

# The Link

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

Volume 42 Newsletter : June 2019



A CACFP & Child Nutrition Sponsoring Agency

Proud CACFP Sponsor since 1995  
Serving Tennessee & Kentucky



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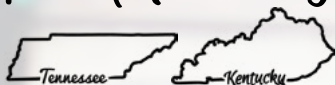
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CONNECT WITH US ONLINE!

[www.odbcacfp.org](http://www.odbcacfp.org)  
[contact@odbcacfp.org](mailto:contact@odbcacfp.org)

Proudly Serving



### KNOXVILLE

108 Stekoa Lane #101  
Knoxville, TN 37912

Local | 865.938.6328  
Fax | 865.938.6335

### MEMPHIS

1255 Lynnfield Road #222  
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Local | 901.308.2269  
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### CLARKSVILLE

635 Frosty Morn Drive, #A  
Clarksville, TN 37040

Local | 855.238.6328  
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## JUNE

## National Great Outdoors Month

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	 3 Egg Day		 May Claim DUE 6/5  May Claim DUE 6/5	Garden Exercise Day 6  Late Claim PAYMENT	7	8
9	10	11	12	13	14	15
16	17	 18 Go Fishing Day	19	20  Late Claims DUE 6/20	21  May Claim PAYMENT	22
 23 Hydration Day	24	25	26	27	28	29  YOU ARE, WHAT YOU EAT MEMPHIS
30						



Visit a State or National Park. Volunteer as a summer camp counselor. Take an outdoor photography class. Share your enthusiasm for nature with a group of students and take them on a nature hike. Become a Big Brother or Big Sister and go on a group nature bike trail.

**Find Outdoor Activity Ideas!**  
greatoutdoorsmonth.org











**CACFP DATES:**

**JUNE 5** – MAY CLAIMS DUE (TN)  
**JUNE 5** – MAY CLAIMS DUE (KY)  
**JUNE 6** – LATE APRIL PAYMENTS  
**JUNE 29** – CACFP TRAINING, MEMPHIS  
**JUNE 20** – MAY LATE CLAIMS DUE  
**JUNE 21** – MAY CLAIM PAYMENT

**FUN DATES:**

**JUNE 3** – EGG DAY  
**JUNE 5** – VEGGIE BURGER DAY  
**JUNE 6** – GARDENING EXERCISE DAY  
**JUNE 15** – SMILE POWER DAY  
**JUNE 18** – GO FISHING DAY  
**JUNE 23** – HYDRATION DAY

## JULY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3  June Claim DUE 7/3 Eat Your Beans Day	4 CLOSED	5  June Claim DUE 7/5	6  Hop-A-Park Day
7	8  Late Claim PAYMENT	9	10	11	12	13
14	15	16	17	18	19	20  Late Claims DUE 7/19
21	22  June Claim PAYMENT	23	24	25  Refreshment Day	26	27
28  Parent's Day	29  Lasagna Day	30	31  Avocado Day			

## National Picnic Month



Pack up the picnic basket and head to your favorite park or just your backyard! The children will love it! It's important to keep the meals simple and focus on the company. Sandwiches, finger foods, and beverages may seem plain, but it's more about spending time with each other and being in nature.

**Find a Picnic Park****CACFP DATES:**











**JULY 3** – JUNE CLAIMS DUE (KY)  
**JULY 4** – CLOSED (4TH OF JULY)  
**JULY 5** – JUNE CLAIMS DUE (TN)  
**JULY 8** – LATE MAY PAYMENTS  
**JULY 19** – JUNE LATE CLAIMS DUE  
**JULY 22** – JUNE CLAIM PAYMENT

**FUN DATES:**

**JULY 3** – EAT YOUR BEANS DAY  
**JULY 6** – HOP-A-PARK DAY  
**JULY 25** – REFRESHMENT DAY  
**JULY 28** – PARENT'S DAY  
**JULY 29** – LASAGNA DAY  
**JULY 31** – AVOCADO DAY

## AUGUST

## Get Ready for Kindergarten Month

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4  American Family Day	5  July Claim DUE 8/5	6  Late Claim PAYMENT	7  July Claim DUE 8/7	8  Happiness Happens Day	9	10  YOU ARE, WHAT YOU EAT HOPKINSVILLE Bowling Day
11	12	13	14	15  Relaxation Day	16  Tell a Joke Day	17
18	19	20	21  July Claim PAYMENT	22	23	24  YOU ARE, WHAT YOU EAT KNOXVILLE Waffle Day
25	26	27	28	29	30	31



Kindergarten is an essential prerequisite for your child's education. Research into student behavior in kindergarten is useful in predicting academic performance in first and second grade. Getting them ready is important. You can help your child better prepare for kindergarten by assisting them to memorize basic information, such as correct spelling of the name, address, and phone number.

**Kindergarten Prep Checklist**  
scholastic.com**CACFP DATES:**

**AUG. 5** – JULY CLAIMS DUE (TN)  
**AUG. 6** – LATE JUNE PAYMENTS  
**AUG. 7** – JULY CLAIMS DUE (KY)  
**AUG. 10** – CACFP TRAINING, HOPKINSVILLE  
**AUG. 19** – JULY LATE CLAIMS DUE  
**AUG. 21** – JULY CLAIM PAYMENT  
**AUG. 24** – CACFP TRAINING, KNOXVILLE

**FUN DATES:**

**AUG. 4** – AMERICAN FAMILY DAY  
**AUG. 8** – HAPPINESS HAPPENS DAY  
**AUG. 10** – BOWLING DAY  
**AUG. 15** – RELAXATION DAY  
**AUG. 16** – TELL A JOKE DAY  
**AUG. 24** – WAFFLE DAY





## CHILD CARE TRAINING EVENTS

TENNESSEE AND KENTUCKY CHILDCARE TRAINING EVENTS

### FREE CHILD CARE TRAINING EVENTS

\*all dates subject to change

#### CACFP MEAL PATTERN REQUIREMENTS



YOU ARE,  
**WHAT YOU EAT**



- SATURDAY JUNE 29, 2019 | MEMPHIS, TN | MONTGOMERY PUBLIC LIBRARY | GUEST SPEAKER: EMERGENCY PREP
- SATURDAY AUGUST 10, 2019 | HOPKINSVILLE, KY | CHRISTIAN COUNTY EXTENSION OFFICE
- SATURDAY AUGUST 24, 2019 | KNOXVILLE, TN | PUBLIC WORKS BUILDING



**ODBCACFP  
IN-PERSON TRAINING**  
[odbcacfp.org/programs/training-credit-hours](http://odbcacfp.org/programs/training-credit-hours)



### 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.

#### Discovery Night: Physics Phun

August 1, 2019  
6:00pm-8:00pm

Living Arts & Science Center  
362 N. Martin Luther King Blvd  
Lexington, KY 40508

This hands-on, family night will be chock full of experiment stations, physical science challenges, and even some lively design and build competitions!

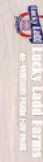


#### Watermelon Festival

June 29, 2019  
10:00am - 5:00pm

Lucky Ladd Farms  
4374 Rocky Glade Road  
Eagleville, TN 37060

Visit Tennessee's largest petting farm and fun park for some summertime family fun at the annual Watermelon Festival. Cool off in the Splash Zone featuring our Splash Pad, Bubble Blast Pool and inflatable water slides. Enjoy exciting hands-on animal encounters, pony rides, unique playground, nature trails, wagon rides, barrel train, splash pad, gem mining, tumbling tunnel, giant jump pad, outdoor games, educational exhibits and more to fill your day with adventure and good old-fashioned fun.



#### Power of Produce Club

@ the Market Square Farmers' Market

Jun. 8, July 13, Aug. 10, Sept. 14  
9:00am-12:00pm

Downtown Market Square, Knoxville, TN

- children can engage in local food system
- educational games/ demonstrations
- exposure to new fruits/veggies



#### Healthy Family Day

June 8, 2019  
10:00am-2:00pm

Rose Park Middle School  
1025 9th Ave S  
Nashville, TN

- health screenings
- fitness & nutrition classes
- Kiddie Boot Camp
- and more!

#### Tomato Festival

@ the Franklin Farmers Market

July 20, 2019  
8:00am-1:00pm

Franklin Farmers Market, 230 Franklin Rd, Franklin, TN

- Tomato tasting
- Fun Games for Kids



CLICK TO LEARN MORE

## Pin Wheels

#### Ingredients

8 ounces Cheddar Cheese, block  
½ cup Pimientos, jar, diced  
¾ teaspoon Salt  
½ teaspoon Black Pepper  
½ teaspoon Cayenne Pepper

1 teaspoon Lemon Juice  
1/4 cup Greek yogurt  
2 large Tomato, thinly sliced  
5 tortillas Whole Wheat Tortilla, 8-inch

#### Preparation:

1. Grate cheese by hand. Place in a medium bowl
2. In a large saucepan, sauté onion, carrots, and bell pepper over medium heat for 3 minutes. Add water, lentils, tomatoes, peas, and curry powder. Bring to boiling, reduce heat to low and cover. Cook for 25 minutes.
3. Add yogurt and mash mixture together with fork.
4. Spread pimiento cheese onto tortilla, layer four tomato slices on top of pimiento cheese for each 8-inch tortilla Roll tightly and slice into 1-inch pieces.
5. Serve two rolls to children 1-5 years old and four rolls to children 6-12 years old.

#### CACFP Servings & Components

**SERVING**  
1-2 YEARS

Serve the  
recipe as-is

**2 rolls**

¼ c.

¾ oz.

½ oz.

**SERVING**  
3-5 YEARS

Serve the  
recipe as-is

**2 rolls**

¼ c.

¾ oz.

½ oz.

**SERVING**  
6-12 YEARS

Serve the  
recipe as-is

**4 rolls**

¾ c.

1 oz.

1 oz.





**LITTLE MOVERS**  
PHYSICAL ACTIVITIES,  
CRAFTS & RECIPES  
KELLY CHILDERS, FIELD REPRESENTATIVE



## Seed Investigation

**Children will discover where the seeds we plant come from through exploration of fruits and vegetables.**

**Materials:** Several Fruits/ Vegetables with easy to access seeds (bell peppers, strawberries, squash, tomatoes, oranges, ect.), baking trays, spoons , pictures of each fruit/ vegetable used

**Description:** Before the children arrive, cut fruits and vegetables in half so the children can easily access the seeds. Place fruits/veggies and spoons on baking tray. Encourage the children to scoop and dig at the items to find the seeds. Help the children remember that each of the items originally started out as one of these small seeds.

After the children have gathered all the seeds. Hold up picture cards and see if the children can recall where each type of seed came from.

### Additional activities:

1. Save the seeds for a fun matching game using the seeds and the picture cards.
2. Have fun planting the seeds in a garden or window box. The children can enjoy watching the seeds grow!



## Get Movin' w/ Yard Dice



**This fun movement game will encourage children to get their bodies moving!**

**Materials:** Two small cardboard boxes, markers, color paper (optional), box tape

**Description:** Before the activity, create dice out of the cardboard boxes. Write different gross motor activities (jumping jacks, push-ups, running, hopping, skipping) on each side of one of the boxes (include pictures for smaller children). On the second box, write numbers for how many times the children will be doing the movement.

Gather the children in a movement friendly area. Encourage the children to take turns rolling the dice. Each time the dice is rolled, the children will all participate in the movement identified on the dice.

### Additional activities:

Adding pictures of animals or other theme related items is a fun way to incorporate this activity into your lesson plan. Smaller children will love pretending to be a cow, dinosaur, snake, etc.

## Fruity Yogurt Bites

### Ingredients:

- Greek or Plain Yogurt
- Raspberries
- Blueberries
- Cupcake Liners
- Spoon
- Baking Tray

### Description:

1. Lay your cupcake liners on baking tray. (Make sure your baking tray will fit in your freezer.)
2. Each child can scoop out the yogurt and fill up the cups with a spoon.
3. Press a few pieces of the fruit into the yogurt cups.
4. Place baking tray in freezer.
5. After the yogurt freezes, pop the bites out of the liners and enjoy!





# Taking Root Tennessee

Taking Root Season is here! We have been getting gardening site ready at our Childcare Facilities, and we're off to a great start!

So far, we have had the opportunity of preparing gardens with 39 of our sponsored childcare facilities! The reason that we do this is because we want to show our future generation exactly where our food comes from. Thanks to our sponsors and local community, we are able to spread the knowledge to children and even let them experience it at their own daycare site.



LEARN MORE

## WHO IS ELIGIBLE?

Taking Root Tennessee is currently partnered with over 39 area childcare homes and centers in the State of Tennessee. In order to be eligible for the program, participants must meet 5 eligibility requirements.

- 1. CACFP Participant (Child & Adult Care Food Program)**  
Child care sites must serve credible under the Child & Adult Care Food Program.
- 2. Physical Space**  
Minimum, 24 square foot plot on semi-flat ground.
- 3. Geographic**  
Located in State of Tennessee.
- 4. Income (Child Care Homes Only)**  
Have children living in your home who qualify for Free and Reduced Price School Meals under the National School Lunch Program.



## Mermaid Slime



This activity and many more can be found in our exclusive curriculum..

**EARLY LEARNING LINK**

### Ingredients:

- 3 Mixing Bowls
- Wax Paper
- 3.5 oz. Bottles of Clear Glue
- Popsicle Sticks
- Variety of Glitter/Sequins
- 1 ½ tbsp of Baking Soda
- 3 ¾ tbsp of Contact Solution
- Food Coloring : Purple, Blue, Pink, Green
- Ziploc Baggies or Clear Cups

### Directions:

In one bowl, dump entire 5 oz bottle of clear glue. Add ½ tbsp of baking soda. Stir with popsicle sticks. Stick the end of a dry popsicle stick into blue food coloring container and back into mixture. Stir. Stick the end of another dry popsicle stick into green food coloring container and back into mixture. Stir. Add 1 ¼ tbsp of contact solution. Knead mixture.

Repeat with pink and purple food colorings.  
Repeat with blue only food coloring.

After each of the three mixtures have been kneaded thoroughly, add glitter and sequins to each. Knead again. Finally, add the three mixtures together; twist and knead until you get the desired color combination. Separate into baggies or clear cups so each child has their own to take home.



Under The Sea  
**MERMAID SLIME**





# FROM THE FIELD

SHANNON DONAHUE, FIELD REPRESENTATIVE

## REVIEW READY:

### Milk Purchasing & Serving

REMEMBER: ALL RECEIPTS MUST BE CLEARLY VISIBLE OR THEY CAN NOT BE ACCEPTED FOR CACFP REIMBURSEMENT

In April, ODB CACFP released a memo, **ODB CACFP – 04-15-2019 – 01 – Milk Purchasing & Serving**, regarding a center's responsibility in purchasing milk. All centers must have food and milk receipts available on-site for inspection during monitoring reviews.

Centers must make sure they are purchasing the required amount of milk as well as the correct types of milk or disallowances may occur.

### CORRECT MILK TYPES:

**1 year olds: Whole Milk**  
**2 years & older: 1% or Skim Milk**

In order to ensure the correct amount and types are purchased throughout a month, centers should regularly check their milk audit in Minute Menu CX. This chart will specify how many gallons of each type are required based on a center's menu and attendance. Always remember to round up to the nearest gallon.

Many things can affect a milk audit so it is important to make sure the menus match the food served, only children present and served should be claimed, any milk allergies or preferences have been documented, and the correct portion size is always served.

Monthly Overview Milk Audit				
Claim Month: May 2019				
Audit	Whole	1%/SkimMilk	Substitute	Total
Previous month carry over/Starting Balance(+)	0.0000	0.0000	0.0000	0.0000
Purchased (Receipts)(+)	0.0000	0.0000	0.0000	0.0000
Required (-)	6.0623	29.2500	4.7502	40.0625
Written Off (-)	0.0000	0.0000	0.0000	0.0000
End of Month Balance (+)	0.0000	0.0000	0.0000	0.0000
Actual Served	0.0000	0.0000	0.0000	0.0000
Ending Balance Actual	0.0000	0.0000	0.0000	0.0000

## 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



DOWNLOAD  
ENTIRE CURRICULUM

## EARLY LEARNING LINK

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



### OBJECTIVE:

As more and more young children are facing problems with obesity and weight related illnesses, it is important to encourage children to participate in physical activity and sports. Through sports, children are improving the overall health of their body and developing positive social relationships with their peers.



# PROVIDER RESOURCE

## EARLY CHILDHOOD TRAINING & TECHNICAL ASSISTANCE SYSTEM

The Early Childhood National Centers for Training and Technical Assistance (T/TA) promote excellence through high quality, practical resources and approaches. They are designed to build early childhood program capacity and promote consistent practices across communities, states, Tribes, and territories. These Centers bring together the knowledge and skills from Head Start, child care, and our health partners across the U.S. Department of Health and Human Services (HHS).



Early Childhood Training and  
Technical Assistance System



[CHILDCARETA.ACF.HHS.GOV](http://CHILDCARETA.ACF.HHS.GOV)



**Jackie French**  
Manager of Nutrition  
and Resources

## SUMMER MENU PLANNING

Weekly Credible Menu Sample & Recipes for CACFP meal planning.

**MEATLESS  
MONDAY**  
JOIN THE MILLIONS

**KEY**

- Whole-Grain
- Breakfast Grain Substitute (Protein)
- Vegetarian



### BREAKFAST

#### MONDAY

**SOUTHWEST  
VEGGIE SCRAMBLE**  
Fluid Milk  
Zucchini, Corn, Salsa  
Tofu/Cheese

#### TUESDAY

**GRITS**  
Fluid Milk  
Bananas  
Grits

#### WEDNESDAY

**BLUEBERRY  
PANCAKES**  
Fluid Milk  
Blueberries  
Pancakes

#### THURSDAY

**TURKEY  
HASH**  
Fluid Milk  
Potatoes/Bell Pepper  
Ground Turkey

#### FRIDAY

**BLACKBERRY  
PARFAIT**  
Fluid Milk  
Blackberries  
Oat Crunch Cereal/Yogurt

### LUNCH

**CURRIED  
LENTILS & RICE**  
Fluid Milk  
Lentils  
Onions, Carrots,  
Peas, Tomato  
Mango  
Brown Rice

**SALISBURY  
STEAK**  
Fluid Milk  
Salisbury Steak  
Green Beans, Tomato  
Oranges  
Egg Noodles

**CHICKEN  
LO MEIN**  
Fluid Milk  
Chicken Breasts  
Pepper, Mushroom,  
Carrot  
Kiwi  
Spaghetti Noodles

**TUNA MELTS**  
Fluid Milk  
Tuna/Sliced Cheese  
Celery, Tomato, Avocado  
Pineapple  
English Muffin

**CREAMY BEEF  
& SHELLS**  
Fluid Milk  
Lean Ground  
Beef/Cheese  
Mixed Salad Greens  
Pasta Shells

### SNACK

**ANTS ON  
A LOG**  
Water  
Peanut Butter  
Celery  
Raisins

**FRUIT  
SALAD**  
Water  
Cottage Cheese  
Mixed Fruit

**VEGGIE  
POCKET**  
Water  
Carrots, Spinach,  
Tomato  
Pita Bread

**PIN  
WHEELS**  
Water  
Cheddar Cheese/Yogurt  
Tomato, Pimientos  
Tortillas

**CUCUMBER  
SAMMIES**  
Water  
Cottage Cheese  
Cucumber Slices



**SOUTHWEST  
VEGGIE SCRAMBLE**

full recipe on page 7



**CURRIED LENTILS  
& RICE**

full recipe on page 8



**PIN WHEELS**

full recipe on page 2





# Southwestern Veggie Scramble

## Ingredients

4 tsp. canola oil, divided  
(2) 14oz packages tofu, extra firm drained  
2 tsp. chili powder  
1 ½ tsp. ground cumin  
1 medium zucchini, diced

¾ cup frozen corn, thawed  
1/4 cup green onions, sliced  
3/4 cup Monterey Jack cheese, shredded  
½ cup prepared salsa  
¼ cup chopped fresh cilantro

## Preparation:

1. Heat 1½ teaspoons oil in a large nonstick skillet over medium heat. Crumble tofu and add to pan. Add chili powder, cumin and cook, stirring, until the tofu begins to brown, 4 to 6 minutes. Transfer to a bowl.
2. Add the remaining 1½ teaspoons oil to the pan. Add zucchini, corn, green onions. Cook, stirring, until the vegetables are just tender, about 3 minutes. Return the tofu to the pan and cook, stirring, until heated through, about 2 minutes more. Remove from the heat; mix in salsa and cilantro. Stir in cheese until just melted.
3. Serve with a whole grain such as a whole grain tortilla, brown rice, or quinoa. As well as fruit and milk to meet meal component requirements. For older children, 6-12 years old, increase ingredients by half the amount listed. For example, 2 and 1/2 14-ounce packages of tofu instead of 2.

## CACFP Servings & Components



Serve the recipe as-is

⅓ cup



Serve the recipe as-is

⅔ cup



Serve the recipe as-is

¾ cup



LICENSED CHILD CARE CENTERS  
FAMILY, GROUP & UNREGULATED HOMES



LICENSED CHILD CARE CENTERS  
CERTIFIED & REGISTERED DAY CARE HOMES

FREE  
CREDITED  
TRAINING

QUARTERLY  
NEWSLETTER

ONLINE  
CLAIMING

PREPLANNED  
MENUS

FARM TO  
SCHOOL  
RESOURCES

MAXIMIZED  
CACFP  
REIMBURSEMENT



A CACFP &  
Child Nutrition  
Sponsoring Agency

Proud CACFP Sponsor since 1995  
Serving Tennessee & Kentucky

“OUR DAILY BREAD CACFP IS THE MOST  
FRIENDLY, HONEST, EASY TO WORK WITH  
FOOD PROGRAM I HAVE EVER EXPERIENCED  
AS A CHILD CARE PROVIDER.

JOIN THE CACFP:

[ODBCACFP.ORG/JOIN](http://ODBCACFP.ORG/JOIN)  
855-238-6328





Takesha Middleton  
Case Manager

## Sponsor's Claiming Tip

### Recording Whole Grain Meal Options

At least one serving of grains per day must be wholegrain-rich; Grain-based desserts no longer count towards grain component; and Ounce equivalents are used to determine the amount of creditable grains.

## FOR ONLINE CLAIMERS,

Have you even noticed the small box that says "Is this whole grain-rich?" right underneath the non- infants bread/alt option? This tiny box is very important and if it is not checked once per day it can cause the meal to be non-credible because a whole grain option was not served.

The screenshot shows the KidKare online menu system. On the left, there are dropdown menus for Meat/Alternate, Bread/Alternate, Vegetables, Fruit/Vegetable, and Milk. Below the Bread/Alternate dropdown, there is a checkbox labeled "Is this whole grain-rich?" with "Yes" and "No" options. The checkbox is circled in red. To the right of the dropdowns is the KidKare logo.

The screenshot shows the Minute Menu software interface. At the top, it says "Record Menu". Below that, there are fields for "Select Date:" (Thursday, May 16, 2019) and "Meal:" (Lunch). Under "Non - Infant Foods", there are dropdown menus for Bread / Alt, Meat / Alt, Veg, Veg / Fruit, and Milk. Below the Bread / Alt dropdown, there is a checkbox labeled "Is this whole grain-rich?" which is circled in red. To the right of the dropdowns is the Minute Menu logo.

Whole grain-rich components can be served at any meal time to meet the requirement. There are so many clever ways to make a simple snack become a whole grain-rich meal for the children. ODB offers free menu and recipe options for providers to use as a guide or ideas for providers to create flavorful whole grain rich components and credible meals.

## ARE YOU A PAPER CLAIMER?

Similar to providers using Minute Menu Software to submit monthly claims, all providers submitting claims on paperwork must also indicate when whole grains are served. Replacing whole grain components on the menu with one that is not whole grain rich will cause the meal to be non-credible.

# Curried Lentils & Rice

### Ingredients

3 cups water  
2 cups lentils, rinsed and drained  
1 tablespoon oil  
½ cup chopped onion  
½ cup diced carrot  
½ cup frozen sweet peas  
½ cup diced tomato

¾ cup chopped red bell pepper  
1 tablespoon curry powder  
2 tablespoons lime juice  
1 bunch fresh cilantro, chopped  
2 cups cooked brown rice  
¾ teaspoon salt

### Preparation:

1. If needed, prepare rice by adding 1 cup dry brown rice to 1 ½ cups of water. Bring to a boil, reduce heat and let cook for 30-40 minutes until rice is tender.
2. In a large saucepan, sauté onion, carrots, and bell pepper over medium heat for 3 minutes. Add water, lentils, tomatoes, peas, and curry powder. Bring to boiling, reduce heat to low and cover. Cook for 25 minutes.
3. Add lime juice, 1/2 teaspoon salt, and cilantro to rice.
4. Serve by placing a 1/4 cup cooked rice on plate or bowl, pour 2/3 cup of lentil mix over rice. For older children, 6 – 12 years old, serve with a 1/2 cup cooked rice with 1 cup of lentil mix.

### CACFP Servings & Components



Serve the recipe as-is

1 cup



¼ c.



1 oz.



½ oz.



Serve the recipe as-is

1 cup



⅔ c.



1½ oz.



½ oz.



Serve the recipe as-is

1 ⅓ cup



¾ c.



2 oz.



1 oz.



## 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**  
Program Specialists



**Joshua Smith**  
Systems Manager



**Blake Hester**  
Digital Marketing Manager



**Foreeta Yarbrough**  
Field Representative



**April Curry**  
Program Manager



**Rachel Gaillard**  
Field Representative



**Zach Oran**  
Case Manager



**Nicole Siva**  
Field Representative



**Alisa Davis**  
Case Manager



**Nikki Smith**  
Case Manager



**Takesha Middleton**  
Case Manager



**Kelly Childers**  
Field Representative



**Jackie Fox**  
Case Manager



**Jackie French**  
Field Representative



**Jessica Wainfor**  
Field Representative



**Emily Tardiff**  
Case Manager



**Emilee Scott**  
Case Manager



**Jane Roycroft**  
Office Coordinator

*Proudly Serving*

