



The 2021 CACFP Calendar Course will expire on February 1st, 2022. If you have a course to submit it will need to be in the office prior to 2/1/22.

Late claims need to be in the office before the 25th of the following month for a late claim reimbursement. For example: a late December claim that is late for the January payment, needs to be in by the following month (Feb. 25th).

Tender Whole Grain Strawberry Pancakes

1½ cups whole wheat flour	3 eggs
3 Tbsp. sugar	2/3 cup vanilla or strawberry yogurt
1 tsp. baking powder	¾ cup water
½ tsp. baking soda	3 Tbsp. canola oil
½ tsp. salt	

Topping: Sliced strawberries and strawberry yogurt.

Heat griddle to 375°F or medium-high heat. If necessary, grease with canola oil or spray with cooking spray before heating. (Spraying before heating is better to assure easy release.) In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside. In medium bowl, beat eggs, yogurt, water and oil with a whisk until well blended. Pour egg mixture all at once into flour mixture; stir until moistened. For each pancake, pour slightly less than 1/4 cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn; cook 1 to 2 minutes more or until golden brown.

Credit as: one pancake is a grain serving for ages 1-5; two pancakes for ages 6-12. Record as WGR Pancakes.

Source: Betty Crocker



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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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HORIZONS

A Newsletter for ND Child Care Providers Participating
In the Heartland Child Nutrition USDA Food Program

January 2022

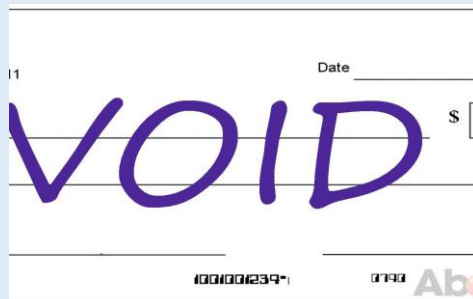


As a courtesy to providers your 2021 Tax Statements will be mailed!

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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Reminder:



-Checks are void after 60 days of the issue date. **Cash your checks!**



A "snow day" is exciting for a school-aged child. Below are some ideas to keep children of all ages entertained with a theme of snow! The children in the photo below enjoyed making their own snowman cup with a permanent marker then filling it with yogurt and fresh berries. Banana slices, blueberries and pretzels also make a cute snowman snack. A quick online search could lead to a wide variety of fun ideas for a cold winter day!



Sources: Juxtapost and Pinterest

Happy New Year!