



CACFP TIDBITS

Child and Adult Care Food Program



Where healthy eating becomes a habit

Mayo ~ May 2023

TO: Cortland/Tompkins CACFP Providers
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“Children who participated in gardening projects scored higher in science achievement than those who did not.”
PBS for Kids.

Roasted Watermelon Rinds with Parmesan



Source: <https://www.watermelon.org/recipes/roasted-watermelon-rind-parmesan/>

Most of us have heard about pickled watermelon rinds, but have you ever considered a roasted savory dish?

Ingredients

- 5 cups peeled and chopped watermelon rind, 1-2 inch cubes
- 2 tablespoons olive oil
- 1 teaspoon kosher salt (adjustable - try going lower 1/2 teaspoon.
- 1/4 rounded teaspoon coarsely ground black pepper
- 1/3 cup shredded Parmesan cheese
- 1 tablespoon fresh thyme leaves
- 2 teaspoons finely chopped fresh rosemary leaves
- 3/4 teaspoon sherry vinegar

CACFP creditable as a vegetable. 8 - 1/2 cup servings.

- Preheat oven to 400°F.
- Line a large baking sheet with 1" sides with aluminum foil (use pan release spray).
- In a large bowl stir together rind, olive oil, salt and black pepper until rind is coated.
- Spread rind in a single layer onto baking sheet. Place in oven and roast 1 hour, stirring every 15 minutes until rind is bite tender (not mushy), and browning.
- Pour roasted rind into a medium bowl and stir together with cheese, thyme, rosemary, and vinegar.

Meal Service Review Reminder!

Remember, we are required to conduct 2 unannounced and 1 announced visits in a program year.

Now that the warmer weather is here please remember to notify your CACFP specialist if you will be closed or away from your home with the children. Appointments, vacations, field trips, etc.

If you are not home and running your program we have to disallow the meal or snack served during our scheduled review.



More to explore at your local library.

Where in the Garden Series: Miquel's Community Garden

Follow Miguel in his search in the garden for sunflowers.



Plant it! Grow it EAT IT

Follow along as four kids grow gardens across balconies, backyards, greenhouses, and rooftops. See how the kids plant seeds, harvest yummy foods, and share a big meal!



The Child Development Council is an equal opportunity provider.