



# Child Care Links

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Sept. 2017

# Training Hours

If you were unable to attend "Step Up To The Plate" this year, you still need the required New Meal Pattern Training.

Please complete both CACFP Child and Adult Meal Patterns and CACFP Infant Meal Pattern trainings before September 15, 2017. Send a copy of both certificates to Child Care Links by September 18th To complete your training log on to:

- 1. https://learning.ksde.org/moodle/login/index.php
- 2. Register if you have not taken a class on this site before and/or log in
- 3. Click on Child Nutrition and Wellness
- 4. Choose which class you will take first (see class names listed above)
- 5. Participate in the interactive training course
- 6. Complete the class and print your certificate
- 7. Choose the second class, participate and print certificate
- 8. Send a **copy** of both certificates **together** to Child Care Links **before Sept. 18th**

Providers who do not complete their annual training will be declared Seriously Deficient per USDA guidelines.

- The training video may pause during participation, just wait and it should start up again.
- Internet Explorer is not a recommended browser. Chrome or Firefox will work better when participating in this workshop and printing your certificate.
- A printer is required to print the certificates when you have completed taking the class.

If you attended "Step Up To The Plate" you are still welcome to do the online training as a refresher course if you would like! There is a lot of information with the New Meal Pattern!

Please call the office if you have any questions.

# Meeting the Whole Grain Requirement

It sure is confusing, but with the new CACFP meal pattern, a whole grain or whole grain rich component is required one time each day. Labels can also be confusing. The only way to make certain that your product counts towards your whole grain/whole grain rich requirement is to look at the list of ingredients on the back of the package. Ingredients are listed in order by weight. The first ingredient MUST be WHOLE GRAIN. If the only grains listed are whole, then it is a whole grain product. A product may have WHOLE GRAIN listed first followed by other enriched flours. As long as the first grain is whole, and the grains to follow are enriched, it is a WHOLE GRAIN RICH product. Either will meet the requirement. Please mark which bread product met the whole grain/whole grain rich requirement each day.

You can find whole grain/whole grain rich products quite easily. Look for whole grain goldfish crackers (some varieties), breads, buns, tortillas, Wheat thins, Triscuit, Kashi brand has whole grain crackers, waffles, Cheerios, brown rice, oatmeal, bagels, English muffins, pita, pasta, wild rice and quinoa, just to name a few!



## Grilled Fish Tacos and Peach Salsa

For the Fish:

#### Ingredients:

#### For the Salsa:

2 large fresh peaches, chopped
1/2 cup chopped red bell pepper
1/4 c. chopped red onion
1 whole jalapeno pepper, seeded and finely chopped
1 T. chopped fresh cilantro

1 1. chopped fresh chand

2 tsp. lime juice

#### Directions:

#### For the salsa:

In a medium bowl, stir together all ingredients, cover and refrigerate until ready to serve

#### For the Fish:

Heat grill or pan over medium-high heat
Pat fish dry with paper towel, transfer to plate
In a small bowl, stir together chili powder, adobo and taco seasoning
Rub fish with seasoning

Place fish on hot greased grill grates. Cook, flipping once until fish is opaque and flakes easily with a fork. (145 degrees) about 8 minutes.

Thinly slice fish

Fill each tortilla with 1/2 fish fillet and about 1/3 c. salsa

Credit: 1/2 c. fruit, 1/4 c. vegetables, 2 oz. whole grains, 2.5 oz Meat/Meat alt.

# Anticipate Reimbursement

### Distribution Dates:

September 28, 2017 October 27, 2017 November 28, 2017

### Welcome New Providers

Andrea Beer– Nickerson Beth Sligar– Pretty Prairie Rebecca Fleming—Wichita

4 tilapia fillets (about 1 pound)
1 T. chili powder
1/4 tsp. low-sodium adobo seasoning

1 package low-sodium taco seasoning 8 six-inch whole wheat tortillas (warmed)

Reimbu	rsement Rat	ces
Effectiv	e July 1, 20	17
—Jur	ne 30, 201 <i>8</i>	
	Tier 1	Tier 2
Breakfast	\$ 1.31	\$ .48
Lunch/Supper	\$ 2.46	\$ 1.48
Snacks	\$ .73	\$ .20

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint\_filing\_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (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.