

CATHOLIC CHARITIES CHILD & ADULT CARE FOOD PROGRAM



March 2019

CELEBRATE NATIONAL
CACFP WEEK
March 17-23, 2019
SERVING OVER 4 MILLION CHILDREN
with healthy meals and snacks daily.



"This institution is an equal opportunity provider & employer."

CACFP Week

is a national education and information campaign sponsored annually, every third week of March, by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger. The CACFP brings healthy foods to tables across the country for children in child care centers, homes, and afterschool programs, as well as adults in day care.

Here are some fun facts about the Child & Adult Care Food Program:

- *Started in 1968 and is administrated by the US Department of Agriculture.
- *Approximately 4 million children served daily.
- *In 2015, 1.9 billion meals and snacks provided!
- *Extra money coming into your business.
- *Better nutrition....The reimbursement from the food program enables you to
- *Better marketing....the key indicator of a top-quality child care home is participation in the Food Program.
- *Being on the Food Program is a sign of professionalism and it shows your concern for the nutritional health of children. It's a benchmark of quality that benefits you and the children in your care.
- *Catholic Charities was the first to sponsor CACFP in Maine.



Whole grain wraps

Apple and Cheddar Wrap

Shredded apple + shredded cheddar=delicious goodness! Put the whole thing under the broiler for a minute to melt the cheese before you wrap it up.

Beans and Rice Wrap

Start by adding guacamole, which acts as the "glue" in this wrap. Then add some cooked rice, black beans, and top with a little shredded cheese. Alternatively, leave off the cheese for a vegan wrap.

When purchasing wraps, look for ones made with Whole Grain such as "Mission Whole Grain Wraps".

Thanks <https://www.superhealthykids.com/top-10-kid-friendly-wraps/>



Whole Wheat Banana Pancakes

These pancakes will fulfill your kids' daily Whole Grain requirement and also provide a serving of fruit. Add milk for a yummy breakfast!

Ingredients:

- 1 and 1/3 cups (167g) whole wheat flour (or white whole-wheat)
- 1/4 teaspoon salt
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1 large egg (or 2 egg whites)
- 1 cup (240ml) milk*
- 1/2 cup mashed ripe banana (about 1 large banana)
- 2 Tablespoons packed light or dark brown sugar
- 1/4 cup (63g) Greek yogurt*
- 1 teaspoon vanilla extract
- 1/2 cup add-ins like chocolate chips or fruit, optional



Directions:

1. Toss the flour, salt, baking powder, and cinnamon together in a large bowl. Set aside. In a separate medium bowl, whisk the egg, milk, and banana together. Whisk in the brown sugar and yogurt until no lumps remain. Whisk in the vanilla until combined.

2. Make a well in the dry ingredients and pour the wet ingredients in. Stir gently until just combined. Do not overmix the batter or your pancakes will be tough and very dense. Add any mix-ins you prefer, but again - do not overmix the batter.
3. Heat a griddle or skillet over medium heat. Coat generously with cooking spray, oil, or butter. Once very hot, drop about 1/4 cup of batter on the griddle. Cook until the edges look dry and bubbles begin to form on the center or sides, about 1 minute. Flip and cook on the other side until cooked through, about 2 more minutes. Coat griddle/skillet again with nonstick spray for each pancake or batch of pancakes.

*Recipe tested with both skim and vanilla almond milks. Soy milk, 1%, 2%, buttermilk, coconut milk, or rice milk are OK.

*Recipe tested with plain 0% Greek yogurt. Regular yogurt, any milk fat and your choice of flavor, is OK.

Thank you: <https://sallysbakingaddiction.com/whole-wheat-banana-pancakes/>

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Are you open for business on a federal holiday? Please keep in mind that KidKare defaults all providers to being closed on all federal holidays. If you are open and providing care, online providers must go into Kid Kare and change your schedule. Paper menu providers must note it on the CIF.

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