



# SOUTHWEST STREAM

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NATIONAL  
CACFP  
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SOUTHWEST FOOD PROGRAM 719-440-8990

### Posting Menus—What am I required to do?



New license rules are scheduled to be released mid March. If you haven't had a chance to see what's new, check with your local Early Childhood Council or the Colorado Association of Family Child Care to learn how you might be affected!

Nutrition has long been recognized as essential for young children to be healthy and thrive. As a result, the new rules have strengthened requirements surrounding foods offered in care. As a CACFP participant, you already meet these new standards! However, licensing has a new requirement to post menus for parents to see what their child will be eating. This would be a great time to consider preparing your menus and attendance online with MyFoodProgram to make planning and reporting a simple task. Let us know if you are interested.

ALL licensed providers are now **required** to follow USDA meal patterns even if parent's supply food; so if you have friends who do not participate, let them know we are here to help! Our reimbursement sure can help to offset food costs for those little bodies!

#### DIRECTIONS

1. RESERVE 2 tablespoons carrots.
2. Mix remaining carrots with cream cheese;
3. spoon into cucumber shells.
4. Top with reserved carrots.
5. Cut each cucumber half into 5 pieces to serve.
6. For Kids- Let the kids make cucumber "boats" instead! Just fill the cucumber shells with the cream cheese mixture as directed. Then, add snow peas for the sails. Decorate with other cut-up fresh vegetables as desired to resemble colorful sailboats.

#### INGREDIENTS

- 1 carrot, shredded (about 1/2 cup divided )
- 1/2 cup chive & onion cream cheese (1/3 Less Fat)
- 2 cucumbers, cut lengthwise in half, seeded
- salt and pepper
- peas (optional)



This recipe can satisfy a vegetable component for a snack (3-5 yr olds) as long as each child is offered at least 1/2 cup vegetables between cucumber and carrots/peas!



## **The 3 Heart award Providers exceeded program requirements and had no errors!**

Suhair Abdelghani, Lisa Acosta, Bree Andreen, Latanya Austin, Stacey Buzbee, Jennifer Chacon, Benita Chin, Paula Christie, Erica Cisneros, Kathy Drury, Stephanie Engelkins, Sara Evans, Kelly Fugate, Chantel Godbey, Cynthia Goldsworthy, Shae & Brad Graff, Katrina Harnish, Lupita Hastings, Debbie Hawkins, Cindy Khoketkham, Angie Kishbaugh, Carol Kreeger, Katey Krupka, Nancy Lopez, Louise Malouff, Alicia Maltbie, Kathy Jo Martinez, Stephanie Mizer, Maxine Montoya, Regina Montoya, Teresa Muckelrath, Nadia Ojeda, Maile Ortiz, Diana Osuna, Michelle Pacheco, Mary Paul, Henrietta Pena, Tina Perez, Kathy Peterson, Sue Pineda, Lee Putnam, Lana Quintana, Brandy Reed, Melanie Robinson, Tara Romero, Michelle Sanchez, Angela Sandoval, Janell Shockey, Iveth Slagle, Tara Starr, Carol Thomas, Suzanne Trujillo, Candice Valerio, Shayna VanKooten, Nancy Waldenmeyer, Belinda Wallace, Laurie Ware, Ashley Welshiemer, Jane Whitt, Alma Wiley, Linda Wright, Becky Wzykowski, Esther York



## **The 2 Heart award Providers met the program requirements with few errors!**

Amanda Ansel, AnnMarie Bagues, Lindsay Branch, Yvette Davis, Heather Dillie, Karen Downey, Darlene Duran, Debbie Duran, Susan Durga, Sophie Garza, JoeAnn Gordon, Ruby Hernandez, Sylvia Herrera, Amie & Jeremy Jones, Marty Kindt, Donna Madril, Heidi Mather, Lisa Montoya, Janine Pacheco, Trina Sanchez, Anastacia Sandmeier, Desiree Solano, Mary Lou Trujillo, Debra West

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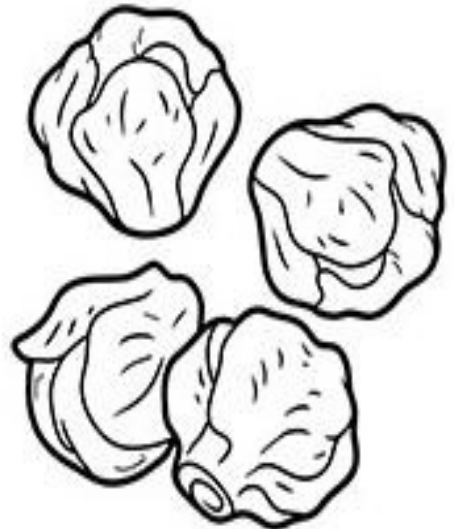
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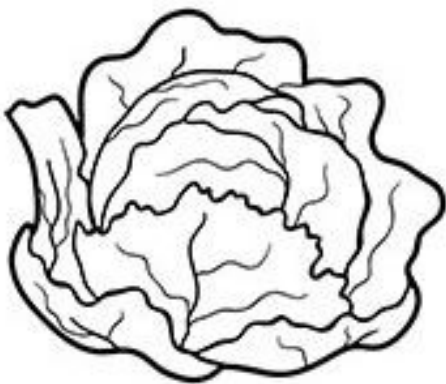
**ASPARAGUS**



**BROCCOLI**



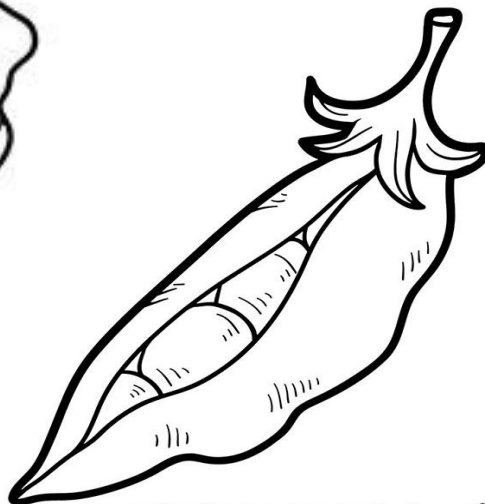
**BRUSSELS SPROUTS**



**CABBAGE**



**CUCUMBER**



**GREEN PEAS**



## Be Sure the Infant Formula You Serve is Creditable!

In order to claim infant formula, a few things have to be in place. Please take a minute to look over the following in consideration with babies in your care!

*Participating providers must offer at least one brand of iron fortified infant formula to parents at no cost. If, the parent declines this*




*brand, then the parent may bring their own formula and the provider may still claim the associated meals/snacks.*

*However, in all cases, the*

*formula **MUST** be iron fortified and recognized as fully creditable by USDA. Any formula not meeting these requirements must be fully approved (by name brand) by a qualified medical representative.*

*If you have questions, give us a call!*



Fresh Boiled	Frozen Boiled	Canned	12 Incredible Benefits of Getting More Greens in Your Diet
 <p><b>\$0.69</b> per cup</p> <ul style="list-style-type: none"> <li>• Tastes "fresh"</li> <li>• 4 g Fiber</li> <li>• 2.4 g Protein</li> <li>• 60 mcg Vitamin K</li> <li>• 12 mg Vitamin C</li> </ul>	 <p><b>\$0.56</b> per cup</p> <ul style="list-style-type: none"> <li>• Easy to store</li> <li>• 4 g Fiber</li> <li>• 2.0 g Protein</li> <li>• 51 mcg Vitamin K</li> <li>• 6 mg Vitamin C</li> </ul>	 <p><b>\$0.38</b> per cup</p> <ul style="list-style-type: none"> <li>• Instantly ready</li> <li>• 2.9 g Fiber</li> <li>• 1.7 g Protein</li> <li>• 60 mcg Vitamin K</li> <li>• 5 mg Vitamin C</li> </ul>	<p><b>12 Incredible Benefits of Getting More Greens in Your Diet</b></p> <ul style="list-style-type: none"> <li>Protects Your Brain</li> <li>Fights Belly Bloat</li> <li>Makes Your Skin Glow</li> <li>Relieves Stress</li> <li>Supports Bone Health</li> <li>Supports Healthy Aging</li> <li>Improves Inflammation Response</li> <li>Helps Balance Sugars</li> <li>Supports Optimal Gut Health</li> <li>Tames the Toxins</li> <li>Boosts Digestive Enzymes</li> <li>Supports Immune System</li> </ul> <p>AMY MYERS MD*</p>



**Kids Craft**  
**GREEN PEPPER SHAMROCKS**