



Montana CACFP

Winter Newsletter

Key Dates:

January: Annual Media Release –State Agency has submitted to 12 MT newspapers, including 5 Tribal newspapers.

February: (OPI) releases updated free/reduced data to determine eligibility for At-Risk Afterschool programs

March:

CACFP Week 17-23

Income Eligibility Guidelines are published by USDA

Happy 2019

2019 Reminders

The 2019 review cycle has started. We would like to remind all providers of the following:

Training

The State Agency would like to remind all Directors that they need to provide their staff annual Civil Rights training and training about the administration of CACFP. A record of the training provided, who participated, and the agenda will need to be kept as well.

Non-Profit Programs

For those programs who are non-profit you will need to be sure to discuss CACFP at least annually with your board and be sure that it is documented in the board meeting minutes.

Income Eligibility Forms

Please review your forms to ensure that they are complete. That includes the frequency of pay, determination of eligibility and signature from the individual who is responsible for these forms.

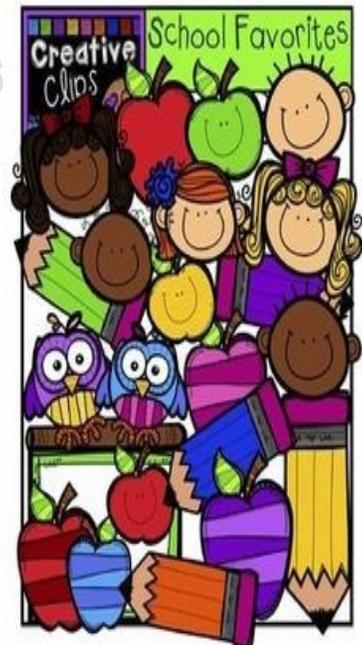
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At-risk Afterschool Programs

Have you heard of “share tables”? The idea of share tables is to encourage the consumption of nutritious foods and reduce food waste. Share tables are tables or stations where children may return whole food or beverage items they choose not to eat if it is in compliance with food safety codes. These food and beverage items are then available to other children who may want additional servings to eat at that time, or to save for later. This table can encourage children who don’t normally eat fruits and vegetables to go back and get some from the table when they are hungry later. Example of items for the shared table: Unopened pre-packaged items or whole pieces of fruit such as apples or bananas .

CACFP at-risk afterschool centers may allow children to take one vegetable, fruit, or grain item off-site to eat at a later time. The food item a child takes off-site must be from the child’s own meal or from a “share table”. At-risk afterschool centers must ensure that allowing food items to be taken off-site are in compliance with local and state health and safety codes. FNS encourages programs to use this flexibility to increase children’s consumption of fruits and vegetables.



Nutrition Calendars 2019

Happy New Year! We hope that everyone received their Nutrition Calendar for 2019.

The calendar is celebrating everyday heroes. It also includes:

Activities, nutrition notes, CACFP best practice, claim submission reminder, snack suggestions, motivation moments, jokes about food for each month. Access the [National CACFP Sponsors Association web site](#).

On this web site you can access: Posters for your institution, Activity Newsletters and Pages, Motivation Moments, Provider Resources.

We would like to encourage all of our programs to use the calendar to increase their activities that include food with the children in their care.



CACFP Week

March 17-23, 2019

Serving over 4 Million children

CACFP Week is a national education and information campaign sponsored annually the third week of March by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger. The CACFP brings healthy foods to tables across the country for children in child care centers, homes, and afterschool programs as well as adults in day care.

National CACFP Sponsors Association has created a number of tools and resources for you to use to promote [National CACFP Week](#). These tools include the official 2019 fliers, digital materials, social media support, handouts, and other materials. We invite you to use all of these materials to promote CACFP Week 2019 within your network, on social media platforms, and inside your homes/centers.

The purpose of the National CACFP Week is:

1. To educate parents and the community about how the CACFP helps child care providers serve well balanced, nutritious meals;
2. To promote proper nutrition for growing children;
3. To ensure long-term health benefits by creating healthy eating habits.

Celebrate and promote National CACFP Week in your community, home or center together with the children you serve!

Recipe

Pop's Potatoes

20 Medium Russet Potatoes	1/4 cup Paprika
12 Tbls. Olive Oil	6Tbls. Onion powder
1/4 cup Black Pepper	8 tsp. Parsley

Directions

1. Preheat oven to 400 degrees F.
2. Scrub potatoes well under cold water. Pat dry.
3. Cut potatoes into slices or small chunks. Drizzle oil onto potatoes. Add pepper, paprika, onion powder, and parsley. Toss in bowl to coat.
4. Place on pan and bake in oven for about 20 minutes. Potatoes will be done when they are golden brown.
5. Serve 1/4 cup per serving. Makes 48 servings



Tip: This recipe can also be made with sweet potatoes.

EARLY CHILDHOOD SERVICES BUREAU

The mission of the Early Childhood Services Bureau is to improve the quality, affordability and accessibility of early care and education in Montana, with focused efforts on coordinated systems to best meet the needs of young children, their families and the professionals who work on behalf of young children and families.

Montana CACFP Contacts

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This institution is an equal opportunity provider and employer.

Do you have questions about this newsletter?

If so, please register to participate in a call on **February 13, 2019 at 1:00 p.m.** Click on the link to register [survey monkey](#)

you have registered you will receive an invite to participate in the call via Skype from a CACFP staff member.

We look forward to the discussion.



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