



# 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



## November 2023



Look for the new 2024 CACFP calendar! It will be delivered by your Regional Representative soon. Included with the calendar will be **THREE** new learn-at-home courses (each one is a one hour credit). For all learn-at-

home information contact Tanya in the HCN office or email: [tanya@heartlandnutrition.org](mailto:tanya@heartlandnutrition.org)



To prevent deductions from the meals you serve you must notify the office or your Regional Representative when you will be closed (prior notice). If your Regional Representative attempts an in-person visit during a scheduled

mealtime and is unable to complete the visit because prior notice was not given, it could result in a deduction for that meal.



Why did the turkey cross the road? It was the chicken's day off!



### Fork Feather Turkey Craft

**Supplies:**  
Plastic forks  
Washable kid's paint  
Construction paper (or markers)  
Googly eyes  
Kraft paper  
Plastic or paper plates

1. Create the body of the turkey (use either construction paper or markers).
2. Pour the paint you want to use on the plates. Add a fork for each color.
3. Show the children how to dip the forks into the paint color and then stamp it around the turkey to make feathers.
4. Attach googly eyes once finished and cut out a beak (or draw one on) to finish your turkey!

Happytoddlerplaytime.com

Remember to notify Heartland if your hours of operation change. If you plan to serve evening dinners or late evening snacks, your closing hour of operation can't be before those times you are serving late meals. We are

required to deduct the meal if the updated information is not in your files. So please notify Heartland whenever you have changes of mealtimes.



*Happy Thanksgiving to our childcare providers. We are thankful for you!*



The HCN Staff:  
Dorleen, Nichole, Tanya, Amy, Erin, Megan, Rachel, Heather, and Lisa



## Mac and Cheese

- ◆ 1/2 (16 oz.) package whole wheat macaroni, cooked and drained
- ◆ 12 oz. can evaporated milk
- ◆ 1 1/2 cups milk
- ◆ 3 cups shredded sharp cheddar cheese
- ◆ 1/2 cup melted butter
- ◆ Seasoning to taste

Mix all ingredients together in a large bowl. Pour into a lightly-greased slow cooker. Stir well, cover and cook on low for 3-4 hours, stirring occasionally.

Serving size: 1/2 cup. Makes 11 servings.

Credit: 1/2 oz. eq grains, 1 oz. meat alternate

Courtesy of CACFP.org



## Leaves on the Trees

(to the tune of: "Wheels on the Bus")

The leaves on the tree turn orange and red  
Orange and red, orange and red.  
The leaves on the tree turn orange and red.

All through the town.

\*\*sing with yellow and brown too!

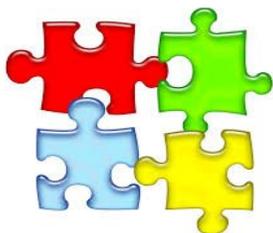
## Hurry, Scurry

Squirrel, squirrel, bushy and gray.  
Please find your acorn right away  
Winter is coming and it will snow.  
Find your acorn—go, go, go!



We know there will be days when the weather is yucky and the children are bored. What better time than this to make a "Bored Activity List"! Let each child take a turn to choose something from the list:

- ◆ Draw a treasure map
- ◆ Make an obstacle course
- ◆ Play a board game
- ◆ Play "I-spy"
- ◆ Play hide and seek
- ◆ Do a puzzle
- ◆ Tell some jokes
- ◆ Have a stuffed animal picnic
- ◆ Try some yoga
- ◆ Thumb wrestle



Courtesy of howweplayandlearn.com



## Banana Bread

- (12 servings, 1 slice each)
- 4 med. ripe bananas, mashed
  - 1/2 cup unsalted butter, melted
  - 1 large egg
  - 1/2 cup sugar
  - 1 tsp. vanilla extract
  - 1 1/2 cups enriched wheat flour or whole wheat flour
  - 1 Tbsp. baking soda
  - 1 tsp. salt
  - Cooking spray

Preheat oven to 350\*. In a medium bowl, add mashed bananas and butter. Mix gently. Add egg, sugar and vanilla. Mix again. In another bowl, sift together flour, baking soda and salt. Fold the flour mixture into the banana mixture; do not overmix. Pour batter into a greased loaf pan and bake for 55 minutes. When cool, cut into 12 even slices.

\*one slice provides 1/2 oz. eq grains

Courtesy of CACFP.org

Why do bees have sticky hair? Because they use honey combs!



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