



Where healthy eating becomes a habit!

Noviembre—November 2023

TO: Cortland/Tompkins CACFP Providers
FROM: CACFP Specialists
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Record Keeping. It is a CACFP requirement to keep three program years plus the current year of records. Program year 2020 can be destroyed or boxed. (October 1, 2019- Sept 30, 2020.)

Meal Service Reviews FAQ

All Meal Service Reviews will be on site during the 2024 Program Year starting October 1, 2023.

Does my documentation need to be available when I have a meal service review? Yes. We need to see that you are documenting children's attendance/meal counts and writing down your daily menu by the end of each day.

Can I run into the other room to grab my documentation? Required documentation must be easily accessible. CACFP Specialists are not cleared staff and should not be left alone with your children in care. Providers must follow OCFS regulations on supervision at all times Part 417.8.

If I am closed for the day do I need to tell my CACFP Specialist? Yes! Visits can be unannounced and it is an expectation you let your specialist know if you will not be open. Please send them: a voicemail, text, email, or leave a voicemail message with the Main Office.

Make sure to update your vacation scheduler and any schedule changes! Visit childdevelopmentcouncil.org/Providers/CACFP to access forms. Complete and submit to your specialist.

Cherokee Bean Cakes

Ingredients: *Tip - weigh your grains, pastas and rice dry.*

3 cups	Cooked white beans (or your choice) drained, rinsed and slightly mashed.
1-1/3 cups (6.19 oz)	Whole grain cornmeal (Bob's Redmill Coarse Grind contains Whole Grain. Check your labels!)
3/4 cup	low fat milk
2	beaten eggs
1 tsp	salt

CACFP Servings 12.
Meets 2 oz vegetable
Meets .50 oz grain



*Spray oil. **This recipe is adapted to support heart health.**

Mix together milk, eggs, salt and cornmeal. Let the mixture hydrate for at least 15 minutes or overnight covered in the refrigerator. Add more milk if necessary if too dry, or add more cornmeal if too soft.

Add beans, mix well.

Form into palm sized flat patties. Place them in a frying pan *sprayed lightly with oil and cook until golden brown, flip and cook through. Can also be baked on a sprayed sheet pan in a moderate oven.

Tip: Add a low fat savory yogurt dip of choice garnished with minced cooked turkey bacon. Suggested additions to dip: Powdered sage, garlic, onion.

NOVEMBER

Native American Heritage Month

Use your senses

Look at indigenous art

Read books written by indigenous authors

Listen to indigenous music

Explore indigenous food

Ask your CACFP Specialist if you need any resources!



More to explore at your local library.

Still This Love Goes On
written by Buffy Sainte-Marie
Illustrated by Julie Flett

"A stunning portrait of a Cree worldview. At the heart of this picture book is a gentle message about missing our loved ones, and the promise of seeing each other again."



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