



Heartland Child Nutrition, Inc.

Sponsor of the USDA Child & Adult Care Food Program

A newsletter for ND Child Care Providers participating in the Heartland Child Nutrition USDA Food Program



September 2024



Providers **MUST** keep copies (or computer files) of their CACFP Agreement, annual CACFP Application, signed child enrollments, monthly meal count/menu records, and provider reviews for a period of **3 years + current year**.



Check out the latest learn-at-home course! Items included in this course are: Right This Very Minute book, Building for the Future poster, tear-outs from Nutrition Matters, USDA fruit and vegetable sheets, and the Fruit and Veggies learn-at-home course (one hour of credit). For all learn-at-home information contact Tanya in the HCN office or email: tanya@heartlandnutrition.org



What do you call a pig that knows Kungfu?
Pork Chop!



Pumpkin Applesauce

- *6 1/4 cups unsweetened applesauce
- *1 (15 oz.) can pumpkin puree
- *1 tsp vanilla
- *1 tsp ground cinnamon
- *1 tsp ground pumpkin spice

*12 graham crackers (14 grams each cracker)

Place applesauce, pumpkin, vanilla, pumpkin spice and cinnamon in a large bowl. Mix until all is well combined. Scoop 2/3 cup of mixture into a bowl and serve with 1 graham cracker for a complete snack.

*one serving credits at 1/2 cup fruit, 1/8 cup vegetable and 1/2 oz eq grains

CACFP.org

Paint with Broccoli!



Supplies needed:

- *cardstock
- *paintbrush
- *acrylic paint
- *paper plate
- *fresh broccoli floret (uncooked)

Step 1: Paint a tree trunk and branches with dark brown paint.

Step 2: Add different colors of paint to a paper plate. Place them close together so that they're touching in the center. (Green, yellow, red, and orange are good choices!)

Step 3: Break off a small floret of broccoli. Dip the floret in the center of your paint colors. Roll it around a bit so that you have an even amount of each color on the broccoli.

Step 4: On another part of the paper plate, dab off the excess paint. Begin stamping the broccoli onto the tree branches. Rotate the broccoli piece as you're stamping; add more paint to your broccoli as needed.

onelittleproject.com



Sloppy Joe French Bread Slices

- *1 loaf of French bread
- *1/2 diced yellow onion
- *1 lb ground beef
- *1 (15 oz) can sloppy joe sauce
- *3 cups shredded cheddar cheese

Preheat oven to 350*. Cut the bread in half and place on a lined baking sheet. In a large sauté pan, cook the diced onions with a little butter or oil for 3-4 minutes or until soft. Add the ground beef and crumble until no longer pink. Drain or use a paper towel to remove excess grease, and then stir in sloppy joe sauce. Spread mixture evenly over the bread halves and top with shredded cheese. Bake for 10-15 minutes, or until the cheese is melted and edges of the bread are toasty. Allow to cool for a few minutes before slicing.

thelazydish.com

Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

Find:

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I

Fruit and Vegetable Goals

Name a fruit you would like to try:

How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

Name a vegetable you would like to try:

How will you eat this vegetable? (As a snack, with dip, or for lunch.)



What do you call an alligator in a vest?
An Investigator!



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This institution is an equal opportunity provider.