



The Link

ISSUE #49

MARCH 2021

PLANTING THE SEEDS FOR A HEALTHY MIND, BODY & HEART



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SPRING INTO ACTION

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These Providers are going above & beyond for the children in their care

Little Movers:

Get your kids moving with Bug Hunts, Butterfly Crafts, and a Spaghetti Worm Dig!

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Master food waivers and learn what to do in the event of a closure

Taking Root Together:

Our Daily Bread's hit gardening program is expanding to Kentucky

From the Field:

Our Field Representatives break down everything you need to know about Required Postings and Point-of-Service meal counts

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WHO WE ARE

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.

MEET OUR TEAM



Phillip Hester
PRESIDENT



Senta Hester
EXECUTIVE DIRECTOR



Sarah Cascaes
CENTERS MANAGER



Dean Hester
OPERATIONS MANAGER



Joshua Smith
SYSTEMS MANAGER



Blake Hester
DIGITAL MEDIA
MANAGER



Shannon Donahue
PROGRAM SPECIALIST
MANAGER



**Takesha
Middleton**
HOMES MANAGER



Emily Tardiff
KENTUCKY MANAGER



Zach Oran
CASE MANAGER



Alisa Davis
CASE MANAGER



Rachel Gaillard
FIELD
REPRESENTATIVE



Kelly Childers
FIELD
REPRESENTATIVE



Jackie French
MANAGER OF
NUTRITION &
RESOURCES



Nicole Siva
FIELD
REPRESENTATIVE



Jessica Wainfor
FIELD
REPRESENTATIVE



**Kimberley
Castelluzzo**
FIELD
REPRESENTATIVE



Tracy Shields
CASE MANAGER



Kayla Overbay
OFFICE COORDINATOR



Kenya Reeves
CASE MANAGER



Sharay Cole
CASE MANAGER



Lauren Collier
CASE MANAGER



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 served a 2 year term.

CHILD CARE NEWS

Our Daily Bread 2021 Webinar Series

Mastering the CACFP can be tough, but we are here to help! Our 2021 webinar series focuses on guiding child care providers through the food program's challenges while proving all of the tools needed for success! Although there are two remaining live workshops, our entire archive of webinars as well as registration for upcoming webinars can be found at training.odbcacfp.org.

Economic Aid

As part of the December 2020 Economic Aid Act, the Small Business Administration is offering a second round of forgivable loans. In order to qualify, you must have been in business by February 15, 2020 to be eligible. Money you received from the PPP is not taxable income and at least 60% of the

National CACFP week is March 14 – March 20!

As a child care provider, you play a pivotal role in the lives of so many children. Utilizing the Child and Adult Care Food Program (CACFP) is a great tool to ensure those children are receiving nutritious food and meals they may not otherwise be exposed to. We are so proud to work alongside such hard working providers to help build a better future for so children. Working together, we can take it a step

PPP money must be spent on payroll. Contact your local bank to apply. The deadline is March 31, 2021.

TECTA – Director's Pathway to Success

TECTA has created a new training pathway specifically designed for child care program leaders. **Director's Pathway to Success** provides experienced leaders with an opportunity to learn new insights on program administration

farther to help spread awareness of the benefits CACFP brings to child care to parents and the community.

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



PRESENTS

2021: ONLINE CHILD CARE TRAINING WORKSHOPS

A FREE WEBINAR SERIES

- FEBRUARY 20 | Fruits & Vegetables in the CACFP
- MARCH 20 | Milk Types & Receipt Management
- APRIL 24 | Healthy CACFP Meal & Snack Options

and share with other leaders through peer-to-peer study. The series will be held as four lectures presented by Dr. Shirley Raines beginning in January. You must attend all four sessions in order to receive credit. Each lecture will be followed up with a Peer Learning Session and Virtual Office Hours with Dr. Raines. Seats are limited. Acceptance will be limited to qualified applicants.

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.

The National CACFP Sponsors Association has great resources for CACFP week to help raise awareness and celebrate those operating the CACFP that are so dedicated to the lives of children.

Serving over **4.9 million children and adults** healthy meals and snacks daily.

www.CACFPWeek.org



SPRING MEAL PLANNING



**JACKIE
FRENCH**

**MANAGER OF NUTRITION
& RESOURCES**

 WHOLE-GRAIN

 WHOLE-GRAIN
BREAKFAST SUB.

 VEGETARIAN

WEEKLY CREDIBLE MENU SAMPLES & RECIPES FOR CACFP MEAL PLANNING

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	 Oatmeal Skim/ 1%/ Whole Milk Diced Apples WG Oatmeal	 Breakfast Tacos Skim/ 1%/ Whole Milk Spinach/Tomatoes Scrambled Eggs/WG Tortilla	 Pancakes Skim/ 1%/ Whole Milk Kiwi WG Pancakes	Kix Cereal Skim/ 1%/ Whole Milk Bananas Kix Cereal	Ham & Egg Muffins Skim/ 1%/ Whole Milk  Blueberries Ham/Egg/WG English Muffin
Lunch/Dinner	Veggie Nuggets *(V) Skim/ 1%/ Whole Milk Lentils  Zucchini/Peas Sliced Grapes  WG Macaroni	Tex-Mex Pizza Skim/ 1%/ Whole Milk Ground Beef/Refried Beans Lettuce/Avocado/Salsa Mango  WG Flour Tortilla	Meatloaf Skim/ 1%/ Whole Milk Ground Turkey Mashed Potatoes  Oranges WG Dinner Rolls	Chicken Salad Skim/ 1%/ Whole Milk Diced Chicken Breast Lettuce/Tomato/Cucumber Sliced Grapes  WG Wheat Bread	Baked Fish Skim/ 1%/ Whole Milk Baked Tilapia Brussel Sprouts Cantaloupe  WG Brown Rice
Snacks	Apples & Cheese (V)  Water Cheddar Cheese Cubes Apple Slices	Rainbow Pasta* (V)  Water Cherry Tomatoes Pasta	Crunchy Parfait (V)  Water Plain Yogurt Mixed Fruit Cheerios	Hummus Wrap (V)  Water  Hummus Bell Pepper Slices WG Flour Tortilla	Veggie Pizza Sticks*(V)  Water Extra Firm Tofu/Mozzarella Tomato Sauce/Black Olives

WG = Whole Grain Rich Product/ V = Vegetarian Product/ * = Featured Recipe

COMING SOON: 60 SECOND RECIPES

Join Jackie as she prepares our most popular recipes -- all in 60 seconds or less! The brand new 60-Second Recipe series will soon be available on all of Our Daily Bread's social media platforms.



CACFP RECIPES

Rainbow Pasta: Yields 12 1-ounce servings



Ingredients

- 3 cups All Purpose Flour
- 1 teaspoon of Salt
- 1 cup of Warm Water
- 2 tablespoons of Olive Oil
- Food Coloring
- 3 tablespoons Melted Butter
- 2 teaspoons Garlic Butter
- 9 cups of Cherry Tomatoes, halved

Instructions

1. Whisk flour and salt in a large bowl. Make a well in flour and add water and oil.
2. Knead for 10 minutes and then let dough rest for 30 minutes. Split dough into golf ball sized balls.
3. Divide dough between

- children. Add a few drops of food coloring to each dough ball and allow children to knead dough until the color is well distributed.
4. Allow children to roll out dough as thin as possible. Using plastic knives, let children cut into desired shapes.
5. Boil water in a large pot. Add pasta that children made and cook for 1 – 3 minutes, until pasta rises to top and is tender.
6. Toss with butter and garlic. Serve with tomatoes or vegetable of choice.

Veggie Nuggets: Yields 8 servings of 4 nuggets

Ingredients

- 2 15-ounce cans of lentils, rinsed and drained
- 1 cup of frozen peas
- 2 small zucchinis, peeled and grated
- 2 slices of whole wheat bread
- 1 cup of breadcrumbs
- 2 teaspoons of Italian seasoning
- 1/8 teaspoon of salt
- 1/8 teaspoon of pepper

Instructions

1. Preheat oven to 400 degrees F. Grease baking sheet and line with parchment paper.
2. In a food processor, pulse bread until crumbly. Add lentils, zucchini, peas, Italian seasoning, salt and pepper. Pulse until well mixed and starts to come together.
3. Pour mixture into large bowl. Mix in breadcrumbs. Place 1 tablespoon of nugget mixture onto baking sheet. Flatten into desired shape.
4. Bake for 10 minutes, turn nuggets over, bake for 10 more minutes or until golden and firm.



Veggie Pizza Sticks: Yields 8 servings of 2 sticks



Ingredients

- 2 pounds extra firm tofu, drained and pressed
- 1 ¼ teaspoons dried Oregano
- 1 ¼ teaspoons dried Basil
- 1 ¼ teaspoons Garlic Powder
- 12 ounces tomato paste
- 6 ounces water
- 4 ounces Mozzarella cheese, shredded
- 1/2 cup of sliced Black Olives

Instructions

1. Preheat oven to 425 degrees F. Spray baking sheet with cooking

- spray. Slice each block of tofu into 8 slices that are approximately 1/4 inch thick.
2. Sprinkle the tofu slices with 1/4 teaspoon of oregano, 1/4 teaspoon of Basil, and 1/4 teaspoon of garlic powder. Place on baking sheet and bake for 8 minutes.
3. In a small bowl mix tomato paste, water, oregano, basil, and garlic powder.
4. Remove tofu slices from oven. Spread 1 teaspoon of sauce on each slice. Sprinkle with 1/4 ounce (1 tablespoon) of cheese. Top with 1 tablespoon of black olives.
5. Bake for 8 more minutes. Serve with 2 tablespoons of warmed sauce for dipping.

LITTLE MOVERS

PHYSICAL ACTIVITIES, CRAFTS & RECIPES



**KELLY
CHILDERS**

**FIELD
REPRESENTATIVE**

Bug Hunt!



Items Needed:

- Plastic Bug or Pictures of Bugs
- A Basket or Bucket (1 per child)
- Crayons
- Paper

Directions:

1. Ask children to sit at the table. Show children pictures of bugs or toy bugs. Talk about how there are helpful bugs and harmful bugs. Ask questions about the bugs. "What is your favorite bug?"
2. Give each child a piece of paper and crayons. Ask the children to draw a picture of their favorite bug.
3. While the children are busy at the table, hide the pictures of bugs or toy bugs around the room. You will need to make sure you have enough pictures or toy bugs so that the game will last a while.
4. When you have finished. Ask the children to share their pictures with the class. Be sure to write their names on their art.
5. Direct children's attention to room. Explain that the bugs are hiding and they must find them! Give each child a basket or bucket to put their bugs inside.
6. Allow the children to freely roam around the room in search of their bugs. When they are unable to find any more bugs, ask the children to sit back at the table.
7. Allow each child plenty of time to talk about their bugs!

Additional Activities:

Move your bug hunt outside.

Instead of using pictures and toys, ask the children to find real bugs on the playground. (Remind the children not to touch. "Just look with your eyes.")

After the children have enjoyed hunting for bugs, encourage the children to pretend to be their favorite bug.

Be sure to count your bugs.

Talk about the color or size of the bugs.

Make a chart for the bugs. Arrange them from big to small.

Coffee Filter Butterfly Craft



Items Needed:

- White coffee filters
- Washable markers
- Spray bottle
- Pipe Cleaners

Directions:

1. Give each child 2 coffee filters and two pipe cleaners.
2. Explain that you will be creating beautiful butterflies. Show pictures of different types of butterflies and explain how butterflies are very colorful.
3. Allow children to color coffee filters with washable markers.
4. When children have finished, spray coffee filters with water from spray bottle. Your children will love helping with this step. Small hands may need some assistance.
5. Hang your coffee filters up to dry.
6. When the filters have dried completely, you can then add the pipe cleaner to the filter. To complete this step, you will need to fold the filter by alternating front to back until the filter is in half (much like a folded fan). Twist the pipe cleaner and curl the ends to represent the butterfly's antennae.
7. Your butterfly is complete. Be sure to use your coffee filter butterflies in your classroom decoration.

Additional Activities:

When creating these butterflies, take the opportunity to discuss the lifecycle of a butterfly.

Use the pipe cleaners and the coffee filters to create caterpillars and cocoons.



Our farm to pre-school program is expanding into Kentucky! Taking Root Tennessee is now *"Taking Root Together"*. Although 2020 was a tough year for the program, Taking Root was still able to distribute garden supplies, seeds and plants to dozens of childcare sites throughout the state of Tennessee. Let's give a special shout-out to all of the sites who continued to provide a child-care garden while facing the challenges of COVID-19. You truly are farm to school heroes and deserve to be recognized! In 2021, we have plans to help child care providers bring farm to school opportunities to even more children in Tennessee as well as expansion into Kentucky!

Taking Root Together hosted a Zoom meeting on March 6th. Click to watch the replay and learn more about plans for 2021, what to expect from Taking Root & what you can be doing NOW in order to prepare for the Spring growing season. Open to all current Taking Root Together participants as well as anyone interested in joining.



**Door prizes and giveaways are exclusive to live Zoom attendees, visit takingroottogether.org for more information and to register for upcoming webinars.*



Spaghetti Worm Dig

Items Needed:

- Spaghetti Noodles (cooked)
- Dirt
- Large Plastic Container (Sensory Table)
- Small digging tools/ small bucket or bowl

Directions:

1. Precook noodles and place in dirt filled container.
2. Children will explore container. Allow children to explore on their own.
3. Encourage children to count their "worms".

Additional Activities:

After noodles have been cooked, add food coloring to noodles for different colors. Encourage children to find specific colored worms.

For older children, add a ruler for measuring. See who can find the longest worm!

Create a chart.



CLAIM TIP

Well if you haven't heard, Mr. Groundhog has seen his shadow. Which means, you guessed it, six more weeks of winter! Just a reminder to notify your Case Manager or Field Representative anytime your center or home will be closed for the day or for a meal. Please make contact with a ODB staff member as soon as possible.

KENTUCKY NEWS

KENTUCKY PROVIDERS ONLY



KIMBERLEY CASTELLUZZO

FIELD REPRESENTATIVE

An important component of the Child and Adult Care Food Program is proper documentation. Daily counts of the number of meals served to enrolled children must be recorded by all participating centers. Meal counts must be recorded at the time each meal or snack is being served. This is called the Point of Service, or POS. Center staff is not allowed to pre-record counts before the meal is served or wait until the end of the day.

As a reminder...

- POS can be recorded manually or kept electronically through Minute Menu or KidKare.
- Point of service meal counts cannot be based on the number of children actually eating at the table. Meal counts must not include the meals served to participants who receive a non-creditable meal or milk substitution without a medical statement on file.
- Daily counts of the number of creditable meals served to enrolled children, taken at the POS, must be recorded and maintained by all participating centers.
- Recall or relying on staff memory to record meals at the end of the day is not accepted.

Director's Pathway to Success

Say YES to Leadership
Virtual Webinar Series with
Dr. Shirley Raines
January – May 2021

tecta
TENNESSEE EARLY CHILDHOOD TRAINING ALLIANCE

This Project is funded by the Center of Excellence for Learning Sciences through a contract from the Tennessee Department of Human Services.

CLAIM TIP

If your center or home are utilizing any of USDA waivers--such as non-congregate meals, meal waivers, or milk waivers--please send those waivers into your Case Manager weekly so that the information can be sent to state. As always, contact your Case Manager or Field Representative if you have any questions. We are glad to help!



PROVIDER SPOTLIGHT

KIMBERLEY CASTELLUZZO

NICOLE SIVA

FIELD REPRESENTATIVES

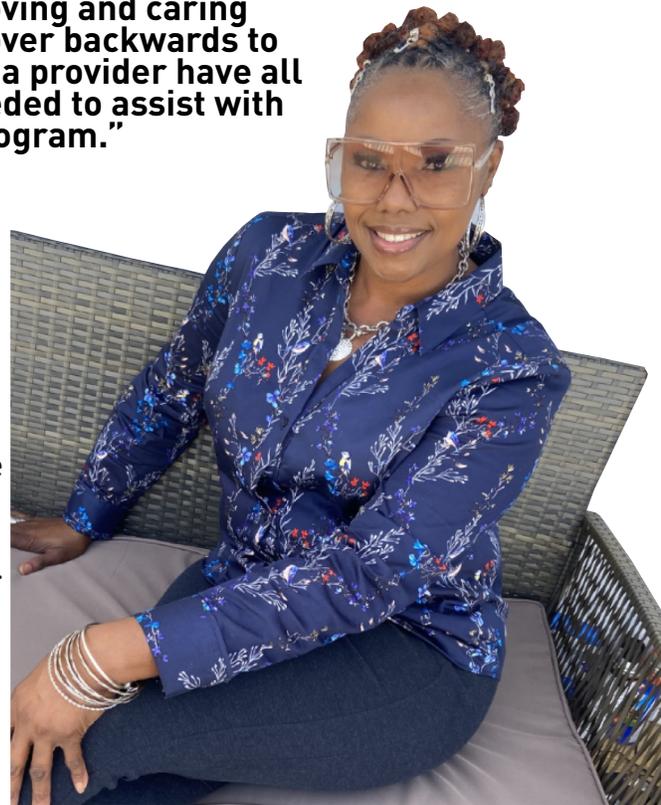


“ODB CACFP is a loving and caring sponsor that bends over backwards to make sure that you as a provider have all the tools that are needed to assist with the food program.”

Tennessee Center: Serenity Child Care I & II
Location: Chattanooga, TN
Owner: Denita Strickland

Denita Strickland has been a child care provider for 21 years. Ms. Strickland has been a provider with Our Daily Bread CACFP for three years. Ms. Strickland reported that what she loves the most about the CACFP is that the children she serves are able to eat healthy, hot meals. Ms. Strickland reported that what she loves about being a provider with Our Daily Bread CACFP is that “Nicole Siva and Tracy Shields are always willing to help.” Ms. Denita reported that “these two ladies have been great to me.”

Ms. Strickland’s favorite CACFP creditable meal that she serves at her child care center is her “Meatless Meal” which is comprised of: pinto beans, turnip greens, cornbread, baked apples and milk.



Kentucky Home: Little Sprinkles Learning Center
Location: Radcliff, KY
Owner: Keidy Compton



Keidy Compton has been a child care provider for over 8 years. Mrs. Compton has been a provider with Our Daily Bread for almost one year. When asked what she loved most about the CACFP, Mrs. Compton said, “I love to learn and the CACFP has taught me how to read labels better, how to buy and serve nutritious meals for the children and my family.” Mrs. Compton also said that buying better food can be more expensive, so she is grateful for reimbursement to help her get the best products available for her home.

Mrs. Compton’s favorite CACFP creditable meal is “Organic Brown Rice and Lentils” which is comprised of: brown rice, lentils, vegetable stock, tomato, garlic, onions, carrots, curry seasoning and adobo peppers.

VIRTUAL

CHILD CARE & DEVELOPMENT CONFERENCE



25-26
JUNE 2021

A VIRTUAL ZOOM EVENT
HOSTED BY OUR DAILY BREAD CACFP
REGISTRATION NOW OPEN



**TRACY
SHIELDS**

CASE MANAGER

Since 1995, Our Daily Bread CACFP has been committed to providing an annual child care training conference for our providers. This year's conference will be held virtually on Zoom, for the safety of everyone, and will still feature everything you expect from Our Daily Bread CACFP.

- Up to 12 credit hours of quality training
- Chances to enter to win dozens of door prizes
- New to this year: A-la cart workshops (sign up for one class or all of them depending on your needs)

Do Not Delay! Early Bird Prices End March 31, 2021

Early Bird

2-day pass for the entire conference: **\$100**

1-day pass for either Friday or Saturday: **\$65**

"A la cart" cost per workshop: **\$25**

Standard Rate (After March 31, 2021)

2-day pass: **\$150**

1-day pass: **\$75**

"A la cart" cost per workshop: **\$25**

Sign up soon to be sure to reserve your spot!



U.S. Small Business
Administration

Don't miss out – the deadline to apply for the second round of forgivable PPP loans is Wednesday, March 31st, 2021. You must have been in business by February 15th, 2020 to qualify. Contact your local bank to apply.



CACFP Recipe Yields

VEGGIE PIZZA STICKS

For children 1 – 2 years old: A serving of 2 pizza sticks provides 5/8 cup of vegetables and 2.25 ounces of meat/meat alternate for snack.

For children 3 – 5 years old: A serving of 2 pizza sticks provides 5/8 cup of vegetables and 2.25 ounces of meat/meat alternate for snack.

For children 6 – 12 years old: A serving of 3 pizza sticks provides 7/8 cup of vegetables 3.0 ounces of meat/meat alternate for snack.

RAINBOW PASTA

For children 1 – 2 years old: a serving of 1/2 an ounce of pasta provides 1/2 ounce equivalents of grain. For snack serve with 1/2 cup of vegetable or fruit, or 0.50 ounces meat/meat alternate.

For children 3 – 5 years old: a serving of 1/2 an ounce of pasta provides 1/2 ounce equivalents of grain. For snack serve with 1/2 cup of vegetable or fruit, or 0.50 ounces meat/meat alternate.

For children 6 – 12 years old: a serving of 1-ounce of pasta provides 1 ounce equivalents of grain. For snack serve with 3/4 cup of vegetable or fruit, or 1.0 ounces meat/meat alternate.

VEGGIE NUGGETS

For children 1 – 3 years old: a serving of 4 nuggets provides 1.25 ounces meat/meat alternate, 1/4 cup of vegetable, and 0.50 ounce equivalents of grain for lunch/dinner. To meet meal component requirements serve with 1/8 cup of fruit, and 1/2 cup of whole milk.

For children 3 – 5 years old: a serving of 6 nuggets provides 1.50 ounces meat/meat alternate, 3/8 cup of vegetable, and 0.50 ounce equivalents of grain for lunch/dinner. To meet meal component requirements serve with 1/4 cup of fruit and 3/4 cup of skim/1% milk.

For children 6 – 12 years old: a serving of 7 nuggets provides 2.0 ounces meat/meat alternate, 1/2 cup of vegetables, and 0.75 ounce equivalents of grain for lunch/dinner. To meet meal component requirements serve with 1/4 cup of fruit, 0.25 ounce equivalents of grain, and 1 cup of skim/1% milk.

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