The Link

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

our daily bread CACFP

A CACFP & Child Nutrition Sponsoring Agency

Proud CACFP Sponsor since 1995
Serving Tennessee & Kentucky

Volume 45 Newsletter : March 2020

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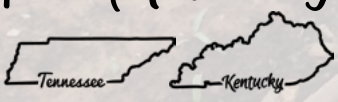
Proudly Serving



KNOXVILLE
900 E Hill Avenue #205
Knoxville, TN 37915
Local | 865.938.6328
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MEMPHIS
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298 Clear Sky Court ,Ste E
Clarksville, TN 37043
Local | 855.238.6328
Fax | 931.920.3902

CONNECT WITH US ONLINE!

www.odbcacfp.org
contact@odbcacfp.org

MARCH

National Craft Month

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Read Across America	3 Soup It Forward Day	4 Grammar Day; Feb. Claim DUE 3/4	5 Feb. Claim DUE 3/5	6 Late Claim PAYMENT	7
8 Daylight Savings Time	9	10	11	12 Plant A Flower Day	13	14 Kid's Craft Day
15	16	17	18	19 Spring Begins; Late Claims DUE 3/19	20 Feb. Claim PAYMENT	21
22	23	24	25	26	27	28
29	30	31				

There's natural positive reinforcement from learning a new skill. With each new step learned, the satisfaction from gaining the skill is rewarding. Most crafts require fine motor skills. Crafts teach young children these skills as well keep ours sharp as we age.

31 Kid Crafts to Celebrate Craft Month

CACFP DATES:

- **MARCH 4** – FEB. CLAIMS DUE (KY)
- **MARCH 5** – FEB. CLAIMS DUE (TN)
- **MARCH 6** – LATE JAN. PAYMENTS
- **MARCH 19** – FEB. LATE CLAIMS DUE (TN)
- **MARCH 20** – FEB. CLAIM PAYMENT

FUN DATES:

- **MARCH 2** – READ ACROSS AMERICA DAY
- **MARCH 3** – SOUP IT FORWARD DAY
- **MARCH 4** – GRAMMAR DAY
- **MARCH 8** – DAYLIGHT SAVING TIME
- **MARCH 12** – PLANT A FLOWER DAY
- **MARCH 14** – CHILDREN'S CRAFT DAY
- **MARCH 19** – SPRING BEGINS

APRIL

Keep America Beautiful Month

SUN	MON	TUE	WED	THU	FRI	SAT
			Take A Walk Day 1	2	3 Late Claim PAYMENT; Mar. Claim DUE 4/3	Vitamin C Day 4
5	6	7	8 Mar. Claim DUE 4/8	9	10	11
Easter	13 Make Lunch Count	14	15	16	17 Late Claims DUE 4/17	18
19	20	21 Mar. Claim PAYMENT; Kindergarten Day	Earth Day 22	23	24	25
26	27	28	29	30		

KEEP AMERICA BEAUTIFUL

The Keep America Beautiful Foundation is a US-based non-profit organization with three basic missions: reducing waste, preventing litter and beautifying communities. It's about uniting communities in common goals. Together, we can live in more beautiful and clean neighborhoods.

Volunteer & Keep Your Community Beautiful

CACFP DATES:

- **APR. 3** – MARCH CLAIMS DUE (TN)
- **APR. 3** – LATE FEB. PAYMENTS
- **APR. 8** – MARCH CLAIMS DUE (KY)
- **APR. 17** – MARCH LATE CLAIMS DUE (TN)
- **APR. 21** – MARCH CLAIM PAYMENT

FUN DATES:

- **APR. 1** – NATIONAL WALKING DAY
- **APR. 3** – NATIONAL FIND A RAINBOW DAY
- **APR. 4** – NATIONAL VITAMIN C DAY
- **APR. 12** – EASTER
- **APR. 13** – MAKE LUNCH COUNT DAY
- **APR. 21** – NATIONAL KINDERGARTEN DAY
- **APR. 22** – NATIONAL EARTH DAY

MAY

National Foster Care Month

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 Fitness Day
3	4	5 Apr. Claim DUE 5/5; Late Claim PAYMENT	6 Apr. Claim DUE 5/6	7	8	9
I ♥ my mom :) 10 Mother's Day	11	12	13	14	15	16
17	18	19 Late Claims DUE 5/19	20 Pick Strawberries Day	21 Apr. Claim PAYMENT	22	23
24	25 CLOSED	26	27	28	29	30 Creativity Day
Smile Day 31						

May is set aside as National Foster Care Month honoring the foster parents, families and those who support children throughout their journey to find a permanent home. A child's welfare takes priority every day in the lives of caseworkers, guardians, counselors, advocates, and foster parents. Building meaningful relationships and foundations take time. Every year, National Foster Care Month recognizes the dedicated people who promote compassionate, stable homes for children.

Real-Life Foster Care Stories
1st person perspectives from children, families, & professionals

CACFP DATES:

- **MAY 5** – LATE MARCH PAYMENTS
- **MAY 5** – APR. CLAIMS DUE (TN)
- **MAY 6** – APR. CLAIMS DUE (KY)
- **MAY 19** – APR. LATE CLAIMS DUE (TN)
- **MAY 21** – APR. CLAIM PAYMENT
- **MAY 25** – (CLOSED) MEMORIAL DAY

FUN DATES:

- **MAY 2** – NATIONAL FITNESS DAY
- **MAY 5** – TEACHER APPRECIATION DAY
- **MAY 10** – MOTHER'S DAY
- **MAY 20** – PICK STRAWBERRIES DAY
- **MAY 24** – NATIONAL SCAVENGER HUNT DAY
- **MAY 30** – NATIONAL CREATIVITY DAY
- **MAY 31** – NATIONAL SMILE DAY

CHILD & FAMILY EVENTS

TENNESSEE AND KENTUCKY CHILD & FAMILY FRIENDLY EVENTS

Healthy Kids Running Series

Sun - March 15, 2020
$35 Registration Fee
1075 Charlie Daniels Parkway
Mt. Juliet, TN
Ages 2-14 (Pre-K thru 8th Grade)
5 week program

2020 Spring Eggstravaganzoo at the Nashville Zoo!

March 11, 2020 @9:00am-4:00pm
Zoo Admission
3777 Nolensville Pike
Nashville, TN, 37211

Kids Rock Health & Fitness

April 30, 2020
9:00am-6:00pm
Free Admission
Music City Center
Nashville, TN
Visit food vendors and sample new products

BACK TO BASICS

• 2020 CACFP TRAINING •

our daily bread CACFP

2020 TRAINING SCHEDULE

**All attendees will receive at-least (2) credited training hours for attending.*

Clarksville, TN **March 28**	*William O Beach Civic Hall* *9:00a - 12:00p*	**Knoxville, TN** **April 4**	*Public Works Building* *9:00a - 12:00p*
Chattanooga, TN **April 25**	*Downtown Library* *9:30a-11:30a*	**Nashville, TN** **April 25**	*Green Hills Library* *10:30a-12:30a*
Memphis, TN **May 2**	*Agricenter International* *9am-12pm*	**Knoxville, TN** **May 30**	*Public Works Building* *9:00a - 12:00p*

Nashville, TN *Gaylord Opryland Hotel & Resort*
August 28-29 *8am - 5pm*

SAVE THE DATES 2020 CHILD CARE & DEVELOPMENT CONFERENCE
AUGUST 28-29, 2020 GAYLORD OPRYLAND

This training session is open to all unregulated and licensed childcare providers in the state of Tennessee. These sessions are broken into two segments. The ODB CACFP staff will lead the first segment. You will be provided with all of the required CACFP training needed for the year.

ODB CACFP sponsored providers are required to attend at-least (1) training session annually. You may bring up-to (5) members of your child care staff , including yourself.

REGISTER ONLINE:
training.odbcacfp.org
OR CALL:
(865) 938-6328

ALL SESSIONS, 100% FREE!
EXCLUDES ANNUAL CONFERENCE

TRAINING TOPICS:

- *Crediting Breast Milk & Formula*
- *Milk Requirements*
- *Meat & Meat Alternates*
- *Fruit & Vegetable Components*
- *Serving Whole-Grain Rich*
- *Planning CACFP Menus & Recipes*
- *Snack Ideas*

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

GETTING STARTED: FREE ONLINE TRAINING

CERTIFIED
State recognized certificate generated instantly upon completion

CONVENIENT
Attend training based around your schedule!

100% FREE
Absolutely zero cost to you or your child care!

etrain.odbcacfp.org

LITTLE MOVERS
PHYSICAL ACTIVITIES, CRAFTS & RECIPES

KELLY CHILDERS, FIELD REPRESENTATIVE

Weather Yoga

PHYSICAL ACTIVITY

Let your children welcome Spring with fun stretches & poses.

Materials:

- Carpet area in case of falls.
- **(Optional)** Pictures of weather related events: Tornado, wind, snow, rain, sun, rainbow, warm weather, cold weather. You can also include pictures of animals (birds, snakes, turtles, ect.)

Description:

Allow the children to spread out. Encourage the children to stretch their arms out to be sure each child has plenty of space.

Explain that you will be creating yoga poses to represent each weather related event. Feel free to give a few ideas (tornado- spinning in place/ icy cold- freezing in place/ windy- moving your hands from side to side) but allow the children to be creative.

When you hold up each picture, ask the children what pose best represents this weather. Encourage their creativity.

Be sure to talk about each weather event.

ADDITIONAL ACTIVITIES:
Instead of standing in one place, get even more energy out by creating a parade of weather poses. Maybe create a freeze dance. When the music stops, shout out the weather and have the children perform their pose. This activity is flexible & is great for the youngest all the way up to the older kids!

Butterfly Lifecycle Snack

Materials:

- Peanut Butter (or other yummy nut spread)
- Celery
- Apple Slices
- Pretzel Sticks
- Raisins

Description:

Give children several slices of apples, raisins, pretzel sticks and 2 celery sticks

Allow your raisins to represent the egg. Talk about how the butterfly starts inside the egg.

Next, explain that the caterpillar comes from the egg. The celery stick will represent the caterpillar.

After the caterpillar gets big enough, it wraps itself inside the cocoon. We will pretend the peanut butter is the cocoon. Some smaller children will need help spreading the peanut butter over the celery stick.

When the butterfly is ready, it will emerge fully developed from the cocoon. Your children can then add the wings (apple slices), antenna (pretzel sticks) and eyes (raisins) to the celery stick.

This activity can get messy but will be loads of fun!

Flower Collage

ART ACTIVITY

ACTIVITY INSTRUCTIONS ON NEXT PAGE

National CACFP Week

March 15-21

CACFP Week is a national education and information campaign sponsored annually the third week of March by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger. The CACFP brings healthy foods to tables across the country for children in child care centers, homes, and afterschool programs as well as adults in day care.

C Community

The CACFP community works to ensure that all children have access to healthy foods. Share CACFP Week on social media & out in your community.

Social Media Image | Outreach Flyer

A Awareness

Together we can raise awareness of how the CACFP works to combat hunger. Learn what you can do to promote the CACFP and advocate with a press release, a letter to congress, and a request for proclamation.

Advocacy | Promotion

C Children

Children receive healthy and nutritious meals through the CACFP. Educate children and parents about the CACFP with these fun activities and communication tools.

Activity Sheets

F Food Program

The CACFP helps children learn healthy eating habits. Find out why breakfast is the most important meal of the day and learn some tips for getting kids to try new foods.

P Participate

Hundreds of thousands of people participate in the CACFP administering the program or caring for children and adults. Show your appreciation to all of those who work with CACFP every day.

Flower Collage

Children will create beautiful flower creations from scraps of color paper.

You Will Need:

- Color paper cut in several shapes (rectangles, circles, squares, triangles)
- Glue
- Paper (background)

Description: Before you begin, allow the children to color the full sheet of paper (background). Tell them that their flower will be in front of this paper. Show the children how to apply the glue to the pieces of paper (If available, have a finished picture to show the children.) As the children construct their flowers onto the paper, be sure to talk about the part of the flower (stem, roots, petals). Allow the children to be as creative as they would like. When finished applying the colored pieces of paper, the children may want to add more color.

Older Children: After the children have created their flower, ask them to identify the parts of the flower. Have the children label their flower or label it with their responses.

Younger Children: Let the activity be a conversation starter. Ask questions: what color? What shape? Can you find the (color) piece?

You could also ask open ended questions:
Where would you plant a flower like this? Tell me about your flower. Write their responses down. Encourage their imaginations to stretch.

Beautiful Schlopp

The name of this dish is inspired from the Dr Seuss book: "All the Thinks You Can Think."

Ingredients

Yogurt, whipped	4 cups
Pineapple, crushed	2 ½ cups
Bananas, mashed	3 cups
Cherries	16

Mix yogurt and fruit together. Place in small cup or bowl and serve with two cherries on top.

CACFP Servings & Components

SERVING 1 - 2 YEARS	SERVING 3 - 5 YEARS	SERVING 6 - 12 YEARS
¾ cup	¾ cup	1 cup
¾ oz.	¾ oz.	1 oz.
½ cup	½ cup	¾ cup

FROM THE FIELD

SHANNON DONAHUE, FIELD REPRESENTATIVE

Child Nutrition Labels

The USDA is now requiring all main dish items which contribute to the meat/meat alternate component of the meal patterns to have a Child Nutrition (CN) label. These items are usually considered convenience items and are often breaded, battered, provide a combination of food, or contain a mixture of ingredients.

A CN label clearly identifies the meal pattern contribution & can be used to determine the quantity to be served for each age group. In order to avoid disallowances, all providers must keep a copy of the CN label for each product onsite and available to view. If an item does not have a Child Nutrition label it cannot be served as part of a creditable meal.

CN

091341

CN Each 2.45 oz. Fully Cooked Chicken Strip provides 2.00 oz. equivalent meat for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 9/14.) CN

CN

ITEMS REQUIRING A CN LABEL INCLUDE:

Pizzas

Chicken Nuggets

Corn Dogs

Fish Sticks

Other Items Requiring A CN Label: Casseroles, stews, soups, burritos, quesadillas, canned meals (ravioli, chili, spaghetti), frozen meals (lasagna, ravioli, combination entrees).

There are several options for locating a product's CN label:

1. Some companies place the label on the item's packaging.

2. The USDA Child Nutrition Label list which can be searched once it has been downloaded:

CN Label Verification Report

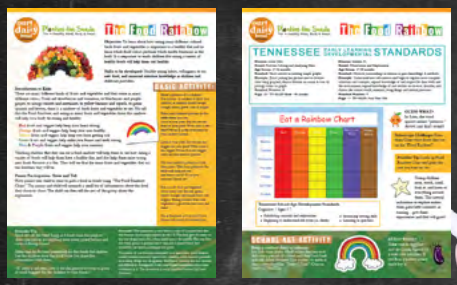
3. Contact the food item' company via the phone number on the packaging. Food companies will often email the label for an item if it is available.

4. Contact Our Daily Bread CACFP.

EARLY LEARNING LINK

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

The Food Rainbow



DOWNLOAD ENTIRE CURRICULUM

OBJECTIVE:

Learn about how eating different colored fresh fruits & vegetables is important to a healthy diet & to learn which food colors perform which health functions in the body. Teach children that eating a variety of foods will help them stay healthy.

PROVIDER RESOURCE

Online Physical Education Network

O.P.E.N is an organization whose goal is to improve the effectiveness of physical education for every child. O.P.E.N provides early childhood teachers with free movement based activities which work towards developmental outcomes. The curriculum is designed to give teachers knowledge and skill in several physical movement categories. Their curriculum includes movement

OPEN Online Physical Education Network
OPENPhysEd.org
Every Child. Every Teacher. EVERYWHERE.

OPENPHYSED.ORG/MOVEMENT/EC

Jackie French
Manager of Nutrition and Resources

WINTER MENU PLANNING

Weekly Credible Menu Sample & Recipes for CACFP meal planning.

MEATLESS MONDAY · JOIN THE MILLIONS ·

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	**MINI FRUIT PIZZAS** Fluid Milk Raspberries/ Mandarin Oranges Yogurt/Peanut Butter English Muffin	**VEGGIE BREAKFAST TACOS** Fluid Milk Apples/Squash Bell Pepper S Tortilla/Eggs	**FRENCH TOAST** Fluid Milk Apricots Wheat Bread	**FRUIT & YOGURT** Fluid Milk Strawberry Slices S Low – Fat Yogurt	**ALL BRAN CEREAL** Fluid Milk Bananas All –Bran Cereal
LUNCH	**TACO BEAN SALAD** Fluid Milk Black Beans Lettuce/Tomato Kiwi Tortilla Chips	**SALMON PATTIES** Fluid Milk Salmon Roasted Broccoli Pineapple Roll	**BB BURGERS** Fluid Milk Black Beans Avocado/Lettuce/Tomato Strawberries Hamburger Buns	**BAKED CHICKEN** Fluid Milk Chicken Turnip Greens Bananas Wheat Bread	**BROCCOLI & CHEESE SOUP** Fluid Milk Cheese/ Yogurt Broccoli/ Carrots Apples Crackers
SNACK	**PRETZEL DIP** Water Hummus Mini Pretzels	**CHIPS & SALSA** Water Tomato/Onion Tortilla Chips	**MUFFINS & FRUIT** Water Pineapple Banana Muffins	**APPLES & CHEESE** Water Apple Slices Cheddar Cheese Cubes	**BEAUTIFUL SCHLOPP** Water Bananas/ Pineapple/Cherry Yogurt

MINI FRUIT PIZZAS

full recipe on page 8

BEATIFUL SCHLOPP

full recipe on page 4

BB BURGERS

full recipe on page 8

SAVE THE DATES

2020

AUGUST 28-29, 2020
GAYLORD OPRYLAND

CHILD CARE & DEVELOPMENT CONFERENCE

REGISTER

our daily bread CACFP

Conference & Hospitality Night:

August 28, 2020

CONFERENCE
8:00am - 5:00pm

HOSPITALITY NIGHT
5:00pm - 9:00pm

August 29, 2020

CONFERENCE
8:00am - 3:45pm

*Plated meals provided both days

GAYLORD OPRYLAND®
RESORT & CONVENTION CENTER
Nashville

EARLY BIRD:
Ends Feb. 29, 2020
$100 ODBCACFP
Sponsored Facility
$125 Non ODBCACFP
Sponsored Facility

STANDARD:
Begins March 1, 2020
$130 ODBCACFP
Sponsored Facility
$155 Non ODBCACFP
Sponsored Facility

Discounted Hotel Rates

Take advantage of our discounted hotel rates!
Use the button to the right to reserve your stay at Gaylord Opryland Resort & Convention Center.

RESERVE HOTEL

SPA TREATMENT

SOUNDWAVES

WORLD-CLASS DINING

Takesha Middleton
Case Manager

Sponsor's Claiming Tip

Completing Income Eligibility Forms

Completing Income Eligibility Forms entirely can be a difficult task for parents who do not understand the importance.

UNEMPLOYED PARENT INCOME

Commonly, parents who do not work will leave the income section on the Income Eligibility Form completely blank. It's important that parents understand they should list $0 across from any adults in the household who do not work and select a frequency. Failure to do so will result in the child being activated as paid instead of free, which results in a lower reimbursement rate for that child's meals. It is our goal that providers receive a maximized reimbursement each month. Please contact your Case Manager with any questions or concerns.

BB Burgers

Ingredients

Black beans, drained and rinsed	2 cans
Old-Fashioned Oats	¾ cup
Salt	¾ tsp
Black Pepper	¼ tsp
Large Avocados, diced	2
Cilanrto, coarsely chopped	¼ cup
Oil	2 Tbsp

Preparation:

1. Heat oven to 350o. Spread beans on rimmed baking sheet and place in middle rack in oven. Bake for 10 minutes until beans are dry. Let cool for 5 minutes.
2. Place beans, oats, salt & pepper in a food processor. Process for about 30 seconds, or until mixture starts to come together in a ball.
3. Mash avocado in a bowl with a fork until smooth. Add bean mixture and fold together until well blended. Stir in cilantro.
4. Shape into 6 patties and let rest for 5 minutes.
5. Heat oil in large skillet over medium-high heat. Add patties and cook for 3 minutes, until a dark crust forms. Flip and cook for 3 more minutes.
6. Serve on whole grain buns with tomato, avocado, and lettuce.

CACFP Servings & Components

SERVING 1 - 2 YEARS	SERVING 3 - 5 YEARS	SERVING 6 - 12 YEARS
⅔ of patty	1 patty	1 patty
1¼ oz.	1¾ oz.	1¾ oz.
⅛ cup	¼ cup	¼ cup
	¼ oz.	¼ oz.

(to meet meal component requirements)

serve with ½ cup of whole milk, ⅛ cup of fruit & ½ oz. grain equiv.	serve with ¾ cup of 1% milk, ¼ cup of fruit & ¼ oz. grain equiv.	serve with 1 cup of 1% milk, ¼ cup of fruit, ¼ oz. grain equiv., & ¾ of meat or alternate

Mini Fruit Pizzas

Ingredients

Whole Grain English Muffins, split	4
Yogurt	½ cup
Smooth Peanut Butter	½ cup
Raspberries, sliced	1 ⅓ cup
Mandarin Orange Slices	1 cup

Preparation:

Toast muffin halves. Mix yogurt and peanut butter together. Spread 2 Tablespoons on each muffin half. Top each muffin half with 3 Tablespoons raspberries and 2 Tablespoons mandarin orange slices.

CACFP Servings & Components

SERVING 1 - 2 YEARS	SERVING 3 - 5 YEARS	SERVING 6 - 12 YEARS
⅔ muffin	1 muffin	2 cups
½ oz.	1 oz.	1½ oz.
¼ cup	⅜ cup	½ cup
½ oz.	1 oz.	1½ oz.

(to meet meal component requirements)

Serve with ½ cup whole milk	Serve with ¾ cup 1%/skim milk & ¼ cup of fruit or vegetable.	Serve with 1 cup 1%/skim milk

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

April Curry
Program Manager

Rachel Gaillard
Field Representative

Zach Oran
Case Manager

Nicole Siva
Field Representative

Jackie French
Nutrition & Resource Manager

Alisa Davis
Case Manager

Nikki Smith
Case Manager

Takesha Middleton
Case Manager

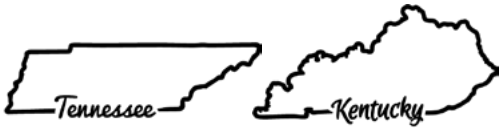
Kelly Childers
Field Representative

Jessica Wainfor
Field Representative

Emily Tardiff
Case Manager

Emilee Scott
Case Manager

Kimberley Pearson
Field Representative

Tracy Shields
Case Manager

Proudly Serving