



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

September 2023

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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Don't Forget!

2023 Mandatory CACFP Provider Training is due. If you have not already completed your Mandatory

Provider Training get it in **ASAP**. This quiz is an annual requirement for food program participants as documentation to the USDA that participating child care providers are knowledgeable of basic CACFP regulations and policies. Please contact Tanya (701-250-0140) if you need another copy.

www.messylittlemonster.com



diy milk jug BIRD FEEDER CRAFT

Kids of all ages will love helping you prepare this milk bottle bird feeder for its visitors! It's a great opportunity to get kids outside and learning all about different types of birds. Follow the step by step directions below to get started making your own diy milk jug bird feeder.

Supplies Needed:

- ◆ Empty milk jug
- ◆ Sharpie
- ◆ X-acto knife or scissors
- ◆ Sticks or twigs
- ◆ Bird seed
- ◆ Long string or twine

Clean/rinse the milk jug. Let it thoroughly dry. Use a sharpie to draw a

square onto the side of the milk jug 1-2" from the bottom. Repeat onto each side of the jug. Next, use a knife or scissors to cut the squares out and discard the plastic. **(Don't let children do this step!)** Cut a small hole below each of the openings you just created. It should be big enough to insert your twigs or sticks through. Then, cut two small holes near the top of the milk jug on opposite sides. This is where you will insert the string. Insert your sticks through the bottom holes you cut. Insert the string or twine at the top of your jug. Bring them together and tie in a knot. Add your bird seed before hanging your feeder in a tree. Watch to see what birds appear! *Let the children decorate the outside of the jug, if desired.



Rhymes are a great way to boost vocabulary. And it's sure to make a child smile for miles! If you are looking to enhance their language abilities, try these rhyming activities.

Food Rhymes (ages 12-18 mos)

During meal or snack time, create a rhyme or a rap about what the children are eating: "No slice, no dice we eat rice!" They'll enjoy the sound of the words and if they respond, make rhymes from their words too.

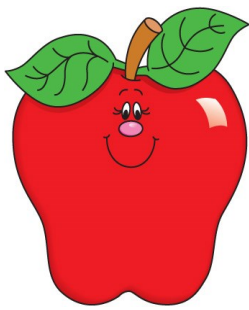
Great Plate (ages 3-5 years)

The children will want to stay at the table if mealtime is fun. Try this game: take turns choosing a word from the meal to rhyme with. Examples could be plate, fork, fish, eat, or yummy. Let the children start. Rhyming words can be real words or silly rhymes just for fun, like plate/flate or yummy/zummy!

Courtesy of Vroom & CACFP.org

What did the Dalmatian say after lunch? That hit the spot!





B a c k



Harvest Salsa (8 servings)

- 1 (15 oz) can black beans
- 1 (15 oz) can corn kernels
- 1/4 cup cilantro, minced
- 1/4 red onion, diced
- 2 Roma tomatoes, diced
- 1 lime, juiced
- 1/4 tsp. salt

Mix all ingredients into a medium bowl until they are well combined. Serve 1/2 cup of salsa with tortilla chips or on top of tacos. (Can use Italian dressing in place of lime/salt.)

CACFP credit info: 1/2 cup veggies

Zucchini Bites (6 servings)

- 2 cups shredded zucchini
 - 2 eggs
 - 1/2 cup Italian panko bread crumbs
 - 1/2 cup grated parmesan cheese
- Preheat oven to 425*. Mix all ingredients in a medium bowl. Scoop 2 Tbsp. and form into a ball. Place ball on a lined baking sheet. Repeat (should make 18 total). Spray oil over each ball and bake until firm and golden brown, about 20-25 minutes. Broil for 1-2 minutes to get crispy. Serve immediately with a dipping sauce (marinara or ranch).

Recipes courtesy of CACFP.org



CACFP credit info: 1/4 cup vegetable

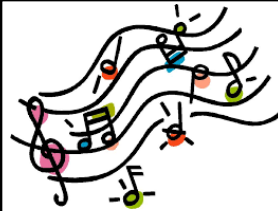


FALL
SCAVENGER
HUNT

- | | |
|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Yellow Leaf | <input type="checkbox"/> Brown Leaf |
| <input type="checkbox"/> Red Leaf | <input type="checkbox"/> Green Leaf |
| <input type="checkbox"/> Acorn | <input type="checkbox"/> Pinecone |
| <input type="checkbox"/> Mushroom | <input type="checkbox"/> Apple |
| <input type="checkbox"/> Bird | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Twig | <input type="checkbox"/> Flower |
| <input type="checkbox"/> Scarecrow | <input type="checkbox"/> Spider Web |

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Here are two themed songs set to tunes children may already be familiar with:

Put Your Apple in the Air

(tune: Twinkle, Twinkle Little Star)

- Put your apple in the air,
- Hold it high and leave it there.
- Put your apple on your nose,
- Now reach down and touch your toes.
- Put your apple on your back,
- Now please lay it on your lap.

Teachingmama.org



Shoo, You Silly Crows!

- The scarecrow waves his/her arms.
- The scarecrow waves his/her arms.
- This is how he/she scares the crows
- To keep them from our food!

- **make up new ways to scare the crows away
- stomp feet
- clap hands, etc.

Yumpu.com



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