

A newsletter for ND Child Care Providers participating in the Heartland Child Nutrition
USDA Food Program



January 2024



As a courtesy to providers your 2023 Tax Statements will be mailed!

What is CACFP like for you?

What makes it easy? What makes it hard? We want to hear from you!



- Research study on the Child and Adult Care Food Program (CACFP)
- Complete a 15 minute survey about what it's like to participate in CACFP, and share a copy of a recent one-month menu
- Option to participate in a second phase of research about parent/caregiver and child food preferences and access, and dietary intake at home and child care!

You will be entered in a drawing for a chance to win a \$100 Amazon gift card!

Call, text, or email us!
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This is an easy craft that kids of all ages can do! Older kids can cut the Q-tips and design their own snowflakes, and pre-schoolers can help paint the backgrounds and glue the Q-tips on.

Q-Tip Snowflakes

Supplies needed:

- cardboard
- scissors
- Q-tips
- acrylic paint
- tacky glue
- small pom poms
- hole puncher
- string/twine

1. Cut circles out of cardboard (use a jar or lid to trace around).
2. Paint the cardboard circles.
3. Cut your Q-tips into pieces. (Cut some in half, some in smaller pieces for the ends, etc.)
4. Glue a pom-pom to the center of the circle.
5. Attach the Q-tip pieces to the cardboard to make a snowflake. (Lay out the design first before you glue it.)
6. Hole punch the top of the cardboard to make a hole for the string.

Courtesy of thebestideasforkids.com



Cheesy Bean Tostada

- ◆ 3/4 cup refried beans
 - ◆ 6 corn tortillas
 - ◆ 1/4 cup + 2 Tbsp. cheddar cheese
- Preheat oven to 400*. Spread 2 Tbsp of beans on each tortilla. Sprinkle 1 Tbsp. of cheese evenly over the beans on each tortilla. Place on ungreased cookie sheet and bake for 7 min.

Credit: (as meat alt) 3/4 oz meat alt, 1/2 oz eq grains (as vegetable) 1/8 c. vegetable, 1/4 oz meat alt, 1/2 oz eq grains

Serving size: 1 tortilla

Courtesy of TeamNutrition.USDA.gov



There are many types of meat alternates, which ones have you tried?

- eggs
- cheese
- dry beans
- seeds
- certified soy products

- yogurt
- cottage cheese



Cottage Cheese and Fruit Bowls

- ◆ 1 cup kiwi, peeled and sliced
- ◆ 1 cup blueberries
- ◆ 1 cup strawberries, sliced
- ◆ 3/4 cup cottage cheese, low-fat
- ◆ 1/4 cup + 2 Tbsp granola (optional)



Place kiwi, blueberries, and strawberries in a small bowl. Toss to combine. Place 1/2 cup fruit in a bowl. Top with 1/8 cup cottage cheese and 1 Tbsp granola (optional). ** You can use different fruits too!

Credit: 1/2 cup fruit, 1/2 oz eq meat alternate, 1/4 oz grains

Serving size: 1 bowl

Courtesy of TeamNutrition.USDA.gov



Happy Valentines Day



What Does 1/2 oz eq. Look Like?

It depends on which group the grain is listed in on the USDA Exhibit A: Grain Requirements for Child Nutrition Programs.



Group A Grains

11 grams of fish-shaped pretzel crackers is about 21 crackers (~1/4 cup)

Group B Grains

14 grams of whole wheat bread is about 1/2 slice



Group H Grains

14 grams of dry whole wheat pasta is about 1/4 cup cooked

Group I Grains

14 grams of flakes/rounds cereal is about 1/2 cup



14 grams of puffed rice cereal is about 3/4 cup



Watch **In-Grained: Easy Tools to Determine Serving Amounts** at cacfp.org/thirty-on-thursdays

Common Grains Items Conversions

ITEM	1/4 oz eq equals	1/2 oz eq equals	3/4 oz eq equals	1 oz eq equals	2 oz eq equals
Bagels	7 g	14 g	21 g	28 g	56 g
Batter-Type Coating	7 g	14 g	21 g	28 g	56 g
Biscuits	7 g	14 g	21 g	28 g	56 g
Bread Sticks (hard)	6 g	11 g	17 g	22 g	44 g
Bread-Type Coating	6 g	11 g	17 g	22 g	44 g
Breads	7 g	14 g	21 g	28 g	56 g
Bulgur/Cracked Wheat*	7 g	14 g	21 g	28 g	56 g
Buns	7 g	14 g	21 g	28 g	56 g
Cereal, Breakfast (all types, including grits, oatmeal, ready-to-eat, etc.)*	7 g	14 g	21 g	28 g	56 g
Cereal Grains (barley, quinoa, etc.)*	7 g	14 g	21 g	28 g	56 g
Chow Mein Noodles (ready-to-eat)	6 g	11 g	17 g	22 g	44 g
Corn Muffins	9 g	17 g	26 g	34 g	68 g
Cornbread	9 g	17 g	26 g	34 g	68 g
Crackers, Savory	6 g	11 g	17 g	22 g	44 g
Crackers, Sweet	7 g	14 g	21 g	28 g	56 g
Croissants	9 g	17 g	26 g	34 g	68 g
Croutons	6 g	11 g	17 g	22 g	44 g
Egg Roll Wrappers	7 g	14 g	21 g	28 g	56 g
English Muffins	7 g	14 g	21 g	28 g	56 g
French Toast	18 g	35 g	52 g	69 g	138 g
Muffins (all, except corn)	14 g	28 g	42 g	55 g	110 g
Pancakes	9 g	17 g	26 g	34 g	68 g
Pasta (whole grain-rich or enriched; all types)*	7 g	14 g	21 g	28 g	56 g
Pie Crust (for savory pies)	9 g	17 g	26 g	34 g	68 g
Pita Bread	7 g	14 g	21 g	28 g	56 g
Pretzels, Hard	6 g	11 g	17 g	22 g	44 g
Pretzels, Soft	7 g	14 g	21 g	28 g	56 g
Rice*	7 g	14 g	21 g	28 g	56 g
Rolls	7 g	14 g	21 g	28 g	56 g
Stuffing (weights apply to bread in stuffing)*	6 g	11 g	17 g	22 g	44 g
Taco Shells	7 g	14 g	21 g	28 g	56 g
Tortilla Chips	7 g	14 g	21 g	28 g	56 g
Tortillas	7 g	14 g	21 g	28 g	56 g
Waffles	9 g	17 g	26 g	34 g	68 g

*Weights listed refer to the dry/uncooked version of the item.



Why are artichokes the most loving vegetable? Because they've got hearts.



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