CONFEREECE 2017!

LITTLE MOVERS
GOIN' DOWN IN TOWN FROM THE FIELD
OUR DAILY NEWS PROVIDER'S TIP GUIDELINES TO GREATNESS
WEEKLY CACFP MENU PLANNING
2017 CONFERENCE REGISTRATION
**MILK JUG PLANTERS**

With a few cuts you can alter the jug into a wonderful recycled planter! Not only is it easy to make but it also is perfect for carrying and moving, because it has a handle! From now on I'll be using milk jugs as planters!

**Ingredients Needed:**
- 1 gallon milk jug
- dish towel
- black marker
- scissors
- craft knife (optional)
- water

**Description of Activity**

Clean and empty milk jug. Once the jug is clean, draw an outline with a marker near the top of the jug. Remembering to leave the handle outline the outline. Using scissors cut-out the outline, exposing the inside of the jug. For drainage, cut a sliver through the bottom of the jug. Please remember the jug has a cut at the bottom for drainage when selecting a permanent place for your milk jug planter. Decorate the jug with markers, paint, or stickers (not the cheap stickers). This is much easier to do before adding your plants. Add moisten planting soil and whatever plant you want to grow. We recommend mint. It is very easy to grow and fragrant. TIP: Don't use cheap potting soil. It does not always yield good results.

**TIME FOR LEARNING CLOCK**

This activity is great for pre-schoolers. It teaches numbers and telling-time. This project is also a great learning tool to send home for parents. Let the learning continue from the classroom to home with these do-it-yourself clocks.

**Material Needed:**
- colorful paper plates
- paper fasteners
- foam craft letters
- construction paper

**Description of Activity**

Give each child a paper plate. Assist your students in arranging the numbers around the plate to resemble a clock. Allow the children to stick the numbers in place on the plate. Cut two arrows with one longer than the other. Use a hole puncher to make a hole in the center of the plate and in the ends of the arrows. Attach the arrows to the plate with the paper fasteners. Please note: If you do not have foam letters, you can use markers to make the numbers or use stickers and draw the numbers over the stickers to decorate the plate clocks.

**4TH OF JULY” FRUIT CUP**

**Ingredients Needed:**
- banana
- blueberries
- strawberries
- yogurt

Wash and cut strawberries, wash blueberries. Slice banana. In a clear cup, place sliced strawberries, place sliced bananas, place blueberries, and top with yogurt.

Please Note: Make sure each fruit cup has at least ½ cup fruit before topping with yogurt.

This recipe can also be used with coffee stirrers to make fruit kabobs or smoothies.
According to the USDA, infants enrolled for care at a participating CACFP center or daycare home must be offered a meal that complies with the CACFP infant meal pattern requirements. Parents can provide 1 component of each served meal and can include formula or breast milk. Developmentally ready signs include the infant is sitting in a feeding seat with good head control, opening the mouth when food comes his or her way, and can move food from a spoon into his or her throat.

Meals containing parent provided iron fortified formula or breast milk which are served by the provider are reimbursable. Fruits and vegetables (cooked, mashed, or pureed to obtain appropriate texture and consistency) must be served at all meals when the infant is developmentally ready.

Centers and homes can claim reimbursement of a meal if a mother breast feeds her infant at the center or home. Juice cannot be served to infants of any age.

Updated infant meal patterns include 2 age groups: birth to 5 months and 6 months to 11 months. Each infant must have their own menu posted.

Solid food should be introduced around 6 months or when the infant is developmentally ready.
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Our Mission:
Our mission is to educate, empower and inspire children, caregivers and communities to make healthy food choices by providing nutrition education and resources.

Our Daily Bread of Tn. Inc., does not permit discrimination because of race, age, national origin, sex, religion, or disability.

CONFERENCES

The 2017 Child Care & Development Conference will be held at the Hilton Knoxville on August 28th 2017. The June "Flash Sale" starts today! Don’t miss this opportunity to receive conference tickets for only $50! (No other discounts may be applied with this offer.) The June "Flash Sale" ends at midnight on June 30, 2017. Hurry now and reserve your spot, we have a limited number of seats and they will go quickly!

NATIONAL CACFP ASSOCIATION:
PROVIDER SPOTLIGHT

Congratulations to Annor Academy & Janet Wade of Knoxville, TN. Both sites have been spotlighted by the National CACFP Sponsor’s Association for their dedication providing quality care & meals.

HOME: JANET WADE

"This just comes naturally to me. I love it and enjoy working hard, encouraging the children to be creative and to continually create new ideas and opportunities so that learning is fun."

- Janet Wade

At Janet’s child care, the children prepare for Kindergarten through themed teaching. She tries to incorporate many lessons around one central theme, including nutrition. For example, on St. Patrick’s Day the children participate in a green taste test. Any kind of green fruit or vegetable that you can imagine is on the menu. Many times, the testers might say they don’t like something, but all have to participate in “1-2-3–BITE!” with everyone taking at least a small bite.

CENTER: ANNOR ACADEMY

"We want what is best for our students. They need to eat well and be healthy. We have to not only teach the children, but also teach the parents how to make good choices for a healthy lifestyle."

- Annor Academy

The school is trying to limit processed foods. Through generous donations and the Healthy Living Grant, they are making necessary kitchen changes to prepare healthy meals. A full-size salad bar was purchased and has allowed the school to showcase a variety of fresh fruits and vegetables giving children the independence to choose for themselves.

Guidelines to Greatness!
Sherry Warren, Field Representative

Requirement: CACFP guidelines state that all reviews of day care homes and sponsored centers in the Child and Adult Care Food Program (CACFP) include the reconciliation of meal counts with enrollment and attendance records for five consecutive operating days.

Helpful Hint: Use technology to succeed: Set a repeat alarm in your cell phone to remind you to update your attendance and meal count.

Reference: CACFP Policy 7 CFR 226.6(m)(4) and 226.16(d)(4). Conducting a Five-Day Reconciliation in Centers Participating in the Child and Adult Care Food Program.
CONFERENCE REGISTRATION FORM

Maximizing Your CACFP Claim  Up-to (5) Credit Hours Available  Boost Your Child Care Business
Utilize Childcare Resources  Dozens of Great Door Prizes  New Meal Pattern Changes

Date: Saturday August 26th, 2017
Time: 8:30 AM - 4:00 PM (Registration @ 7:30 AM)
Location: Hilton Knoxville, 501 W Church Ave
Cost: ALL CONFERENCE TICKETS: $50 SALE ENDS: JUNE 30, 2017

AFTER June 30, 2017
$60 ODBTN Sponsored Facility
$70 (Non) ODBTN Sponsored Facility

AFTER July 15, 2017
$80 ODBTN Sponsored Facility
$90 (Non) ODBTN Sponsored Facility

REGISTRATION INFORMATION
*Registration includes conference tote bag & lunch.

Business Name: ____________________________
Address: ________________________________
City, State, Zip: __________________________
Contact Number: (____) ____________
Email Address: ____________________________

About Your Business: (Circle one or all that apply.)

Child Care  Education  At-Risk/Youth Programs  Other

Are you currently an ODBTN sponsored childcare facility?

☐ YES  ☐ NO

ATTENDEES (Please print full names)

Attendee #1: ______________________________
Attendee #2: ______________________________
Attendee #3: ______________________________
Attendee #4: ______________________________
Attendee #5: ______________________________
Attendee #6: ______________________________

*Registration is not complete until payment & registration form have been received. Payments received after 7/15 are NOT eligible for discounted rates.

Amount Enclosed: $________
(check or money order only)

*All fees are final, no refunds will be issued.

Mail registration form along with fees to:

Our Daily Bread of TN
P.O. Box 12120
Knoxville, TN 37912
## SUMMER MENU PLANNING
Weekly Menu & Recipes for CACFP meal planning.

### MEATLESS MONDAY
**JOIN THE MILLIONS**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
</tr>
<tr>
<td>FRUIT &amp; YOGURT</td>
<td>GRILLED CHEESE</td>
<td>MINNIE BOW BITES</td>
<td>BREAKFAST HASH</td>
<td>FISH TACOS</td>
</tr>
<tr>
<td>Fluid Milk</td>
<td>Fluid Milk</td>
<td>Water</td>
<td>Fluid Milk</td>
<td>Fluid Milk</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Cheese</td>
<td>Strawberries</td>
<td>Ground Turkey</td>
<td>Ground Beef/Cheese</td>
</tr>
<tr>
<td>Low-Fat Yogurt</td>
<td>Tomato Soup</td>
<td>Slices</td>
<td>Potato</td>
<td>Broccoli</td>
</tr>
<tr>
<td><strong>PANCAKES</strong></td>
<td><strong>CHEESEBURGER MAC</strong></td>
<td><strong>FRUIT &amp; GRANOLA</strong></td>
<td><strong>GOLD CEREAL</strong></td>
<td><strong>TUNA SALAD</strong></td>
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<tr>
<td>Fluid Milk</td>
<td>Fluid Milk</td>
<td>Water</td>
<td>Fluid Milk</td>
<td>Fluid Milk</td>
</tr>
<tr>
<td>Peaches</td>
<td>Ground Beef/Cheese</td>
<td>Strawberries</td>
<td>Peaches</td>
<td>Baked Talapia</td>
</tr>
<tr>
<td>Kix® Cereal</td>
<td>Broccoli</td>
<td>Fresh Veggies</td>
<td>Macaroni Noodles</td>
<td>Cabbage Slaw</td>
</tr>
<tr>
<td>Wheat Pancakes</td>
<td>Peaches</td>
<td>Peanut Butter</td>
<td>Wheat Crackers</td>
<td>Green Apples</td>
</tr>
<tr>
<td><strong>HOT DOGS</strong></td>
<td><strong>BREAKFAST HASH</strong></td>
<td><strong>CHIPS &amp; SALSA</strong></td>
<td><strong>BANANA SPLIT</strong></td>
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<tr>
<td>Fluid Milk</td>
<td>Fluid Milk</td>
<td>Water</td>
<td>Water</td>
<td></td>
</tr>
<tr>
<td>Beef Hot Dogs</td>
<td>Peaches</td>
<td>Tomato/Onion</td>
<td>Low-Fat Yogurt</td>
<td></td>
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<tr>
<td>Watermelon</td>
<td>Bread</td>
<td>Tortilla Chips</td>
<td>Bananas</td>
<td></td>
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<tr>
<td>Wheat Bun</td>
<td><strong>SERVES:</strong> 8 (1-2 YR OLDS) OR 16 (3-12 YR OLDS)</td>
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### BREAKFAST HASH
- 1/2 lb. ground turkey
- 3 c. peeled, cubed potatoes
- 1/2 c. chopped onion
- 6 eggs, beaten


### Garden Cups
- cucumbers, sliced
- celery sticks
- carrot sticks

Spoon peanut butter into the bottom of clear plastic cups. Chop celery and carrots into 4 inch long sticks. Stand up in peanut butter. Slice cucumber into 1/2 inch thick circles. Use a cookie cutter to shape each slice. Make a cut from the edge to the center of each cucumber slice. Hang on the side of each cup. Serve as a creditable snack.

### Minnie Bow Bites
- strawberries
- purple grapes (or)
- blueberries
- plastic toothpicks
- sliced cheese

Cut tops off of strawberries. Slice one onto toothpick with the cut side facing out. Slide a grape or blueberry onto toothpick. Slide a second strawberry onto toothpick with cut side facing out.

### SERVING SUGGESTIONS

<table>
<thead>
<tr>
<th>FOOD</th>
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<tbody>
<tr>
<td><strong>Whole-Grain</strong></td>
</tr>
<tr>
<td><strong>Breakfast Grain Substitute (Protein)</strong></td>
</tr>
<tr>
<td><strong>Vegetarian</strong></td>
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<tr>
<td><strong>Found in ‘Early Learning Link’</strong></td>
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<tr>
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<tr>
<td>9</td>
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<tr>
<td>0</td>
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Kasie Broherd
Field Representative

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*S Substituting a protein for the grain component at breakfast is a creditable option up to three times per week.*

* Serve with sliced cheese to make a creditable snack.*