

CACFP MONTHLY UPDATE



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!!CACFP Office Note!!

We hope you've been able to stay safe during the recent storm and aftermath. Several programs have reached out about losing power/having to discard refrigerated food items and the possibility of getting reimbursement for their food losses.

Unfortunately, CACFP is not able to reimburse programs for any food/supply losses from the recent storm. We encourage you to reach out to your insurance companies for information about what losses are/are not covered under your current insurance policy.

Thank you for your continued dedication to feeding those in your care!

Stages of Infant Development and Feeding Skills

Click on the underlined title to open the link.

This resource from the National CACFP Sponsors Association is in both in English and Spanish.

This is general information. Parents know their children best! It is important to have open communication with parents regarding their child's individual development and feeding patterns.

Menu Planners for Breakfast and Snack

USDA has released menu planners to help child care centers and family child care home operators. Recipes are standardized to meet minimum serving amounts of at least one component for children ages 3-5 and 6-18 in quantities of 6, 25, and 50 servings.

· It's Breakfast Time! Planner

· Let's Make a Snack! Planner



Maine Fish for Maine Children!

A partnership with the Maine Coast Fishermen's Association.

Are you interested in receiving **FREE** local fish this year? The Fishermen Feeding Mainers (FFM) Program seeks to provide direct financial relief to fishermen by helping them supply childcare centers, providers, and schools in need with healthy Maine seafood.

If you would like to be notified when fish is available, please fill out the [Maine Fish in Maine Schools form](#).

Please note: Fish must be picked up in Portland and is usually short notice!



Upcoming Trainings & Events

We received great feedback regarding our summer CACFP Open Office Hours, so we plan to continue our CACFP Open Office Hours throughout the year!

We're offering optional, virtual open office hours on the third Friday of the month 9 a.m. -10 a.m. from September through May. We'll offer more open office hours during the months of June – August, our annual agreement renewal time.

Our virtual CACFP Open Office Hours are a great time to “stop in” with any CACFP-related questions you may have. There are no planned discussion topics, it's just a chance for you to ask questions in a more relaxed, informal setting.

Virtual Open Office Hour Dates

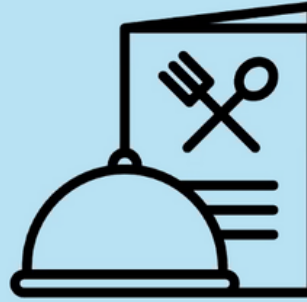
- January 19th: 9 a.m.- 10 a.m.
- February 16th: 9 a.m.- 10 a.m.
- March 15th: 9 a.m.- 10 a.m.
- April 19th: 9 a.m.- 10 a.m.
- May 17th: 9 a.m.- 10 a.m.

Click [this link](#) to join!

Emerging CACFP Food Trends for 2024

Which trend(s) are you going to add to your menu?

- ✓ Plant-forward
- ✓ Buckwheat
- ✓ Dips & more dips!
- ✓ Canned fish
- ✓ Charcuterie boards



Fun Fact:
Buckwheat is
Gluten-Free!

Chickpea Salad Sandwich

Lunch/Supper Crediting for Ages 3-5



Total Time
25 minutes



Serving Size
1/2 sandwich



Servings
8



Components
Meat/Meat Alternate,
Grains

Directions

- In a medium saucepan, add chickpeas with their liquid and additional water if needed to cover the chickpeas. Allow chickpeas to simmer on medium heat for 10-15 minutes.
- Using a colander, drain the chickpeas. Place chickpeas in a large bowl and mash with a potato masher or fork. Chickpeas should be mashed but you can still see pieces of chickpea in the bowl.
- Add the remaining ingredients, except bread slices, into the bowl and combine until all the ingredients are evenly distributed.
- Scoop 3/4 cup of chickpea salad and spread it on a piece of bread. Add another bread slice on top to make a sandwich. Cut sandwich in half, then serve.

1/2 sandwich provides 1 3/4 oz eq meat alternate and 1 oz eq grains



Ingredients

- 2 (15 oz) cans chickpeas, keep liquid
- 3 tbsp celery, minced
- 2 tbsp yellow onion, minced
- 1/2 tsp dry parsley
- 1/3 cup plain yogurt
- 2 tsp whole grain mustard or Dijon mustard
- salt and pepper to taste
- 100% whole wheat bread slices

Make sure your yogurt is #CACFPcreditable!

Buckwheat Breakfast Bowl

- 1 cup buckwheat groats, rinsed
- 1 cup water
- 1 cup milk
- 1/2 tsp cinnamon
- 1 tsp vanilla
- 4 tbsp honey



Makes 16 servings
1/4 cup cooked buckwheat = 0.5 oz eq

Directions

- In a pot, add all ingredients and bring to a boil. Once boiling, reduce to a simmer. Cover pot and cook for 10 minutes.
- Remove from heat and continue letting the buckwheat steam for 5-7 minutes.
- With a fork, fluff cooked buckwheat. Scoop 1/4 cup into each bowl, splash a little milk over top, and add 1/2 cup of fruit.

Yogurt-Ranch Dip

Snack Crediting for Ages 3-5



Total Time
50 minutes



Serving Size
1/3 cup



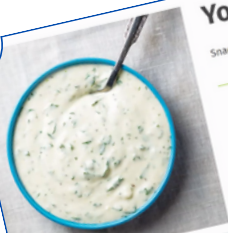
Servings
12



Components
Meat/Meat Alternate

Directions

- In a medium bowl, mix all ingredients together.
 - Cover and place in the refrigerator for at least 30-45 minutes before serving, allowing the herbs and spices to infuse with the yogurt.
- 1/3 cup provides 1/2 oz eq meat alternate



Ingredients

- 1 (32 oz) tub plain Greek yogurt
- 1 lemon, juiced
- 4 tbsp dried chives
- 4 tbsp dried parsley
- 1 tsp dried dill
- 2 tsp garlic powder
- 1 tsp salt

Tuna Bites

- 1 (12 oz) can tuna, drained
- 3 tbsp chopped parsley
- 2/3 cup low-fat sour cream
- 4 large eggs, beaten
- 6 tbsp tomato paste
- 2 cups grated cheddar cheese
- 1/2 cup onion, minced

Makes 24 servings
1 mini muffin
MMA 1 oz eq

Directions

- Preheat oven to 325°F. Lightly grease a mini 24 muffin tin.
- In a medium bowl, add all ingredients to the bowl and mix well making sure tuna is broken apart in small flakes.
- Scoop 1 1/2 tsp of mixture into each muffin tin and bake for 15-17 minutes.
- Remove from oven and cool for a few minutes before removing from tin.

