



The HEALTHY HABIT



May 2017

Child & Adult Care Food Program news for home-based providers sponsored by Child Care Consultants, Inc.

Annual Food Program Trainings

By now, you should have received information regarding the upcoming training dates via mail.

During this year's training, you will receive the most up-to-date information regarding the program, as well as upcoming changes to implement. This is also a great time to network with other providers and ask us any questions you may have.

As you know, attending an annual training is **mandatory** for all CACFP participants. Failure to attend a training live or via webinar will result in the termination of your participation in the Food Program. If you are not able to attend but your program has another staff person who can attend in your place, please make those arrangements.

Please see the dates below. There are several dates and locations, including online webinars, from which to choose. **Please note that you only need to attend ONE training/webinar.**

To register for your training date, please contact Megan Cook at 717-771-8565 or mcook@childcareconsultants.org.

CITY	DATE	TIME	LOCATION
Hanover	Thursday May 18, 2017	6:30 - 8:30 p.m.	Tammy Eckert's home 786 Blooming Grove Road Hanover, PA 17331
York	Saturday May 20, 2017	9:00-11:00 a.m.	Child Care Consultants, Inc. 29 North Duke Street York, PA 17401
Online Webinar*	Wednesday May 24, 2017	6:30-8:30 p.m.	N/A
York	Thursday May 25, 2017	6:30-8:30 p.m.	Child Care Consultants, Inc. 29 North Duke Street York, PA 17401
Lancaster (English/Spanish)	Tuesday May 30, 2017	6:30-8:30 p.m.	Community Action Program of Lancaster (CAP) 601 South Queen Street, Room 220 Lancaster, PA 17608
Online Webinar*	Thursday June 1, 2017	6:30-8:30 p.m.	N/A

*Training materials will be sent to Online Webinar attendees prior to training.

More Bang for Your Buck!



If you have the freezer space, buy frozen vegetables without added sauces or butter. They are as good for you as fresh and may cost less.

Tips for your grocery store trips



5th

The Most Important Day of the Month

In order to receive your payment on time, all menus and attendance forms are due to our office by the 5th of each month, or the last business day prior to the 5th.

Forms can be mailed, emailed or faxed (see contact information below).

State Agency Administrative Review

The PA Department of Education (PDE) will soon begin visiting providers for our Sponsor Agency Review. A representative of PDE will conduct these monitoring visits in June or July. Please note that any State representative will carry a badge.

A few important things to remember as these visits get closer:

- Meal service **must** be served within your scheduled meal times. If your meal times change, please let Megan know so that we can note the change in your file.
- Have menu and meal counts completed. You are required to have a **menu for each day** and meal counts may be entered at the end of the day.
- Have **enrollment forms** and a copy of your **agreement** readily available for the monitor.
- If you are **not going to be home** or will not have any children, PLEASE contact Megan.

Note: Failure to comply with these requirements may result in the disallowance of meals!

Fruits in Season

It's Spring! What fruits and veggies are in season?

Apricots | Honeydew | Mango | Pineapple | Strawberries | Broccoli
Spinach | Spring Peas | Collards | Mushrooms | Carrots



A Healthy Recipe From a Fellow CACFP Provider!

Thanks to Kerry Tappin for sharing this recipe with us!

Recipe: Chicken Pot Pie

Pillsbury Crescent Dough | Cream of Mushroom soup (1 can) | Chicken Breast

Dice chicken breast and cook thoroughly; add soup. Roll crescent dough into a muffin pan, add chicken mixture and bake at 350 degrees for 10-15 minutes or until brown. Cool and serve!

Questions? Megan Cook at 717-771-8565 or 717-968-1144

Child Care Consultants, Inc.

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Infant/Toddler | School Age

