



Child Care Links

www.childcarelink.org
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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!



WHOLE GRAIN RICH

Nutrition Bites

Grilled Fish Tacos and Peach Salsa

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
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

For the Fish:

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)

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

Reimbursement Rates

Effective July 1, 2017

– June 30, 2018

	Tier 1	Tier 2
Breakfast	\$ 1.31	\$.48
Lunch/Supper	\$ 2.46	\$ 1.48
Snacks	\$.73	\$.20