

Healthy eating = A healthy life



Sanford's Family Day Care Network July, August, September 2018

Cycle Menus

Sanford Children's Family Day Care Network		MENU						
Menu Cycle: _____		MON	TUE	WED	THUR	FRI	SAT	SUN
Breakfast (10:00-10:30)								
Snack (10:30-11:00)								
Lunch (11:30-12:00)								
Snack (12:00-12:30)								
Supper (5:30-6:00)								
Snack (6:00-6:30)								
Vegetables								
Fruit								
Snack (10:30-11:00)								
Vegetables								
Fruit								
Snack (10:30-11:00)								
Vegetables								
Fruit								
Snack (10:30-11:00)								
Vegetables								
Fruit								

Sept/Oct/Nov/Dec

Due August 2018

Jan/Feb/March/Apr

Due December 2018

May/June/July/Aug

Due April 2019

*Menus need to be pre-approved before claiming

Menus:

Menus for September, October, November and December are due in the FDCN office by the end of August.

Annual Training:

Training dates are set. It is **required** to attend annual training to participate in the CACFP. Register today by calling (605) 312-8370 or

1. Go to www.sanfordhealth.org keyword: Family Day Care Network
2. Under 'Upcoming Events', look for 'Annual Training' and click to register

Mitchell – Thursday, August 16 ~ 6:30 - 8:30 p.m. (Mitchell Technical Institute, Room 146)

Yankton – Tuesday, August 28 ~ 6:30 - 8:30 p.m. (Yankton Public Library)

Sioux Falls – Tuesday, September 4 ~ 6:30 - 8:30 p.m. (Sanford Hospital, Schroeder Auditorium)

Sioux Falls – Saturday, September 15 ~ 9 - 11 a.m. (Sanford Hospital, Schroeder Auditorium)

Online – Thursday, September 20 ~ 6 - 8 p.m. (Registration required by Monday, September 10)

WIC:

The South Dakota WIC Program has released the updated program income guidelines effective May 1, 2018. WIC is a special supplemental nutrition program for eligible women, infants and children.

As a CACFP provider, you must make the enclosed fact sheet about WIC available to the families you serve by either posting or making a copy for each family in your daycare. Please post the updated fact sheet and recycle the old one.

Website:

We now have a website specific to the FDCN. You will be able to print off forms and find other pertinent information about the FDCN. Check it out!

www.sanfordhealth.org keyword: Family Day Care Network

CACFP creditable recipe:**Fruit Blast**

2 cups strawberries, sliced
1 cup pineapple, chunks
1 cup mandarin oranges, canned
2 cups yogurt, low-fat, low-sugar

Mix fruit. Measure $\frac{1}{2}$ cup of mixed fruit into serving bowl. Top with $\frac{1}{4}$ cup yogurt. Kids will enjoy helping make this snack and getting to eat it too!



Find more recipe ideas at www.cacfp.org.



If you have any questions or concerns,
please contact the FDCN at
(605) 312-8370 or email daycare@sanfordhealth.org