



A program of Western Dairyland Community Action Agency

CHILD AND ADULT CARE FOOD PROGRAM
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June 2017 Provider Update

REIMBURSEMENT DATES

Reimbursement for May 2017 claims will be deposited on June 30th, 2017.

Reimbursement for LATE April 2017 claims will be deposited on July 28th, 2017.

SUMMER PLANS

Please be sure to contact our office if you plan to be gone during a scheduled meal.

We know summer is a popular time for walks to the park and picnics outside, so please keep us informed to ensure you are paid for all meals.

If a monitor arrives for a visit during a scheduled meal time, and you are not home and have not informed our office, meals may be disallowed.

ADDED TRAINING DATE

We will be hosting an additional training for the updated meal pattern on **SEPT 6TH, 2017** at the Eau Claire Western Dairyland office from 6:30-8:00 pm. Please call to register!

Find us on:



Need Help?

If you don't find what you need on our website, please call us! We are always available to help you!

Contact us at (800)782-1880 or cacfp@wdeoc.org

BOOST YOUR BUDGET!

Are you paying more for convenience? Try some of these tips to boost your food budget...

- Use homemade breads and muffins – a 5 lb. bag of flour costs about the same as a loaf of bread but will yield 3-4 loaves of homemade bread.
- Buy natural cheese in blocks – purchasing pre-shredded or sliced cheese increases your cost significantly.
- Use regular or quick-cooking oats instead of instant oatmeal packets
- Choose enriched white or brown rice (also a whole grain!) over quick-cooking, pre-cooked or seasoned rice mixes – buying longer-cooking varieties instead of convenience options can save more than \$1 per pound!

What other tips do you have to boost your budget?

ARE YOU IN A SNACK RUT?

Beginning October 1st, grain based desserts (including animal crackers, graham crackers and granola bars) will no longer be creditable on the CACFP. These are items we frequently see being served for snack, and want to offer a few new options!

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| • Roasted chickpeas + Broccoli florets | • Snap peas + whole grain mini bagel |
| • Low-fat milk + apple slices | • Dry whole-grain cereal + applesauce |
| • Mixed nuts + dried cranberries | • Cottage cheese + Pineapple |
| • Fresh green beans + whole-grain crackers | • Hardboiled egg + bell pepper strips |
| • Kiwi slices + hardboiled egg | • Tuna salad + whole-grain crackers |
| • Yogurt + fresh or frozen blueberries | |

SAVE TIME AND MONEY AT THE GROCERY STORE!

Parents, providers, families...we are all looking for ways to save time and money at the grocery store. Here's a few tips you may not have considered!

- Look at the store's weekly ad before going shopping and base your menu on sale items.
- Make a shopping list and follow it.
- Organize your list into sections to avoid backtracking.
- Don't shop when you're hungry.
- Buy in bulk whenever possible.
- Look at unit price (i.e. price per ounce). Sometimes larger is not a better bargain.
- Shop for generic or store brands.
- Buy products that are in season.
- Shop the top and bottom shelves. Grocery stores often put the most expensive foods at eye level.
- Stock up on non-perishable items you use often when they go on sale.
- Keep a list on the refrigerator so when you run out of an item or think of something you need, you can write it down. This will decrease your trips to the store as well as your planning time.

Please share any other tips you might have that make your grocery shopping easier and cost saving!

» » Summer Squash & White Bean Sauté



Ingredients

1 tablespoon olive oil
1 cup onion, chopped
2 cloves garlic, minced
1 1/2 cups zucchini, sliced
1 1/2 cups summer squash, sliced
1 teaspoon oregano
1/4 teaspoon salt
1/4 teaspoon ground pepper
1 – 15.5 ounce can great northern beans, rinsed
1 1/2 cup tomatoes, chopped
1 tablespoon red-wine vinegar
1/3 cup shredded Parmesan cheese

Directions

1. Heat oil in a large nonstick skillet over medium heat.
2. Add onion and garlic and cook, stirring, until beginning to soften, about 3 minutes.
3. Add zucchini, summer squash, oregano, salt, and pepper and stir to combine. Reduce heat to low, cover and cook, stirring once, until the vegetables are tender-crisp, 3 to 5 minutes.
4. Stir in beans, tomatoes, and vinegar; increase heat to medium and cook, stirring, until heated through, about 2 minutes.
5. Remove from the heat and stir in Parmesan.

CACFP Crediting

Makes 26 servings for 3-5 year olds at lunch/dinner.

✓ Vegetables/Fruits



Source and photo: www.eatingwell.com