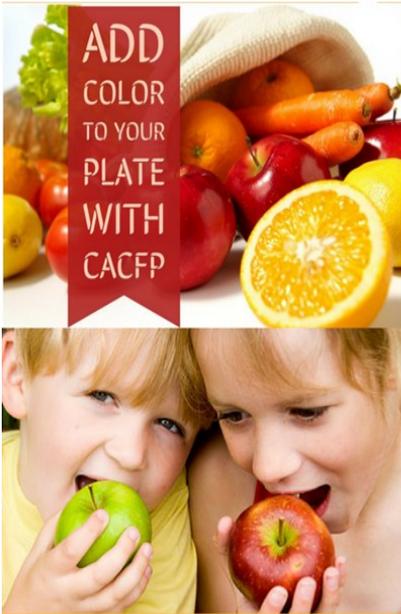
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Lisa Corrigan, CACFP Supervisor ext. 16
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MTWThF 7:30am-4:00pm

Alice Hofer, CACFP Assistant ext. 18
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TW 8:00am-4:30pm

Since 1896, Friendly House has sought to meet the needs of the community. Whether it was penny movies in the depression era or the current child care programs, the common goal throughout the years is to bring a mutual respect to everyone who enters our doors. Our mission is "to respond to the needs of children, families and seniors through quality, affordable services that will enrich lives and strengthen our neighborhoods and the community."

**March is National Nutrition Month
National CACFP Week—March 12-18**



CACFP Week is a national education and information campaign sponsored annually by the National CACFP Sponsor Association. The campaign is designed to raise awareness of how the USDA'S Child and Adult Care Food Program works to combat hunger and bring healthy foods to the table for adults in day care and children in child care homes, centers, and in afterschool and summer feeding programs across the country.

Ideas:

- * Promote to the parents of the children in your homes.
- * Plan cooking activities with the children and get the parents involved.
 - * Organize a food donation to a local food pantry.
 - * Try a new vegetable each week.

