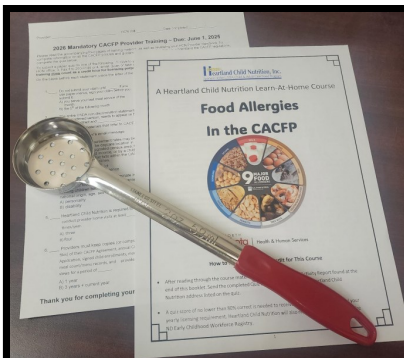


Heartland Child Nutrition, Inc.

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

Winter 2026



Heartland Child Nutrition is excited to announce that we have 2 hours of ND Early Childhood Workforce Registry training available for our providers! Training included for this trimester is a BRAND NEW Allergy training and our 2026 Mandatory training. Look for this to be delivered

soon! For all learn-at-home information contact Tanya in the HCN office or email: tanya@heartlandnutrition.org

Stirring Up Goodness!



Celebrate National
CACFP Week

March 15-21, 2026



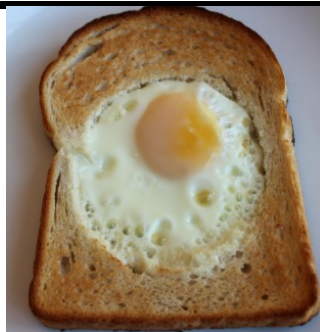
cacfpweek.org

Bird's Nest Toast

- 8 slices whole wheat bread
- 8 large whole eggs
- Oil spray

With a round cookie cutter, cut a circle in the center of each bread slice. In a medium skillet on medium heat, lightly spray oil in the pan. Place the bread (center cut out) in the pan, then crack the egg into the center of the bread. Cook for 1-2 minutes, or until bread becomes toasted on the bottom. Flip and cook on the other side until toasted. Serve the bird's nest toast alongside the cut-out piece of bread.

One serving provides 2 oz meat alternate and 1 oz eq grains.



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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Eat Safe Food after a Power Outage



During a power outage, keep refrigerator & freezer doors closed

⚡ If the doors stay closed, food will stay safe for up to:



www.cdc.gov/foodsafety

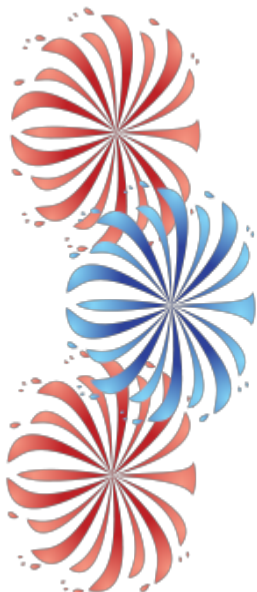


4
Hours in a
Refrigerator

48
Hours in a
FULL
Freezer



24
Hours in a
HALF-FULL
Freezer



Sugar and Vinegar Fireworks

- * Granulated sugar
- * Baking soda
- * White vinegar
- * Food Coloring
- * Shallow Dish or Plate

Arrange small mounds of sugar on a shallow dish. For multiple colors, make several mounds and add a drop of food coloring to each.

Carefully drizzle vinegar over sugar. Watch the foamy, fizzy reaction burst with color like a tiny fireworks show. This is perfect for curious kids and science fun!



Did you know you can claim meals/snacks for infants even if you don't provide the formula? You can!! Give us a call (701.250.0140) if you have any questions regarding what is creditable for any child!



Like us on
Facebook



The 2025 CACFP Calendar course will expire on February 28, 2026. If you have a course to submit it will need to be in the office no later than 2/28/26. Courses can be emailed to Tanya. (tanya@heartlandnutrition.org)

Why did the apple stop in the middle of the road?

Because he ran out of juice!



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This institution is an equal opportunity provider.