



CACFP TIDBITS



Where healthy eating becomes a habit

Septiembre ~ September

TO: Cortland/Tompkins CACFP Providers
FROM: CACFP Specialists
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Training Opportunities for September Coming Soon!

Seasonal Fruits Salad paired with cheese and crackers.

SAFE MINIMUM COOKING TEMPERATURES FOR MEAT AND SEAFOOD

Cook all food to these minimum internal temperatures as measured with a meat thermometer before removing food from the heat source. For reasons of personal preference, consumers may choose to cook food to higher temperatures.

- 145 °F STEAK**
REST TIME, AND ALLOW TO REST FOR AT LEAST 3 MINUTES
- POULTRY** (BREASTS, WHOLE BIRD, LEGS, THIGHS, AND WINGS, GROUND POULTRY, AND STUFFING) **165 °F**
EGGS: 160 °F
- 145 °F PORK**
- GROUND MEAT** **160 °F**
- 145 °F FISH AND SHELLFISH**

ADDITIONAL:
FULLY COOKED HAM 165 °F
LEFTOVERS 165 °F
CASSEROLES 165 °F

A great snack to consider is making a fresh fruit salad with seasonal fruits that are easy to find and less expensive than out of season produce! Remember, the minimum serving size for snack for 3-5 year old children is 1/2 cup each.

CACFP Documentation Expectations.

NYS CACFP documentation requirement is moving toward clarity in documenting your items on your menu. Please make sure to purchase and write in eligible cheeses and be specific about your crackers (breads, breakfast cereals) by writing in their product name e.g. cheddar cheese, American cheese, Triscuits, Wheat Thins, WGR Bread, MG Cheerios as examples.



More to explore at your local library.

Whether you're envisioning a small container garden in a sunny window or a raised bed in your yard, *Herb Gardening for Beginners* provides all the information you need to cultivate herbs for a wide range of purposes. Written by Marc Thoma.





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