



SOUTHWEST STREAM

APRIL 2024

VOLUME 22, ISSUE 4

NATIONAL
CACFP
ASSOCIATION

Sponsor
Member
cacfp.org

SOUTHWEST FOOD PROGRAM 719-440-8990

Encouraging Veggies!

Color makes everything more interesting! Mixing colors on your plates can encourage children to try new foods and increase vegetable nutrient intake! Take a look at these! No food coloring here... all natural!



Try Carrot Soup!!



This recipe can satisfy 1 vegetable component for a lunch/supper for up to 6 (3-5 yr olds)

- Extra virgin olive oil
- 3 pounds carrots, peeled
- Kosher salt
- Black pepper
- 4 garlic cloves, chopped
- 1 teaspoon grated fresh ginger
- 5 cups low-sodium vegetable broth, divided
- 1 teaspoon ground coriander
- 1 teaspoon allspice
- 1 cup whole milk
- Fresh mint leaves, for garnish (optional)

Get ready. Preheat your oven to 425°F. Brush a sheet pan with olive oil.

Roast the carrots. Arrange the carrots on the prepared sheet pan. Season lightly with salt and pepper and drizzle generously with olive oil. Roast for 25 minutes, then flip and roast until the carrots are fork tender and nicely caramelized, about 20 minutes more. Remove from the oven and set aside to cool.

Blend. When the carrots are cool enough to handle, cut into chunks and place in a large food processor or blender. Add the garlic, ginger and 3 cups of the broth. Puree until the mixture is smooth.

Simmer. Transfer the carrot puree to a heavy cooking pot. Add the remaining 2 cups of broth, coriander and allspice. Place the pot on medium heat and watch carefully as the soup bubbles. Stir occasionally until reduced slightly, 10 to 15 minutes.

Add the milk. Turn the heat to medium-low and stir in the milk. Once heated through, remove from the stove.



The 3 Shamrock award Providers exceeded program requirements and had no errors!

Suhair Abdelghani, Lisa Acosta, Bree Andreen, Amanda Ansel, Stacey Buzbee, Jennifer Chacon, Benita Chin, Paula Christie, Erica Cisneros, Heather Dillie, Kathy Drury, Darlene Duran, Debbie Duran, Stephanie Engelkins, Sara Evans, Kelly Fugate, Sophie Garza, Cynthia Goldsworthy, JoeAnn Gordon, Shae & Brad Graff, Katrina Harnish, Lupita Hastings, Ruby Hernandez, Amie Jones, Cindy Khoketkham, Angie Kishbaugh, Carol Kreeger, Katey Krupka, Nancy Lopez, Louise Malouff, Alicia Maltbie, Kathy Jo Martinez, Teresa Muckelrath, Nadia Ojeda, Diana Osuna, Michelle Pacheco, Mary Paul, Henrietta Pena, Tina Perez, Kathy Peterson, Sue Pineda, Lee Putnam, Lana Quintana, Brandy Reed, Melanie Robinson, Natasha Rodriguez, Michelle Sanchez, Trina Sanchez, Angela Sandoval, Janell Shockey, Iveth Slagle, Tara Starr, Carol Thomas, Mary Lou Trujillo, Suzanne Trujillo, Candice Valerio, Shayna VanKooten, Nancy Waldenmeyer, Belinda Wallace, Ashley Welshiemer, Debra West, Jane Whitt, Alma Wiley, Linda Wright, Becky Wyzykowski



The 2 Shamrock award Providers met the program requirements with few errors!

Latanya Austin, Ann Marie Bogues, Lindsay Branch, Yvette Davis, Karen Downey, Sabrina Duran, Susan Durga, Chantel Godbey, Debbie Hawkins, Serena Latham, Heidi Mather, Stephanie Mizer, Lisa Montoya, Maxine Montoya, Regina Montoya, Maile Ortiz, Janine Pacheco, Tara Romero, Anastacia Sandmeier, Desiree Solano, Laurie Ware

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discrimination on the bases of race, color, national origin, sex (including gender identity and sexual orientation), disability, reprisal or retaliation of prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at 202-720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at 800-877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online, from any USDA office, by calling 866-632-9992, or by writing a letter addressed to USDA. The letter must contain the Complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: Mail: US Department of Agriculture Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or fax: (833)256-1665 or (202)690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider. Revised May 2022.





719-440-8990

Southwest Food Program, Inc
southwestcacfp@gmail.com

Dear Parent or Guardian,

Congratulations! You have chosen a home day care provider that participates in the Child and Adult Care Food Program (CACFP). This means that your child will receive nutritious meals while in care.

Participating in the CACFP means your provider:

- Cares about good nutrition for children.
- Will introduce and serve a variety of nutritious foods for your child to eat.
- Will serve foods appropriate for your child's nutritional needs.

Other Important Information:

Your provider cannot charge a separate fee for meals, nor ask you to provide food for your child for meals claimed on the CACFP, except in some special cases. Depending on the hours in care, your provider will be serving your child the following meals:

Breakfast PM Snack
AM Snack Dinner
Lunch Late Snack

To help manage the food program, your provider's food program sponsoring organization may contact you to ask what meals your child is being served.

If you have any questions about the program, call your provider's sponsor or you may call the Child and Adult Care Food Program at 303-692-2330.

Table 1-2. CACFP breakfast meal pattern for children

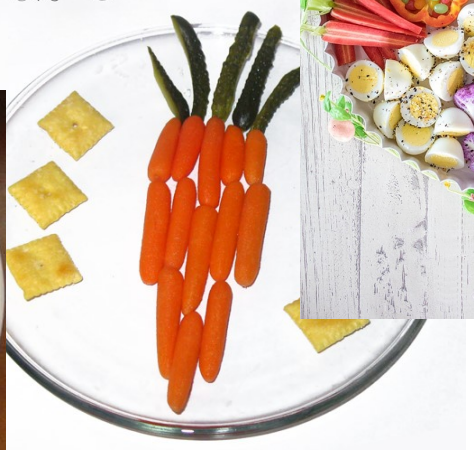
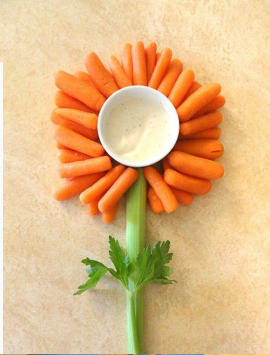
Food components ¹	Ages 1-2	Ages 3-5	Ages 6-11
Milk, fluid ²	4 fluid ounces (fl oz) (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)
Vegetables, fruits, or portions of both ^{3,4,5}	¼ cup	½ cup	½ cup
Grains ^{7,8,9,10,11}			
Whole grain-rich (WGR) or enriched bread	½ slice ¹¹	½ slice ¹¹	1 slice ¹¹
WGR or enriched bread product, e.g., biscuit, roll, or muffin	½ serving ¹¹	½ serving ¹¹	1 serving
WGR, enriched, or fortified cooked breakfast cereal ¹² , cereal grain ¹³ , or pasta	¼ cup	¼ cup	½ cup
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold) ^{12,14}	¼ cup or ½ ounce	½ cup or ½ ounce	¾ cup or 1 ounce

Table 1-4. CACFP snack meal pattern for children

Serve any two of the following five components (must be two different components) ¹	Ages 1-2	Ages 3-5	Ages 6-12
Milk, fluid ²	4 fl oz (½ cup)	4 fl oz (½ cup)	8 fl oz (1 cup)
Meat/meat alternates			
Lean meat, poultry, or fish ⁴	½ ounce	½ ounce	1 ounce
Surimi ⁵	2 ounces	2 ounces	3 ounces
Tofu, soy products, tempeh, or alternate protein products (APPs) ⁶	½ ounce	½ ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce
Cottage cheese	½ cup	½ cup	¾ cup
Egg, large	½	½	½
Cooked dry beans or peas ⁷	½ cup	½ cup	½ cup
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	1 tablespoon	2 tablespoons
Peanuts, soy nuts, tree nuts, or seeds ⁸	½ ounce	½ ounce	1 ounce
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened ⁹	2 ounces or ½ cup	2 ounces or ½ cup	4 ounces or ½ cup
Vegetables ^{10,11}	½ cup	½ cup	½ cup
Fruits ^{11,12}	½ cup	½ cup	½ cup
Grains ^{13,14,15,16}			
WGR or enriched bread	½ slice ¹⁵	½ slice ¹⁶	1 slice ¹⁶
WGR or enriched bread product, e.g., biscuit, roll, or muffin	½ serving ¹⁶	½ serving ¹⁶	1 serving ¹⁶
WGR, enriched, or fortified cooked breakfast cereal ¹⁷ , cereal grain ¹⁸ , or pasta	¼ cup	¼ cup	½ cup
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold) ^{18,19}	¼ cup or ½ ounce	½ cup or ½ ounce	¾ cup or 1 ounce

Table 1-3. CACFP lunch and supper meal pattern for children

Food Components ¹	Ages 1-2	Ages 3-5	Ages 6-12
Milk, fluid ³	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)
Meat/meat alternates ⁴			
Lean meat, poultry, or fish	1 ounce	1½ ounces	2 ounces
Surimi ⁵	3 ounces	4.4 ounces	6 ounces
Tofu, soy products, tempeh, or alternate protein products (APPs) ⁶	1 ounce	1½ ounces	2 ounces
Cheese	1 ounce	1½ ounces	2 ounces
Cottage cheese	¼ cup	¾ cup	½ cup
Egg, large	½	¾	1
Cooked dry beans or peas ⁷	¼ cup	¾ cup	½ cup
Peanut butter, soy nut butter, or other nut or seed butters	2 tablespoons	3 tablespoons	4 tablespoons
Peanuts, soy nuts, tree nuts, or seeds ⁸	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened ⁹	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup
Vegetables ^{10,11}	¼ cup	¼ cup	½ cup
Fruits ^{11,12,13}	¼ cup	¼ cup	½ cup
Grains ^{14,15,16,17}			
WGR or enriched bread	½ slice ¹⁷	½ slice ¹⁷	1 slice ¹⁷
WGR or enriched bread product, e.g., biscuit, roll, or muffin	½ serving ¹⁷	½ serving ¹⁷	1 serving ¹⁷
WGR, enriched, or fortified cooked breakfast cereal ¹⁸ , cereal grain ¹⁹ , or pasta	¼ cup	¼ cup	½ cup
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold) ^{18,20}	¼ cup or ½ ounce	½ cup or ½ ounce	¾ cup or 1 ounce



Those Darn Rules... Are They Really Important? 5/2023

Sometimes participants are tempted to bend the rules because children or parents have developed preferences that might not meet program requirements. We remind you that program reimbursement is funded by your tax dollars and that your integrity is essential to success.

For ***claimed*** meals and snacks, there are rules about food types, times of service, and record keeping that simply must be followed; however, because our reimbursement is limited to ***either two meals and one snack or two snacks and one meal per child per day***, there will be times that you could choose to offer non-creditable foods (as long as you don't mark them as a claim).

So, how do I know what foods are creditable and what food combinations are required at meals/snacks?

The Creditable Foods Guide <https://www.fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program> has all of the information you will need to successfully manage your CACFP meals and snacks. We also encourage you to work closely with your Coach, for questions, guidance, tips, recipes, and solutions that are specific to your family child care business. It is our goal to help you make the most of the program within the rules; NOT to punish you.

Please remember, that you may not charge parents a fee for food or require food contributions for meals and snacks that you are claiming!



CREDITING HANDBOOK FOR THE
Child and Adult Care
Food Program



Water - Water is an essential element and we encourage access but, you must ensure that water is not offered in competition with a creditable beverage (i.e. as a **choice** in place of milk). However, when water is offered on the side of a creditable meal or snack, it is **NOT** necessary to write “water” on your menus.



Claiming Holidays -We understand that some industries (hospitality, medical, etc) may operate on these special days and that parents may need care. However, according to program rules, “providers must document” that they are providing care on the following legal holidays:

New Year’s Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, and Christmas Day

WHAT TO DO – If you wish to claim any of the above holidays, you must add a note stating that you were open for care. This note can be on your attendance claim sheet or on a separate note. Online providers may add a comment or send a note directly to their Coach. Without the note though, we are required to disallow holiday claims; so don’t forget.

**Claiming reimbursement for these special days carries the implication that you are “open for business” and caring for the claimed children. Claiming friends or family who happen to be in your home as part of a holiday celebration would not be appropriate.*