

Heartland Child Nutrition, Inc.

Sponsor of the USDA Child & Adult Care Food Program

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



Fall 2025



Reminder!

CACFP will reimburse for meals and snacks containing breast milk or iron fortified infant formula, whether supplied by the caregiver or the parent. Please refer to pages 94-95 of your provider handbook, or call the office, if you have any questions. In addition, breastmilk can be served to any child regardless of age!



The 2026 Calendar courses will be available this trimester! Heartland Child Nutrition is happy to announce there are 3 HOURS of ND Early Childhood Workforce

Registry training available! Items included in this course are: 2026 CACFP Calendar and three separate training courses (each is worth 1 hour of GF training). For all learn-at-home information contact Tanya in the HCN office or email: tanya@heartlandnutrition.org



What's a witch's favorite subject in school?
Spelling!



We are excited to welcome Kathy Klitzke and Cassie Hobus to the Heartland Child Nutrition team as Regional Representatives! Kathy will be serving western North Dakota, while Cassie will cover

northeastern North Dakota. We are thrilled to have them on board and look forward to the great work they will do with our daycare providers!



Baked Sweet Potatoes and Apples

- 3 Tbsp. brown sugar
- 1/2 tsp. cinnamon
- 1/4 tsp. salt
- 1 Tbsp. Canola oil
- 1/4 c. orange juice
- 2 c. sweet potatoes, peeled, 1/2" cubed
- 3 c. apples, peeled, cored, 1/2" cubed



Preheat oven to 350*. Spray an 8"x8" baking dish with nonstick spray. In a medium bowl, combine brown sugar, cinnamon, and salt. Add sweet potatoes, apples, oil, and orange juice to the cinnamon-sugar mixture; toss. Place the mixture in the baking dish. Cover with foil and bake for 40 minutes or until sweet potatoes are tender.

*canned apples can be substitute for fresh.

1/2 cup provides 1/4 cup vegetable and 1/4 cup fruit.

Team Nutrition



Baking Soda Balloons

- *balloon
- *small plastic bottle (used water bottle)
- *2-3 Tbsp. baking soda
- *1/2 cup white vinegar
- *small funnel

Stretch the balloon gently to loosen it up. Insert a small funnel into the balloon opening. Pour 2-3 Tbsp. of baking soda into the balloon. Remove the funnel and keep the balloon upright so the baking soda stays upright. Pour 1/2 cup of vinegar into the plastic bottle. Stretch the balloon's opening over the mouth of the bottle (keep the balloon tilted to the side so the baking soda doesn't fall in yet). Hold the bottle steady, lift the balloon upright so the baking soda falls into the vinegar. Watch as the they react to each other and inflate the balloon!

Economicalrecipes.com

Remember to mark when school is out on your claims to avoid deductions for school age children.

Own Child	Special Diet	Ill	School Out	Att	#1
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Herb Bagel Bites

- 3 bagels, whole-wheat
- 3 Tbsp. margarine
- 1/2 tsp. + 1/4 tsp. garlic powder
- 1/2 Tbsp. basil



Preheat oven to 400*. Cut each bagel in half (if not pre-sliced), then cut each half into three pieces. Place margarine in a microwave safe bowl. Melt for 10 seconds at a time until completely melted. Add garlic powder and basil to melted butter; stir. Place bagel pieces in a medium bowl and toss with seasoned margarine. Place on an ungreased baking sheet and toast, about 7-8 minutes.

3 bagel bites credits as 1 1/2 oz. eq. grains

Team Nutrition

7 MINUTE HIIT WORKOUT FOR KIDS

SET AN INTERVAL TIMER FOR 45 SEC OF WORK 15 SEC OF REST



FROG JUMP

Hop, hop hop! up and down like a frog



BEAR WALK

With your hands & feet on the floor, hips high, walk left & right



GORILLA SHUFFLE

In a low sumo squat, use your hands to balance and shuffle around the room.



STARFISH JUMPS

Jump up and down spreading your arms and legs wide (jumping jacks)



CHEETAH RUN

Run in place as fast as you can, just like the fastest animal in the Sahara



CRAB WALK

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet.



ELEPHANT STOMPS

March in place, stomping your feet as hard as you can.

lamstyle-ish.com



Growing Futures Renamed

Growing Futures will now be known as ND Early Childhood Workforce Registry.



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Heartland Child Nutrition

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