

The Link

PLANTING THE SEEDS FOR A HEALTHY MIND, BODY AND HEART.

Volume XXXX Newsletter : December 2018



A CACFP &
Child Nutrition
Sponsoring Agency

Proud CACFP Sponsor since 1995
Serving Tennessee & Kentucky



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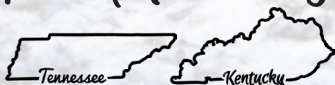
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DECEMBER

Worldwide Food Service Safety Month

SUN	MON	TUE	WED	THU	FRI	SAT
						 1
Fritters Day ²	Make A Gift Day ³	 ⁴	 ⁵	 ⁶	Pearl Harbor Remembrance ⁷	Pretend To Be A Time Traveler Day ⁸
Christmas Card Day ⁹	Human Rights Day ¹⁰	Have a Bagel Day ¹¹	 ¹²	Hot Cocoa Day ¹³	Monkey Day ¹⁴	International Tea Day ¹⁵
Day Of Reconciliation ¹⁶	 ¹⁷	 ¹⁸	Look For Evergreen Day ¹⁹	Go Caroling Day ²⁰	Short Story Day ²¹	Forefathers' Day ²²
Roots Day ²³	 ²⁴	 ²⁵	Thank You Note Day ²⁶	Visit The Zoo Day ²⁷	Card Playing Day ²⁸	Tick Tock Day ²⁹
 ³⁰	 ³¹					

Worldwide Food Service Safety Month



Worldwide Food Service Safety Month has been recognized since December 1994 to remind everyone that food safety is crucial when cooking for others and ourselves. One in ten people become sick every year from eating contaminated due to improper food preparation, children younger than 5 years old are at the highest risk.

DECEMBER 1 - NATIONAL EAT A RED APPLE DAY

DECEMBER 2 - CHANUKAH BEGINS

DECEMBER 24 - CHRISTMAS EVE

DECEMBER 25 - CHRISTMAS DAY

DECEMBER 30 - NATIONAL BACON DAY











DECEMBER 31 - NEW YEAR'S EVE

Food Safety
Child Care Posters

fightbac.org

JANUARY

National Mentoring Month

SUN	MON	TUE	WED	THU	FRI	SAT
		 1	Inspiration Day ²	 ³	 ⁴	World Braille Day ⁵
 ⁶	Weigh-In Day ⁷	 ⁸	Apricot Day ⁹	Cut Energy Costs Day ¹⁰	Puddle & Splash Day ¹¹	Marzipan Day ¹²
Sticker Day ¹³	International Kite Day ¹⁴	Hat Day ¹⁵	Religious Freedom Day ¹⁶	Kid Inventors' Day ¹⁷	 ¹⁸	Tin Can Day ¹⁹
Cheese Lovers Day ²⁰	 ²¹	 ²²	Measure Your Feet Day ²³	 ²⁴	Opposite Day ²⁵	Seed Swap Day ²⁶
National Geographic Day ²⁷	Blueberry Pancake Day ²⁸	Puzzle Day ²⁹	 ³⁰	Art Day ³¹		

National Mentoring Month



The Harvard School of Public Health and MENTOR: The National Mentoring Partnership founded National Mentoring Month in 2002. This month focus on how we can all work together to increase the number of mentors to make sure young people in our communities have dependable people to look up to and follow in their footsteps.

JANUARY 1 - NEW YEARS DAY

JANUARY 4 - NATIONAL SPAGHETTI DAY

JANUARY 6 - NATIONAL BEAN DAY

JANUARY 21 - MARTIN LUTHER KING JR. DAY

JANUARY 24 - NATIONAL COMPLIMENT DAY













JANUARY 30 - NATIONAL CROISSANT DAY

National Mentoring
Month Toolkit

mentor.org

FEBRUARY

National Children's Dental Health Month

SUN	MON	TUE	WED	THU	FRI	SAT
					Read Aloud Day ¹	 ²
Golden Retriever Day ³	 ⁴	 ⁵	 ⁶	 ⁷	Opera Day ⁸	Healthy Pizza Day ⁹
Umbrella Day ¹⁰	 ¹¹	Darwin Day ¹²	Radio Day ¹³	 ¹⁴	Hippo Day ¹⁵	Almond Day ¹⁶
 ¹⁷	 ¹⁸	 ¹⁹	Love Your Pet Day ²⁰	 ²¹	 ²²	Banana Bread Day ²³
Tortilla Chip Day ²⁴	Play More Cards Day ²⁵	Personal Chef Day ²⁶	Strawberry Day ²⁷	Digital Learning Day ²⁸		

National Children's Dental Health Month



National Children's Dental Health Month brings together dental health professionals, caregivers, parents, and teachers to give children the best start on oral health.

From brushing and flossing to healthy snacks and routine dental visits, the month also includes Give Kids A Smile Day on February 6th.

FEBRUARY 2 - NATIONAL GROUNDHOG DAY

FEBRUARY 4 - NATIONAL HOMEMADE SOUP DAY

FEBRUARY 11 - NATIONAL MAKE A FRIEND DAY

FEBRUARY 14 - VALENTINE'S DAY

FEBRUARY 17 - RANDOM ACTS OF KINDNESS DAY

FEBRUARY 21 - NATIONAL CHILI DAY

Dental Health Activity
Sheets & Posters

ada.org



CHILD CARE TRAINING EVENTS

TENNESSEE AND KENTUCKY CHILDCARE TRAINING EVENTS

FREE CHILD CARE TRAINING EVENTS *all dates subject to change

- SATURDAY JANUARY 12, 2019 | KNOXVILLE, TN | PUBLIC WORKS BUILDING
- SATURDAY JANUARY 26, 2019 | MURFREESBORO, TN | PATTERSON PARK COMMUNITY CENTER
- SATURDAY FEBRUARY 9, 2019 | MEMPHIS, TN | LOCATION TBA
- SATURDAY FEBRUARY 23, 2019 | NASHVILLE, TN | GOODWILL INDUSTRIES OF MIDDLE TN. TRAINING CENTER
- SATURDAY MARCH 9, 2019 | MEMPHIS, TN | LOCATION TBA
- SATURDAY MARCH 9, 2019 | CLARKSVILLE, TN | LOCATION TBA
- SATURDAY APRIL 13, 2019 | MEMPHIS, TN | LOCATION TBA
- SATURDAY APRIL 13, 2019 | KNOXVILLE, TN | PUBLIC WORKS BUILDING
- SATURDAY MAY 11, 2019 | ELIZABETHTOWN, KY | LOCATION TBA

These training sessions are conducted not only to educate child care providers, they also serve to help train child care professions in getting the most out of the CACFP and their CACFP sponsor. Attendees learn how to maximize their reimbursements, stay in compliance and exhibit best practices in care. Use this page to find a training session near you. Registration will open in December. Join our mailing list and be the first to know when announcements are made.



**CACFP MEAL
PATTERN
REQUIREMENTS**



**STEP UP
TO NUTRITION**



HAPPY 50TH BIRTHDAY, CACFP

This last May, we celebrated a huge milestone, the 50th anniversary of the Child and Adult Care Food Program. In 1968, Congress amended the National School Lunch Act to reach children in child care programs. The goal was to encourage healthy eating habits by offering reimbursement to providers for serving nutritious meals. Initially, the CACFP reached about 23,000 children in family child care homes. Now, 50 years later, over 4.4 million children in homes, centers, and afterschool programs have access to healthy and nutritious foods every day. Throughout the CACFP's 50 year history, the program has continued to update its nutrition standards in conjunction with the USDA meal patterns and the Department of Agriculture's Dietary Guidelines. Without the CACFP, many children would not have access to nutritious foods. Not only do we celebrate this milestone for CACFP but we also praise each of you for your commitment to the well-being of each child in your care.



FREE TRAINING

Every year, Our Daily Bread CACFP host dozens of child nutrition credited training sessions throughout the state of Tennessee & Kentucky. In August, the training season is capped with our annual Planting the Seeds and Making a Difference: Child Care & Development Conference. Nearly 300 child care providers attend this conference and receive up to 6 hours of credited training.

**ODBCACFP
IN-PERSON TRAINING**

odbcacfp.org/programs/training-credit-hours

KENTUCKY CHILD CARE TRAINING



early care orientation
ecool online

- **Learnscaping: Creating Appropriate Environments for Infants and Toddlers**
- **Learnscaping: Creating Appropriate Environments for Preschoolers**
- **Learnscaping: Creating Appropriate Environments for School-Aged Children**

Register Online

These FREE, one hour training modules are intended to help professionals engage children in meaningful play experiences. The Training objective for you to take the knowledge acquired and be able to:

Identify age-appropriate materials

Understand how materials supports cognitive, physical and social-emotional skills

Design exciting interest centers that invite children to interact and explore.



LITTLE MOVERS
PHYSICAL ACTIVITIES,
CRAFTS & RECIPES
TAKESHA MIDDLETON, CLAIMS PROCESSOR

Winter Clothes



Preschool children learn body parts, use descriptive terms and memory skills during this winter activity.

Materials: Different style or color of winter clothes (several hats, mittens, scarves, etc.)

Description: One student will be chosen to be the "snowman" that you have to dress. Put scarf, mittens, etc. on the snowman and have the other students close their eyes. Change one clothing item (e.g., put a different hat on) or take a clothing item away. Ask the children to uncover their eyes and guess what is different about the snowman. Make sure they are descriptive and don't just label.

Ice Block Designs



If possible, give each child his or her own block of ice. They love watching the changes that occur as the blocks melt away!

Children observe how salt melts ice and create colorful designs in large blocks of ice during this early childhood education activity.

Materials:

Large ice blocks, coarse salt, food coloring, eye droppers (Form ice blocks by freezing water in empty one gallon milk containers, when the water is completely frozen, tear off the cardboard container.)

Description: Place ice blocks on trays covered with layers of newspaper. Children sprinkle salt on top of the ice blocks. Children drip various colors of food coloring on top of the ice block. Tunnels of color are created as the salt melts through the ice block. Put the colorful ice blocks outside. If it's cold enough, they should stay frozen for several days. Children can continue to examine the melting process during outdoor play.



Easy Baked Omelet



- 1 tsp oil
- 1 ¼ cup chopped green pepper
- ½ cup sliced mushrooms
- 6 eggs
- 1 cup milk
- ½ cup whole wheat flour
- 1 cup diced tomato(es)
- ¾ cup salsa
- 2 oz shredded cheddar cheese

PREP

1. Preheat oven to 450 degrees. Prep 9x13 baking pan.
2. In a small skillet, heat the oil over medium heat and cook peppers and mushrooms until softened, about 5 minutes.
3. Blend eggs, milk and flour in a blender until smooth. Add cooked vegetables and tomatoes to the mixture, stir well and then pour mixture into the baking pan.
4. Bake for 20 minutes. Remove from the oven when the eggs are cooked through.
5. To serve, top with the cheese and salsa. Then, roll up the omelet, starting at the narrow end of the pan. Cut into 6 slices and place on a platter.
6. Divide mixture across the trays.
7. Top with remaining cheese.
8. Place in the oven to bake for 15 minutes or until firm and starting to turn golden on top.

Yield: 6 omelet slices

Serving Size: 1 slice is 1 oz meat/meat alternate and ½ cup vegetables for a 3-5 year old at breakfast.

Credit: Twist & Sprout Cookbook

Puff Paint Snow



Materials:

- Turquoise Blue Construction Paper
- Snowman Shape
(I use the Elison snowman)
- Collage Materials
- Shaving Cream
- Glue



Description: Have children decorate a snowman with the collage materials; wiggly eyes, buttons, foam shapes, ribbon, etc. Glue to blue paper. Mix equal parts of shaving cream and Elmer's glue. Have the children use popsicle sticks, q-tips, plastic spoons, etc. to add the mixture around their snowman and make hills of snow and snow falling from the sky. When the mixture is dry, it makes beautiful puffy snow.

Melting Snowman



Materials:

- 3 large balloons
- 1 large bowl
- 1 medium bowl
- 1 small bowl
- salt
- water table or large plastic container
- accessories for snowman (hat, scarf)
- felt cut into shapes for eyes, nose, mouth and buttons

Directions:

Fill the balloons with water so each one will fit into the bowls. Freeze until solid. (takes 12-24 hours) Remove the balloon pieces and take the solid ice balls and place them one on top of the other by placing the largest one inside the water table and the other two balls on top. Use salt on the bottom of the table and in between the ice balls to help them fuse together. Now add the felt pieces (they stick right on the ice) as well as the other accessories. This makes an adorable little snowman that the children can watch melt."



Snowman Drawing



Materials:

- Paper Plates
- Markers (Pencils/Pens not good for this game)

Directions:

1. **Players put plate on top of head, holding with one hand and the marker in the other hand.**
2. **Host gives instructions:**
 - Draw line for the ground/snow
 - Draw large snowball for base of snowman.
 - Create a medium snowball on top of first one.
 - Cap snowman with small snowball for the head.
 - Draw a carrot nose.
 - Now add 2 eyes and a mouth with dots of coal.
 - Draw a scarf to keep your snowman warm
 - Add 2 stick arms
 - Finish by drawing a top hat on snowman's head.
3. **Once drawings are completed, admire all the snowmen as group!**



Pin the Nose on the Reindeer



Materials:

- Cardboard
- Construction Paper
- Tape (Instead of tacks, safety first!)
- Blindfold

Directions:

1. Make a reindeer on a piece of cardboard using the construction paper (see picture).
2. Make reindeer noses out of red construction paper for each child.
3. Place tape on one side of red nose
4. Children take turns taping the nose to the reindeer.

Salt Dough Ornament Recipe

Materials:

- 1 cup flour (self-rising flour should not be used as it will cause the ornaments to bubble up while baking)
- 1/2 cup salt
- 1/2 cup water (or more as needed)
- non-toxic acrylic varnish
- rolling pin
- cookie sheet (This is a really good stainless steel one)
- drinking straw
- holiday shaped cookie cutters (I love this snowflake and this set)
- acrylic paints
- paintbrush
- glitter
- ribbon

www.mommypotamus.com/how-to-make-salt-dough-ornaments

Step 1: Preheat oven to 250F. Measure flour and salt, then add them to a medium mixing bowl and stir.

Step 2: Add water.

Step 3: Mix thoroughly. Sprinkle parchment paper with flour and knead dough until it's soft and pliable. Add more flour if it's ultra sticky

Step 4: Using a lightly floured rolling pin, roll out the dough to 1/4 inch thickness.

Step 5: Cut out ornaments using cookie cutters.

Step 6: Peel away dough and lift cutout.

Step 7: Place cutout on and ungreased cookie sheet.

Step 8: Using your straw, create a hole for the ribbon that will hang the ornament. Place ornaments in the oven and bake for two to three hours, or until completely dry. Flip once while baking, then remove and allow to cool completely.

Step 9: When the ornaments have cooled, decorate them with paints and/or glitter if desired.

If you want your ornaments to last for years and years, seal them with three to four thin coats of non-toxic acrylic varnish after the decorative paint has fully dried. Make sure to coat the entire surface to prevent moisture from getting in.



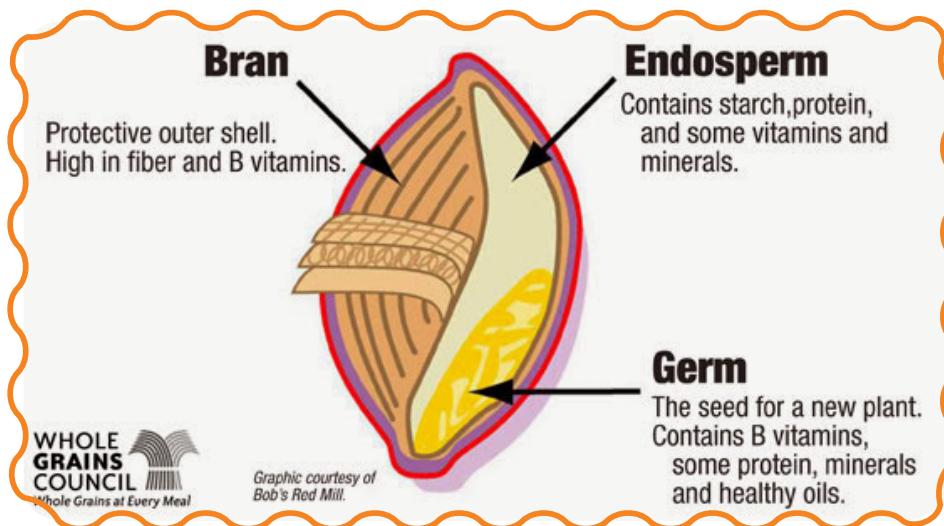
How To Make
Salt Dough
Ornaments



FROM THE FIELD

SHANNON DONAHUE, SENIOR PROGRAM SPECIALIST

CACFP: Whole Grain Know How



WHOLE GRAIN EXAMPLES

- WHOLE WHEAT
- FLOUR
- OLD FASHIONED OATS
- INSTANT OATMEAL
- WHOLE GRAIN CORN
- BROWN OR WILD RICE
- QUINOA



REMEMBER TO LABEL THE ITEM AS WHOLE GRAIN ON YOUR MENU, IN KIDKARE, OR MINUTE MENU.

The USDA's new meal pattern guidelines require a whole grain must be served at least once per day. Whole grains are items that contain all of the parts of the grain kernel, including the bran, endosperm, and the germ. Some or all of these components are often removed from the grain during processing thereby effectively removing all the grain's healthful benefits.

The bran contains fiber and B vitamins, the endosperm is a great source of protein and healthy carbs, and the germ is full of antioxidants and vitamin E. In the sometimes confusing advertising world of food, it can be difficult to be sure you are serving a creditable whole grain.

Some of the ways to ensure the component is whole grain include:

1. Check the TN WIC shopping guide list as they include a wide variety of whole grain items.
2. The item contains a FDA health statement:

"Diets rich in whole grain foods & other plant foods & low in total fat, saturated fat, & cholesterol may reduce the risk of heart disease & some cancers."

3. A whole grain is the **FIRST** ingredient on the product's ingredient list, or the second **AFTER** water

EARLY LEARNING LINK

PLANTING THE SEEDS FOR A HEALTHY MIND, BODY AND HEART.

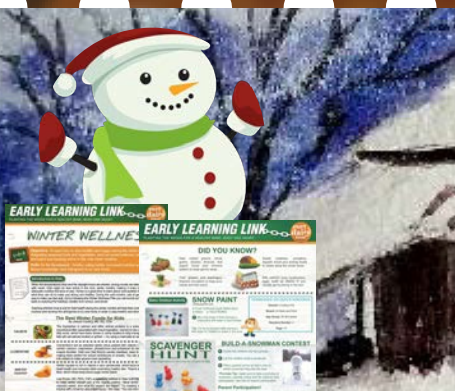
WINTER WELLNESS

Objective

To learn how to stay healthy & happy during the winter months by integrating seasonal fruits & vegetables, such as sweet potatoes, yams, onions, pears & keeping active in the cold winter weather.

Skills To Be Developed

Healthy eating habits, increased nutrition, physical fitness knowledge, & willingness to try new foods.



**DOWNLOAD
ENTIRE CURRICULUM**



Sarah Cascaes
Centers Program
Manager



CLAIMING TIP^{#2}:

Whole Grain Meals in Minute Menu

When planning out your monthly menus and recording your menus in MMCX or Kidkare, make sure your meals are in line with the USDA Meal Pattern Requirements. As a reminder, a whole grain component must be served at least once per day. You must check which meal you served a whole grain in MMCX or Kidkare in order to get credit for all meals.



CENTERS
Minute Menu CX



HOMES
app.kidkare.com

Non - Infant Foods		Qty Rod per Estimates
Bread / Alt	Noodles / Pasta, Whole g	
	<input checked="" type="checkbox"/> Is this whole grain-rich?	
Meat / Alt	Turkey Ground	
Veg	Broccoli	
Veg / Fruit	Mandarin Oranges	
Milk	Fluid Milk	

Meat/Alternate	Turkey Ground (103)
Bread/Alternate	Spaghetti Noodles (112)
	Is this whole grain-rich? <input checked="" type="checkbox"/> Yes
Vegetables	Broccoli (160)
Fruit/Vegetable	Mandarin Oranges (028)
Milk	1% or Skim (2+ year olds) / Whole (1 year olds) (1)



PROVIDER RESOURCE

Sharee Curley, Field Representative

RESOURCES FOR LEARNING

Resources for Learning understands the importance of providing early childhood educators and families with skills, training and knowledge needed to help young children. The organization provides educator activities focused on helping children's developmental, physical and socio-emotional learning. Professional development training's are also available for providers. The website is full of media-rich educational resources to help adults teach and care for children birth-5.



RESOURCES for LEARNING

WWW.RESOURCESFORLEARNING.NET

Email: hello@resourcesforlearning.net

Buddy Bows & Veggies

Ingredients

- 2 Tbsp olive oil
- ½ cup sliced sweet onion
- 1 ½ cup small chopped broccoli
- ¾ cup small chopped bell pepper (any color)
- ¼ tsp. Italian seasoning
- ¾ cup kidney or black beans
- 1 ½ cup cooked bow tie pasta
- 1 ½ cup cheddar cheese

Yield: 4 ½ cups

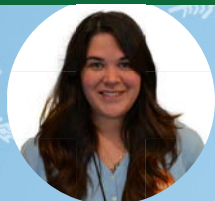
Serving Size: ¾ cups provides 0.5 grain, 1.5 oz meat/meat alternate and ¼ cup vegetable for a 3-5 year old at lunch/dinner

Credit: Twist & Shout Cookbook

INSTRUCTIONS:

1. Heat oil in large skillet on medium/high heat.
2. Add onions, broccoli, peppers, Italian seasoning.
3. Cook for 5 minutes or until broccoli and onions are tender.
4. Add beans and cooked pasta, and cook until beans and pasta are heated through.
5. Add cheese and stir to combine.





Sarah Cascaes
Centers Program
Manager

Holiday Shopping Tips:



HOLIDAY SEASON IS UPON US, A TIME THAT SHOULD BE FOCUSED ON MAKING MEMORIES WITH YOUR LOVED ONES. AVOID THE SEASON'S SHOPPING STRESS BY USING SOME OF OUR FAVORITE TIPS SENT BY DAVE RAMSEY.

Four-gift rule: Something you want, something you need, something to wear and something to read.

1. Homemade Gifts: Make homemade goods/gifts instead of store bought gifts!



2. Focus on making memories: Children/families won't remember how many toys or how much money was spent each year. They will remember annual traditions and memories you've made!



3. Secondhand Christmas: You can find great deals from garage sales, estate sales, etc. Safe shopping!



4. Give a gift each month of the year: 12 small gifts that remind your recipient of a memory or event that happened through the year will add a sentimental value to the gifts that will last a lifetime.

5. Holiday Budget: Set a holiday spending goal and stick to it!



CLAIMING TIP:

PENDING CHILDREN

One of the most common errors seen on claims is for pending children; this means either the provider has entered the child into Minute Menu/Kid Kare and our office has not received the paperwork, or the paperwork was received but there was an issue that prevented the child from being activated. If you've entered the child into Minute Menu/Kid Kare, make sure the paperwork is sent into the ODB CACFP office. If you sent the paperwork in and the child still shows as pending, your Claims Processor should be contacting you about the error.

REMEMBER:

A good rule of thumb is to make sure (when possible) all enrollments are received in the office by the 20th of each month, this gives our Claims Processors time to work with you to correct any errors there might be before claims.

Mistletoes Art

Everyone loves receiving handprint and/or footprint art their children made!

Materials: paper, paint, paintbrush

Instructions:

1. Paint the bottoms of both feet & place gently on paper
2. Add accents/additional decor as needed
3. Let dry & send home



NO MORE PAPERWORK?

Go electronic! ODB CACFP offers access to Minute Menu, an online claiming program, free of charge. Switch to online claiming & save on time, paper and postage. Online claims are sent directly to ODB CACFP with the click of a button – no worries about claims lost in the mail or arriving after the cutoff date. If you do submit a paper claim, make sure to double check for sufficient postage & consider faxing your paperwork in to avoid delay.

CLICK BELOW TO SIGN UP FOR ONLINE CLAIMING

I WANT TO SWITCH



Don't Ring the Bells Obstacle Course



Materials:

- Bells
- Tape
- Hula Hoop
- Broomstick
- Board for balance beam
(If you don't have a board, or for safety reasons, tape a line on the floor and let the kids use their imaginations!)

This is a perfect activity for indoors or outdoors!

Obstacle 1: Tie/tape the hula hoop (or children's tunnel) to a chair and allow children to crawl through without ringing the bells. For older children, make a rule that they can't touch the hoop to make it more challenging for them!

Obstacle 2: Allow children to crawl under a broomstick (or limbo!) without ringing the bells.

Obstacle 3: Use a short beam (or tape on floor) and place bells along the beam for the children to step over without ringing the bells.



Rudolph Pancakes



- 1TBSP MELTED BUTTER
- 1 EGG
- 3/4 CUP MILK
- 1/2 CUP WHOLE-WHEAT FLOUR
- 1/2 CUP CORN MEAL
(ENRICHED OR WHOLE GRAIN)
- 1 TSP BAKING POWDER
- 1/2 TSP SALT
- 1 TSP SUGAR
- 2 BANANA SLICES
- 1 STRAWBERRY
- 2 RAISINS
- 2 BACON SLICES

1. In a small bowl, beat the butter, egg and milk together with a fork just until blended. In a medium bowl, mix together the flour, cornmeal, baking powder, salt, and sugar. Pour the wet ingredients into the bowl of dry ingredients and stir just until moistened. Add the apples and mix until all ingredients are moist. Coat a skillet with non-stick cooking spray and heat over medium heat. Pour 1/2 cup of the batter onto the skillet for each pancake. Cook until both sides are golden brown.
2. Cut bacon in half and cook until crisp. To arrange Rudolph (great to get the kids involved), place the large pancake on a plate. Place smaller pancake on top. Position bacon for antlers and triangular pancakes for ears. Decorate with banana eyes and strawberry nose.
3. Press raisin into the center of each banana slice.

Yield: 8 pancakes

Serving Size: 1/2 pancake provides 0.5 oz grain for a 3-5 year old at breakfast

Credit: Twist & Sprout Cookbook

Snowman Pizza



- 2 WHOLE GRAIN ENGLISH MUFFINS
- 1/2 CUP FAT FREE REFRIED BEANS
- SALSA
- BLACK OLIVES
- 1/2 CUP SHRED. CHEESE

1. Split muffins; toast lightly.
2. Spread beans on toasted muffin halves.
3. Sprinkle with cheese.
4. Broil until cheese is melted about 2 minutes.
5. Garnish with salsa, olives, peppers.

Yield: 4 Servings

Serving Size: One serving is 1 oz meat / meat alternate and 1 oz grain for a 3-5 year old at snack.

Credit: Twist & Sprout Cookbook

ABOUT US

Our Daily Bread CACFP is a (501)(c)(3) non-profit child nutrition advocacy organization. Since 1995, Our Daily Bread CACFP has been dedicated to the nutritional care and well-being of children. We are contracted with the Tennessee Department of Human Services (TDHS), Kentucky Department of Education (KDE), and funded by The United States Department of Agriculture (USDA) to administer the Child and Adult Care Food Program (CACFP). Our Daily Bread CACFP sponsors daycare homes, childcare centers, at-risk/after-school sites & emergency shelters throughout Kentucky & Tennessee. Our nutrition programs provide meals for over 12,000 children per day.



Our Daily Bread CACFP has been a proud member of the National CACFP Sponsors Association since 2004. Our Daily Bread CACFP's Executive Director, Senta Hester, has served numerous roles as a member of the National CACFP Sponsors Association. Senta has served as a board member since 2008, a chairperson (2 years), vice president (5 years) and president. Senta was nominated and elected president of the National CACFP Sponsors Association in 2017 and will serve a 2 year term.



A CACFP & Child Nutrition Sponsoring Agency

Proud CACFP Sponsor since 1995
Serving Tennessee & Kentucky

As child nutrition advocates, our programs provide thorough training and technical assistance to daycare homes & childcare centers.

Our primary goal is to inform the public about making healthy food choices and to educate adults and children about the importance of proper nutrition. This information is another step in fighting the epidemic of childhood obesity.

OUR TEAM



Phillip Hester
President



Senta Hester
Executive Director



Sarah Cascaes
Centers Program Manager



Dean Hester
Operations Manager



Shannon Donahue
Manager, Field Reps & Program Specialists



Joshua Smith
Systems Manager



Blake Hester
Executive Assistant



Sharee Curley
Field Representative



Foreeta Yarbrough
Field Representative



April Curry
Program Manager



Rachel Gaillard
Field Representative



Zach Oran
Claims Processor



Alisa Davis
Claims Processor



Nikki Smith
Claims Processor



Takesha Middleton
Claims Processor



Kelly Childers
Field Representative



Jackie Foxx
Claims Processor



Marisa Vigil
Office Coordinator



Jackie French
Field Representative



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