



# The Link

ISSUE #52

DECEMBER  
2021

YOUR QUARTERLY CONNECTION TO CACFP SUCCESS



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# On Today's Menu

<b>CACFP Dates.....</b>	<b>3</b>
<b>New Guidance for Essential Worker DHS Certificates.....</b>	<b>3</b>
<b>USDA Grocery Shopping Flexibility Memo.....</b>	<b>3, 8</b>
<b>Winter Meal Planning.....</b>	<b>4</b>
<b>CACFP Recipes.....</b>	<b>5, 8</b>
<b>Approved vs. Unapproved Supplies.....</b>	<b>6, 7</b>
<b>Changes in Operating Hours.....</b>	<b>9</b>
<b>Little Movers.....</b>	<b>10</b>
<b>N.E.A.T: Nutrition Education Activity Training.....</b>	<b>11</b>
<b>How to Make an Indoor Mini-Garden Terrarium.....</b>	<b>12</b>
<b>Winter Garden Care Checklist.....</b>	<b>12</b>
<b>Featured Provider Resource: Child Care WAGE\$ Tennessee... </b>	<b>13</b>
<b>Claim Tips for a Happy Holiday Season.....</b>	<b>13</b>
<b>Provider Spotlight: Hola Knoxville Bilingual Academy.....</b>	<b>14</b>
<b>Provider Spotlight: Care Bears Daycare.....</b>	<b>15</b>

Sunday, Dec 5 | TN November Claims Due  
 Wed., Dec 8 | KY November Claims Due  
 Friday, Dec 17 | Late November Claims Due  
 Tuesday, Dec 21 | November Claim Payment  
 Friday, Dec 24 | Christmas Eve (Office Closed)  
 Friday, Dec 31 | New Year's Eve (Office Closed)

## December

Wed., Jan 5 | TN and KY December Claims Due  
 Monday, Jan 17 | MLK Jr Day (Office Closed)  
 Wed., Jan 19 | Late December Claims Due  
 Friday, January 21 | December Claim Payment

## January

Wed., Feb 2 | KY January Claims Due  
 Saturday, Feb 5 | TN January Claims Due  
 Thursday, Feb 17 | Late January Claims Due  
 Mon., Feb 21 | Presidents' Day (Office Closed)  
 Tuesday, Feb 22 | January Claim Payment

## February



# CHILD CARE NEWS

BY SARAH CASCAES  
 OPERATIONS MANAGER

### New Guidance for Essential Worker DHS Certificates

On November 16<sup>th</sup>, Tennessee Department of Human Services (TDHS) sent guidance to all CACFP Sponsors about the Essential Worker DHS Certificates that were discontinued in August 2021. Essential Worker certificates are not to be used in determining a participant's eligibility categorization.



This means that any children currently activated using the Essential Worker DHS Certificate, will need

to include household income in Step 3 of the Income Eligibility Form. This information will determine if each child receives a free, reduced or paid rate for meals claimed throughout the month.

ODB CACFP will contact your site for any additional information needed to ensure a maximized reimbursement is received.

### USDA Grocery Shopping Flexibility Memo

Throughout the COVID-19 pandemic, we have experienced supply chains struggle to keep stock of required components, or, have limited the sale number for required components.



On October 28, 2021 the United States Department of Human Services (USDA) issued a memo which will allow Child and Adult Care Food Program (CACFP) operators flexibility while grocery shopping.

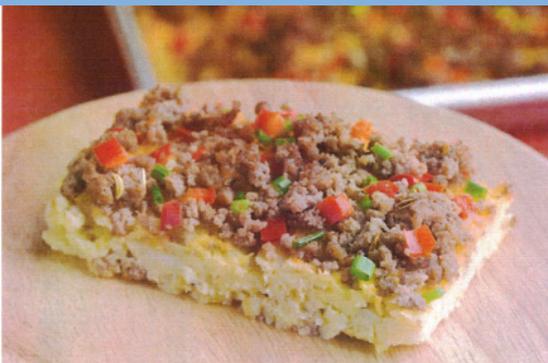
**Read more on page 8.**



# Winter Meal Planning



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p><u>Waffles</u></p> <p>Skim/1%/Whole Bananas WG Waffles</p> 	<p><u>French Toast</u></p> <p>Skim/1%/Whole Applesauce WG Wheat Toast</p> 	<p><u>Cheesy Baked Grits</u></p> <p>Skim/1%/Whole Clementines WG Hominy Grits</p> 	<p><u>Cereal</u></p> <p>Skim/1%/Whole Strawberries Bran Flakes</p> 	<p><u>Breakfast Pizza</u></p> <p>Skim/1%/Whole Turkey Breast Hash Brown Potatoes</p>
Lunch/Dinner	<p><u>Grilled Cheese</u></p> <p>Skim/1%/Whole Cheddar Cheese Tomato Soup Bananas WG Wheat Bread</p> 	<p><u>Harvest Stew</u></p> <p>Skim/1%/Whole Chicken Great Northern Beans Apple Slices WG Dinner Roll</p> 	<p><u>Chicken Noodle Soup</u></p> <p>Skim/1%/Whole Canned Chicken Carrots/Onion/Celery Pineapple WG Egg Noodles</p> 	<p><u>Toasted Subs</u></p> <p>Skim/1%/Whole Turkey/Cheese Lettuce/Tomato Peaches WG Hoagie Buns</p> 	<p><u>Noodles with Peanut Butter Sauce</u></p> <p>Skim/1%/Whole Chicken Broccoli Tangerines WG Spaghetti Noodles</p> 
Snack	<p><u>Veggie Pocket</u></p> <p>Water Carrots/Spinach/Tomato WG Pita Pocket</p> 	<p><u>Cinnamon Apples &amp; Yogurt</u></p> <p>Water Plain Yogurt Diced Apples</p> 	<p><u>Salad &amp; Breadsticks</u></p> <p>Water Salad Greens WG Bread Stick</p> 	<p><u>PB &amp; Apples</u></p> <p>Water Peanut Butter Apple Slices</p>	<p><u>Potato Hash</u></p> <p>Water Scrambled Eggs Diced Potatoes</p>



## Breakfast Pizza with Hashbrown Crust

Source: Institute of Child Nutrition

1. Combine turkey, fennel, salt, cayenne pepper, sage, red pepper flakes, coriander, and applesauce in a large bowl. Stir well.
2. In a large stock pot, add turkey mixture. Cook uncovered over medium-high heat for 10 minutes.
3. Remove turkey from heat. Drain turkey in a colander. Set aside for step 4.
4. Combine 2/3 cup (about 5 oz) turkey, hash browns, and eggs in a large bowl. Stir well. Set remaining turkey aside for step 7. Set hash brown mixture aside for step 5.
5. Pour 2 qt (about 3 lb 10 oz) hash brown mixture into a half sheet pan (18" x 13" x 1") lightly coated with pan release spray. Spread evenly.
6. Bake at 425 F for 30 minutes.
7. Sprinkle the crust with remaining turkey, cheese, onions, and bell peppers.
8. Bake at 425 F for 15 more minutes. (Critical control point: Heat to 165 F or higher for at least 15 seconds. Hold for hot service at 140 F or higher.)
9. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 3 1/2" x 2 1/2")

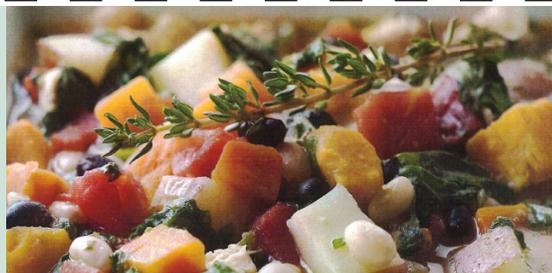
### Ingredients

- 1 lb turkey breast, ground, raw
- 1 tsp fennel seeds
- 1 tsp salt
- 1/4 tsp cayenne pepper
- 1/2 tsp ground sage
- 1/4 tsp red pepper flakes
- 2 1/2 tsp coriander seeds, whole
- 3 tbsp canned applesauce, unsweetened
- 3 lbs hash brown potatoes, frozen, thawed
- 10 oz whole eggs, frozen, thawed
- 1 cup cheddar cheese, low-fat
- 1 tbsp + 1 tsp green onions, fresh, diced
- 1 1/2 cups red bell pepper, fresh, diced

## Harvest Stew

Source: Institute of Child Nutrition

1. Heat oil in a large stockpot. Sauté onions, carrots, and celery for 5 minutes until slightly browned.
2. Sprinkle flour over vegetables and mix well. Add water and base. Mix well. Bring to a boil uncovered.
3. Add seasoning and garlic powder. Cook uncovered over medium heat for 2 minutes.
4. Add tomatoes, sweet potatoes, and red potatoes. Simmer uncovered over low heat for 15 minutes or until potatoes are tender.
5. Add chicken, beans, and spinach. Simmer uncovered for an additional 10 minutes. (Critical control point: heat to 165 F or higher for at least 15 seconds. Hold for hot service at 135 F or higher.)
6. Portion with 6 fl oz ladle (3/4 cup).



### Ingredients

- 2 1/2 tbsp vegetable oil
- 1 1/2 cups fresh onions, diced
- 1 cup fresh carrots, diced
- 1 2/3 cups fresh celery, diced
- 1 1/2 oz enriched all-purpose flour
- 1 qt 1 cup water
- 1 1/2 tsp low-sodium chicken base
- 1/2 tsp salt-free seasoning
- 1 1/2 tsp garlic powder
- 3 3/4 cups canned low-sodium diced tomatoes (1/4 No. 10 can)
- 3 1/2 cups fresh sweet potatoes, peeled, cubed 1"
- 2 cups fresh red potatoes, unpeeled, cubed 1"
- 2 2/3 cups frozen, cooked diced chicken, thawed, 1/2" pieces
- 1 qt 2 2/3 cups canned low-sodium great northern beans, drained, rinsed
- 1 cup fresh baby spinach, chopped

## Do More with Your Reimbursement: Approved vs. Unapproved Supplies

BY KIMBERLEY CASTELLUZZO  
FIELD REPRESENTATIVE

### You asked and we delivered!

We understand that trying to decide what supplies are approved on the CACFP can be difficult. Our team came up with an approved and non-approved supply list to help eliminate the guess work. We have tried to list the most common items our providers have asked about, but if something isn't listed just reach out to your Field Representative! We are always happy to help!



## OUR DAILY BREAD CACFP APPROVED & NON-APPROVED SUPPLY LIST

### Reimbursable Supplies

Plates

Cups, Sippy cups

Utensils (i.e. spoons, forks)

Aluminum Foil

Plastic Wrap

Storage Bags/Containers

Dish Soap

Hand Soap

Napkins/Paper Towels

Straws

Dish towels, cloths, sponges

Cleaning supplies for kitchen/dining area

Cookware

Measuring cups/Serving Utensils

Bibs

Cookbooks

Baby bottles, nipples

Aprons, Hairnets

Spray bottles for sanitizing solution

Thermometer for refrigerators/freezers

Trash can/lid for food service

Trash Bags for kitchen/food service

Food service gloves

Bleach for sanitizing dishes, tables, etc.

Brooms

Mop/Bucket



KENTUCKY PROVIDERS ONLY: If a portion of the non-food items are used for the food program (i.e. trash bags, paper towels, gloves, bleach) then ½ of the cost can be claimed.  
TENNESSEE: These items are only reimbursable if used in the food program.  
This is not an all-inclusive list. If you have a question about a supply that is not listed, please ask your Field Representative.

## Non-Reimbursable Supplies



Laundry Detergent

Fabric Softener

Toilet Paper

Baby Wipes

Sanitizing Wipes

Face Masks

Light Bulbs

Batteries

Diapers

Kleenex/Tissues

Art/Craft Supplies

Toys/Games

Candy, gum, ice-cream



General cleaning supplies (i.e. toilet cleaner, Lysol spray)

Cookies, Cupcakes, Donuts

Grain based desserts (i.e. pop-tarts, cereal bars, granola bars)

Cigarettes, Alcohol

Soda, Carbonated drinks

Gatorade, Kool-Aid

Holiday décor

Personal purchases/Clothing

Pet food

Toothbrush/Toothpaste

Coffee/Creamer/Filters

Classroom activity items



Scan Here To Sign Up

### Type 2 Diabetes Management

Sign up for a free online class about managing diabetes with **healthy eating, active living, medication and more!**



This project is funded under a grant contract with the state of Tennessee.



Questions?

865-215-5170



Escanear aquí para inscribirse

### Manejo de la diabetes tipo 2

¡Inscríbese en una clase gratuita en línea sobre el manejo de la diabetes con **alimentación saludable, vida activa, medicamentos y más!**



Este proyecto está financiado por un contrato de subvención con el estado de Tennessee.



¿Preguntas?

865-215-5546

# GROCERY SHOPPING FLEXIBILITY MEMO

*Continued from page 3.*

*"FNS recognizes that given current supply chain issues, State agencies and sponsoring organizations need to maximize available support and flexibility when monitoring CACFP meal pattern compliance during the COVID-19 pandemic. Therefore, to the extent practicable, State agencies and sponsoring organizations should use discretion to provide technical assistance in lieu of fiscal action when they observe noncompliance related to meal pattern requirements due to COVID-19-related supply chain disruptions during Federal fiscal year 2022. If CACFP*

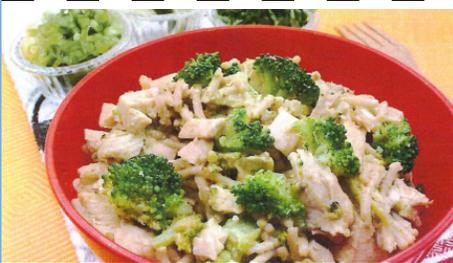
*operators are making a good faith effort to comply with meal pattern requirements but cannot, due to COVID-19-related supply chain disruptions, State agencies and sponsoring organizations should prioritize training and technical assistance to identify solutions that are specific to CACFP operators' local circumstances. If substitutions in planned menus are necessitated due to COVID-19-related supply chain issues, the reasons for substitutions must be documented and menu records must be updated to reflect changes. Menus must document the*



*actual meal components served to participants."*

Please be advised that CACFP operators must be taking all necessary steps to serve meal with all required components. This memo is to assist in times where it is out of your control. It is important that all CACFP operators stay in close communication with Our Daily Bread CACFP to ensure that all steps are followed and your site remains in compliance.

The full USDA Memo can be found on our website or by [clicking here](#).



## Ingredients

1 qt water  
 12 ½ oz spaghetti noodles, whole grain-rich, uncooked  
 Nonstick cooking spray  
 2 lbs 13 ½ chicken breasts boneless, skinless, fresh or frozen, raw, ½" diced  
 3 qt ½ cup broccoli, frozen, cut  
 ¾ cup peanut butter, smooth  
 ¾ cup water  
 ¾ cup soy sauce, low-sodium  
 ¼ cup cider vinegar  
 ¼ cup granulated sugar  
 2 tsp ginger, fresh, grated  
 4 cloves garlic, fresh, minced  
 ½ tsp red pepper flakes  
 1 tbs 1 tsp cornstarch

## Noodles with Peanut Butter Sauce

1. Heat water to a rolling boil.
2. Break spaghetti noodles in half. Slowly add noodles to boiling water. Stir constantly until water returns to a boil. Cook about 8 minutes or until al dente. Stir occasionally. Do not overcook. Drain well.
3. Coat two extra-large skillet, a flat top, or a griddle with nonstick cooking spray. Heat the skillet(s) on medium-high. Brown all sides of diced chicken on medium-high heat for 8-10 minutes.
4. Add broccoli to the skillet and cook for 15 minutes, or until internal temperature of diced chicken reaches 165 F and broccoli is tender, but not mushy. Note: Large broccoli pieces may be a choking hazard. For younger children, chop broccoli into smaller pieces.
5. Prepare sauce.
6. In a large bowl, toss peanut sauce, chicken, broccoli, and noodles. Garnish each serving with 1 tsp of green onions, 1 tsp of cilantro, and one lime wedge (optional).
7. Serve ¾ cup (6 oz ladle). Note: for younger children, squeeze lime juice onto the dish and serve without the lime wedge. Serve hot or cold. (Critical control point: hold for hot service at 140 F. Hold for cold service at 40 F.)
8. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 3 ½" x 2 ½")

### Peanut Butter Sauce

1. In a large microwavable bowl, combine peanut butter, ½ cup of warm water, soy sauce, cider vinegar, sugar, ginger, garlic, and red pepper flakes.
2. Microwave sauce for 1 minute; whisk sauce and microwave for 1 more minute, whisk again. (Note: Sauce will look stringy.)
3. In a small bowl, whisk remaining ¼ cup warm water with cornstarch to make a slurry. Be sure cornstarch is fully dissolved in the water before adding slurry to the sauce.
4. Slowly whisk slurry into the peanut butter sauce until fully combined. Microwave 1 minute or until thick. Whisk until sauce is a smooth-thick consistency.

Source: Team Nutrition CACFP Multicultural Recipe Project via the Institute for Child Nutrition

# Have you visited The Provider Portal?

-  Check your claim status
-  View past ODB trainings
-  Study the food program
-  Download CACFP forms, curriculum, & more

[provider.odbcacfp.org](http://provider.odbcacfp.org)

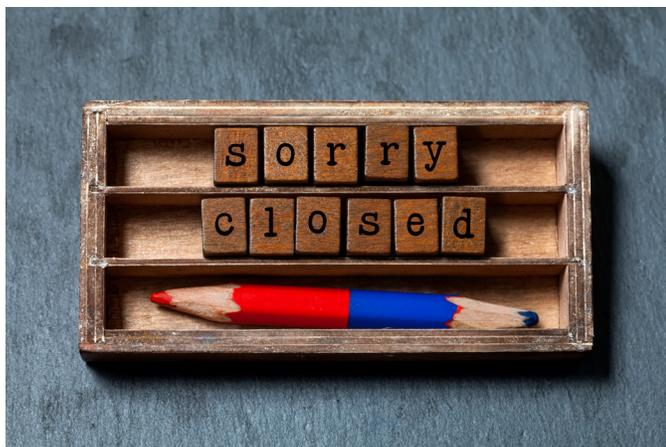


## Changes in Operating Hours

BY SHANNON DONAHUE  
PROGRAM SPECIALIST



As the holiday season approaches, many childcare facilities will be taking some much deserved time off. It is important to inform Our Daily Bread CACFP of all closed days as well as any days you may not be serving specific meals due to early closures. Additionally, if you need to change your mealtimes,



Our Daily Bread CACFP staff will need to document the changes and have them approved by the appropriate state.

By communicating changes in the operating days, Field Representatives can plan monitoring reviews and prevent unsuccessful visits and Case Managers will be able to contact you for any required documentation.

In the event your home or center is going to be closed, you may inform Our Daily Bread CACFP by:

**Phone:** 865-938-6328

**Email:** ([contact@odbtn.org](mailto:contact@odbtn.org) or to your Case Manager or Field Representative)

**Text:** (your Field Representative)



**Check out [myplate.gov](http://myplate.gov) for quizzes, recipes, and other helpful resources to help you serve healthier food options during the holidays.**

# LITTLE MOVERS

PHYSICAL ACTIVITIES, CRAFTS & RECIPES

BY KELLY CHILDERS, FIELD REPRESENTATIVE

## Holiday Tree Branch Painting

### What You'll Need:

- Paper
- Green paint
- Pine tree branches (small)
- Tape

### Steps:

1. Begin by taping paper to the table to prevent the paper from moving.
2. Invite children to use the branches as paintbrushes.
3. Encourage children to use long brush strokes.

### Try this!

After the paint has dried, have the children glue pom poms onto their "tree" like holiday lights!



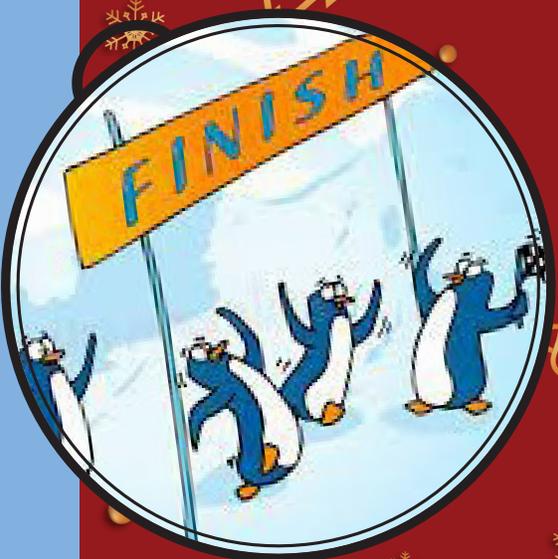
## Penguin Waddle Race

### What You'll Need:

- A ball or balloon

### How To Play:

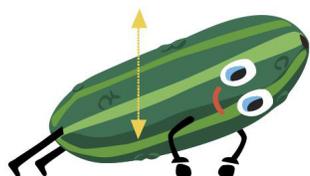
1. Arrange children at the starting line.
2. Help each child place ball or balloon between legs.
3. Direct the children to race to the finish line, but tell them they must finish with ball still between their legs.
4. Begin race.
5. First penguin to the finish line is the winner!



# N.E.A.T.

## nutrition education activity training

A program developed & funded by:



This project is funded under a grant contract with the State of Tennessee.

### Get your kids moving with N.E.A.T.!

N.E.A.T., or Nutrition Education Activity Training, is a program designed to teach and promote healthy eating behaviors to our youth. N.E.A.T.'s curriculum is based on three wellness policies: nutrition, physical activity, and family involvement. Kids are lead in interactive discussions and games centered on healthy eating and physical activity. They'll also get to taste test healthy foods as part of the lessons.



### READY TO LEARN MORE?

Visit the N.E.A.T. Knox County website to request your free copy of the N.E.A.T curriculum today! You can also contact N.E.A.T. directly by calling or emailing Abigail Rider Ford with Knox County Health Department:

Abigail Rider Ford, MS, RDN

Nutritionist, Healthy Weight

Knox County Health Department

Office: 865-215-5612

abigail.ford@knoxcounty.org



# Taking Root TOGETHER

## How to Make an Indoor Mini-Garden Terrarium

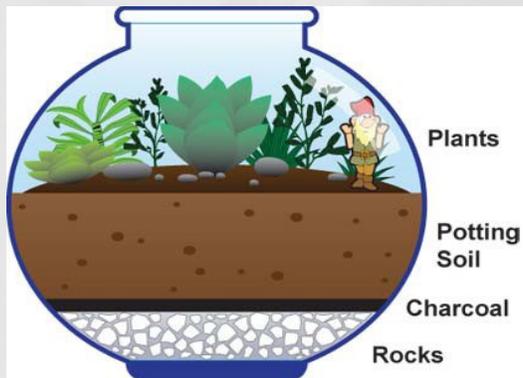
BY JOSHUA SMITH  
SYSTEMS ADMINISTRATOR

Source: [climatekids.nasa.gov](http://climatekids.nasa.gov)

A terrarium is an effective way give children a basic understanding of ecosystems and how plants depend on a balanced environment to survive. Just like people rely on the Earth! Each child can easily make their own terrarium, or help create a shared terrarium for the entire class.

### INSTRUCTIONS

1. Start with a layer of rocks, about one inch or so, at the bottom of your container. These will help the soil drainage, so the roots of your plants won't get water-logged.
2. Add a 1/2-inch-thick layer of charcoal.
3. Fill the container up to half-full with potting soil.



4. Plant your plants. When you remove them from their little pots, carefully tease the roots apart and remove some of the old soil so they will fit nicely in the terrarium. Arrange them to look nice. Leave some space for them to breathe and grow. Pat down the soil so they don't get uprooted easily.

5. Add decorations, toys or other ideas the children may have, May it your own little world!

6. Water the plants, but not too much.
7. Place in indirect light.

### WHAT YOU WILL NEED:

#### Terrarium Supplies (Must Haves)

- Clear glass container (jars, fish bowls, ect.)
- Rocks (roughly 1/2" inch "marble size")
- Activated Charcoal (keeps water clean, controls fungi growth)
- Potting Soil (sterilized)
- Small Plants (try to get miniature plants that won't grow to big for your containers size)

#### Optional Terrarium Supplies

- Fun Decorations, like pine cones
- Moss

## Winter Garden Care Checklist

BY PHILLIP HESTER  
PRESIDENT

Although most vegetables have died out and things are looking brown and all dried up. The good thing about gardening is you can do something all year around to better your garden and soil year after year. Here are 7 steps to a beautiful and better garden.

**1. Clean up dead and diseased plants from your garden.** Try to avoid plowing and tilling because you will disrupt the microbes and organic material that is working underneath the soil.

**2. Remove invasive weeds from your garden.**

**3. Amend your soil with organic material.** You can amend and protect your soil with cover crops, wood chips, organic mulch, grass clippings and leaves from your yard. Adding these materials will help prevent erosion and leaching of nutrients. This method works well in heavy clay soil.

**4. Prune all perennial plants.** To avoid spreading disease make sure you clean your pruners with isopropyl alcohol

(rubbing alcohol) to sterilize them. Remember to research the type of plant and best time to prune before you start.

**5. Set up new planters and garden beds.** Winter is the perfect time to plan out your garden space to maximize efficiency and crop production. Consider plants that you had success with as well as re-considering under-performing plants.

**6. Replenish mulch.** Mulch not only beautifies your garden space, it also protects your garden from the winter elements and suppresses weeds.

**7. Clean and sharpen tools.** Rejuvenate your tools by cleaning, sharpening and sanitizing.



## Featured Provider Resource: Child Care WAGE\$ Tennessee

BY TRACY SHIELDS  
CASE MANAGER

As many of you know, Our Daily Bread CACFP prides itself on finding new opportunities for its providers to advance their education and training. This month the spotlight is on Child Care WAGE\$ Tennessee. The following is information from [tn.wages.org](https://tnwages.org).

### What is Child Care WAGE\$® Tennessee?

Child Care WAGE\$® Tennessee provides education-based salary supplements to low paid teachers and family child care educators working with children ages birth to five years old. The program is designed to increase retention, education and compensation.

### Who is eligible to receive a salary supplement?

In order to be eligible for a salary supplement with Child Care WAGE\$® Tennessee, teachers must meet the following qualifications:

- *Work in a TN Department of Human Services licensed child care program.*
- *Earn \$20 or less per hour.*
- *Have one of the education levels listed in the [Salary Supplement Scale](#). CDA's MUST be submitted with a transcript showing completed college coursework. (Credits must be from a regionally accredited school)*
- *Have worked at least six months in the same child care program with children ages birth to five at least 10 hours per week.*
- *Be employed at this same child care program when funding is available, and a final confirmation has been completed.*

Early educators who meet these qualifications are eligible to receive the salary supplement that corresponds with their education level mentioned in the Salary Supplement Scale above.

**To apply, please visit <https://tnwages.org/index.php/where you will find instructions and further in-depth information>.**



**Attention Kentucky Providers:  
Visit [childcareawareky.org](https://childcareawareky.org) for  
coaching, training, fact sheets,  
resources and more!**

## Claims Tips for a Happy Holiday Season

BY TAKESHA MIDDLETON  
HOMES PROGRAM MANAGER

The holiday season is here! As the holidays begin to approach, we would like to remind you of some important regulations.

Please be sure to inform your Case Manager in office or your Field Representative of days your location will be closed. This way we know not to contact you for a monitoring review or for paperwork requests. As a reminder, you are able to also apply “closed” or “open on a holiday” on your calendar in KidKare.

If you plan on having holiday parties and will be receiving foods from parents or staff members, that meal will not be claimable for reimbursement. Only meals where you supply the food are claimable. Want to serve holiday cookies with snack? No problem! As long as you are supplying two creditable meal components for snack, you are able to add and cookies or treats as an extra.

Please do not hesitate to contact your Case Manager if you have any questions about closures, holiday parties, or reimbursable meals. We are always happy to help.





## Tennessee Daycare Home: Hola Knoxville Bilingual Academy

**Location: Knoxville, TN**

**Owner: Diana Peon**

BY NICOLE SIVA  
FIELD REPRESENTATIVE

**How did you get into the child care industry?**

After having my own children, I became a preschool Spanish teacher.

**What is your proudest accomplishment as a daycare provider?**

My most proud moment is when I get to help children learn and grow at their own pace and when I am able to build a good relationship with the children and their families.

**What do you love the most about the CACFP?**

I love the support including the menus, training, ideas, the KidKare site, Mrs. Nicole and the people from the office.

**What is your favorite meal/recipe to serve at your daycare?**

Congri- A Cuban recipe including rice and beans and Arepas-Columbian recipe made with Maize dough and cheese. We usually make Arepas for our cooking class.

***“My most proud moment is whenever I get to help children learn and grow at their own pace.”***

**What advice would you give to a new provider thinking about joining the CACFP?**

I would advise others to become part of the CACFP because it will make a big difference in the child-care or home childcare. Families and children are happy with the food program as well.

**How has COVID-19 affected your daycare? Do you have any tips for other providers coping with the pandemic?**

I had to close for approximately 8 months due to fear. I believe, we as childcare providers need to keep providing the services and take the precautions.

## Kentucky Child Care Center: Care Bears Daycare

**Location: Paducah, KY**

**Owner: Rosa Scott**

BY KIMBERLEY CASTELLUZZO  
FIELD REPRESENTATIVE

### How did you get into the child care industry?

Me being a single parent, I could see back then that there wasn't really anyone trying to help us. So my aunt got tired of hearing me just talk about it and encouraged me to open my own daycare.

### What is your proudest accomplishment as a daycare provider?

I would have to say that my proudest accomplishment is being open 28 years. Which has allowed me to watch so many kids grow up and now I am keeping their kids, and even some of their grandkids.

### What do you love the most about the CACFP?

I love that they focus on making sure the kids are being fed correctly. I feel that we are always trying to find the easiest things to



***“My proudest moment is being open 28 years... [watching] so many kids grow up, and even their grandkids.”***

feed our kids, that sometimes we forget that we can still hit all the food groups and make meals fun.

### What is your favorite meal/recipe to serve at your daycare?

My favorite meal to serve would have to be lunch. The children really enjoy when we have home-made beef vegetable soup. It's an easy way to make sure they are getting plenty of vegetables, and it pretty much consists of every component needed for lunch.

### What advice would you give to a new provider thinking about joining the CACFP?

You should go for it. It will give you the chance to come up with creative ways to make healthier meals enjoyable for the children.

### How has COVID-19 affected your daycare? Do you have any tips for other providers coping with the pandemic?

COVID has made my enrollment low. For the other providers, just hang in there, it can only get better.



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.

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**Our Mission:** Provide training and resources for educators to serve healthy and affordable meals to children.



**Our Vision:** Create a world in which every individual is committed to make healthy food choices for generations to come.

**We would love to serve you!** Are you a daycare home or child care center provider interested in joining the CACFP? **Click here** to sign up with Our Daily Bread today!

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