



December 2018

Happy Holidays!

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## De-Stress During the Holidays

Holidays are a time to come together with loved ones to celebrate seasonal festivities. Yet, the holidays can be one of the most stressful times of the year for many people. Depression, exhaustion, anxiety, and feeling overwhelmed may be caused or exacerbated by stress, but rather than stopping in your tracks, start small. Identify a source of stress in your life this holiday season, and see if the suggestions below help cope with stressful situations:

1. **Set up Realistic Goals**- What can you actually accomplish right now? Set some short-term goals, and think about how you will achieve those goals. The idea is to focus on what is within your control.
2. **Set up an Organizational Plan**- What needs to be done first, second, third? Organize your goals into a plan. Breaking your goals down into steps will help with achieving the plan and provide clarity in terms of what steps you would have to take to achieve your goal.
3. **Have a List of People who can Help You**- Instead of taking on everything yourself, ask for help. While it might seem daunting to ask for help, remember that there are likely plenty of people in your life who will be more than happy to help you.
4. **Don't Overwork Yourself**-Don't focus on all of the things you haven't accomplished yet. Rather, be proud of where you've gotten so far. Don't forget to pause and celebrate your success before moving on to your next step.
5. **Breathe and Recharge**- A small relaxation can help with stress. Figure out a way to wind down: exercise, meditation, or even a simple walk can help.

At the end of the day, keep in mind that although stress is a part of life, if you can focus on something you appreciate about the holiday season, you will be well on your way to managing the stress of the holidays.

## Program Reminders/ Updates and Announcements

- Please be informed that **CACFP will be CLOSED** on the following dates in observance of the holidays:
  - **Monday, December 17, 2018 through Tuesday January 1, 2019**
- Regular office hours will resume **Wednesday January 2, 2019**
- Please let your program consultant know of any upcoming closures for your daycare
- REMEMBER to note **children's vacation dates** on the comments section in Kidkare or on your CIF
- **Keep food labels/packages** to verify Whole Grain items and sugar content for Cereal and Yogurt during review visits. Reimbursement may be affected if we are unable to verify if products are credible
- If you are claiming Chicken Nuggets, Fish Sticks, Corn Dogs or any other processed/frozen food item, you must **update the CN Label annually with CACFP**
- **Delayed Reimbursement**- As a result of the new meal pattern changes, there was a delay in processing the October claim. We apologize for the delay of reimbursement checks, and for any inconvenience it may cause. Thank you for your patience and understanding. We greatly value your hard work and efforts on behalf of CACFP

# Menu Ideas

## Breakfast

Oatmeal WG	Eggs	Pancakes	Cheerios WG	Beans
Blueberries	Bell Peppers	Strawberries	Banana	Tomatoes
1%/ Whole Milk	1%/ Whole Milk	1%/ Whole Milk	1%/ Whole Milk	1%/ Whole Milk

## Lunch or Dinner

Tuna	Lentils	Beef	Eggs	Tofu
Sourdough Bread	Quinoa WG	Brown Rice WG	Corn Tortillas	Wheat Bread WG
Lettuce/ Tomatoes	Broccoli	Brussel Sprouts	Avocado	Kale
Carrots	Apple	Pumpkin	Spinach	Grapes
1%/ Whole Milk	1%/ Whole Milk	1%/ Whole Milk	1%/ Whole Milk	1%/ Whole Milk

## AM or PM Snack

Mango	Hummus	Peanut Butter	Celery	Pretzels
Yogurt	Carrots	Apple	1%/ Whole Milk	String Cheese



### Pumpkin Pancakes

Serves 4 (makes 12-3" pancakes)

#### Ingredients:

- 2 cups pancake mix
- 1 cup 1% or Fat Free milk
- 1 egg
- ½ cup canned pumpkin puree
- 2 Tbsp sugar
- ½ tsp ground cinnamon

#### Directions

1. In a medium/large bowl, combine all the ingredients until just blended (batter can be a little lumpy).
2. Spray skillet pan with nonstick spray and heat over medium heat. Spoon ¼ cup of batter into pan to form each pancake. Cook until edges are drying and bubbles start to pop.
3. Using a flat spatula, turn each pancake over and cook 2-3 minutes longer.

## Training Corner

In light of the New Meal Pattern requirements, some of us are still having a difficult time adjusting to the changes. Listed below are common findings you need to avoid, as it will affect your claim reimbursement:

- Not documenting "WG" on menus
  - "WG" needs to be documented next to the product you are claiming as Whole Grain. For example, Plain Cheerios (WG)
- Not documenting the type of milk
  - If you are claiming children of different age groups, you need to specify the milk type, as each age group has their own milk requirements. For example, provider caring for a 1-year-old and 5-year-old, on menus must state "Whole Milk and 1%"
- Mixed cereals
  - Mixing credible cereals with non-credible cereal is not allowed; this is not reimbursable. For example, Plain Cheerios (credible) with Honey Nut Cheerios (non-credible)
- "Arroz Con Leche" is not credible towards a reimbursable meal, regardless if it states "HM"

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